Queer Therapy Hub

Building queer community for therapists in private practice
- and an affirming therapy space for their clients

An introduction for health and social care, community and third sector partners in Brighton and Hove

queertherapyhub.co.uk



Why the Hub exists

Opened in 2024 because Brighton and Hove lacked private practice therapy spaces designed with intersectional LGBTQIA+ communities in mind.

"We believe queer people flourish and benefit from queer held spaces for therapeutic work."

queertherapyhub.co.uk

LGBTQIA+ people

At any stage of their journey: questioning, out, or somewhere in between

Loved ones and allies

Partners, friends and family are welcome too

LGBTQIA+ therapists

All identify as LGBTQIA+, are qualified through BACP, BPS or UKCP, and are insured

What guides our practice

Intersectionality

An awareness of overlapping systems of oppression affects clients and therapists

Trauma-informed

Contemporary understandings of how traumatic stress is healed

Affirming

Celebrating diverse ways of living and loving

People first

Therapy tailored to each person's needs and choices

Accessible and inclusive

Reducing physical, financial, cultural and systemic barriers

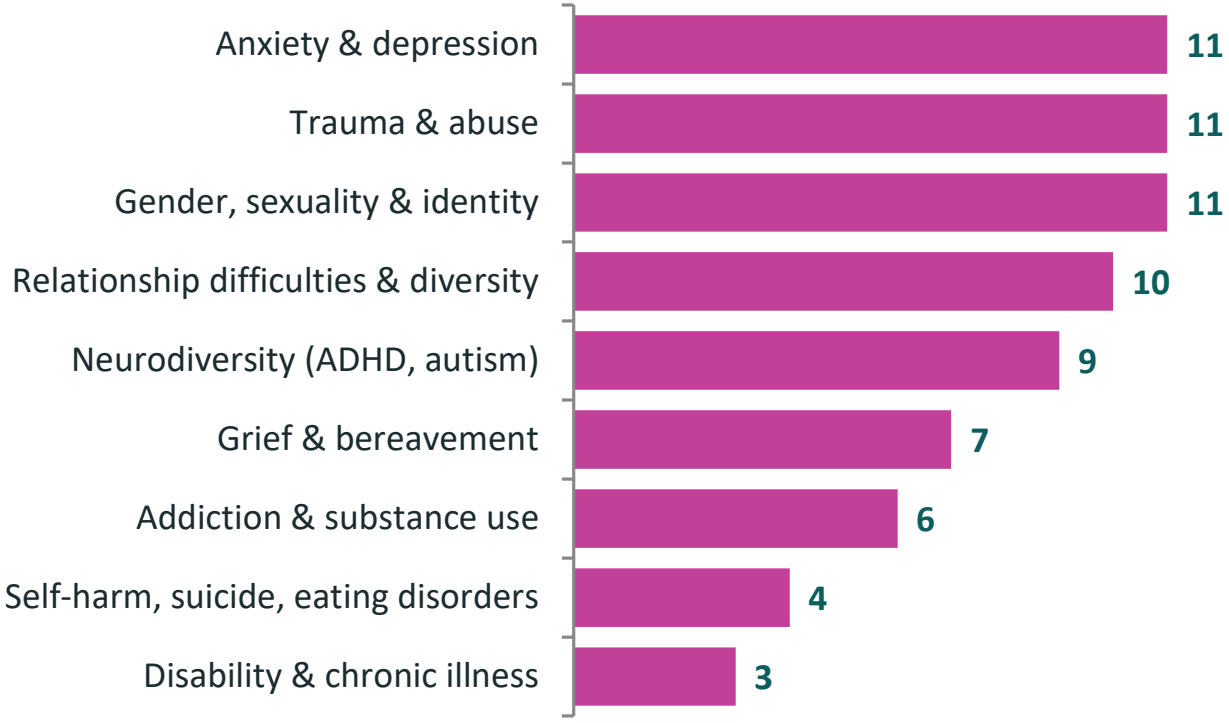
Social justice

Project financially supports trans+ clients to access therapy, peer supervision

We follow the 2017 UK Memorandum of Understanding: conversion therapy is unethical, potentially harmful and unsupported by evidence.

What our therapists work with

Therapist profiles naming each theme (of 15)



13 of 15

offer a free first consultation

£55–£80

typical session fee, with concessionary places offered

Mostly person-centred, humanistic or integrative; some psychodynamic, somatic, EMDR
Reflective practice also offered

Themes as named on public profiles; a missing theme does not indicate absence of experience. Source: queertherapyhub.co.uk

The Brighton space

In the rooms

- Third floor, Brighthelm Centre, North Road, Brighton BN1 1YD
- Lift, stairs and two accessible toilets
- Calm rooms with plants, fidget toys and art by local queer artists
- Adaptable for neurodivergent clients: lighting, smells, decor
- Quieter waiting area on the first floor
- Free car parking

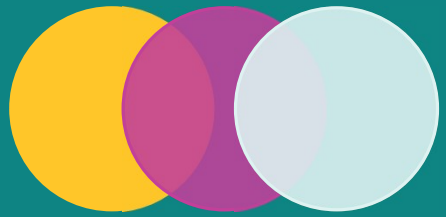
Worth knowing before you refer

- Rooms and toilet accessible to smaller wheelchairs only
- A busy community centre, so it can be noisy
- Lift announces each floor for hard-of-hearing visitors
- An independent access report on website

Community building for therapists

queertherapyhub.co.uk

Instagram: @queertherapyhub



For Hub therapists

Peer support groups
Group coaching session
Community drop-ins
Reflective practice in a therapeutic garden
Community sauna

Queer Therapy Community

Community Socials: Quarterly walks along the seafront
Aim: outreach to LGBTQIA+ psychological professionals working elsewhere

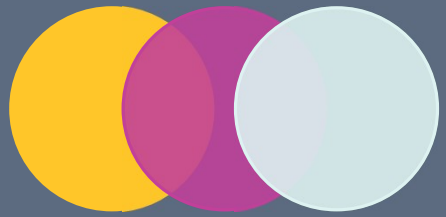
Queer Therapy Digital Hub

Membership and referrals
Online Reflective practice groups
Online Peer supervision

Support our work

queertherapyhub.co.uk

Instagram: @queertherapyhub



People seeking therapy

Point LGBTQIA+ clients, their loved ones and allies to the hub

Tell us what you see

Share gaps, access needs or partnership ideas

Practitioners

In 2027: LGBTQIA+ therapists can apply to join the community and digital hub