



# **Trans and Sexuality: An existentially-informed enquiry with implications for counselling psychology (Explorations in Mental Health)**

*Christina Richards*

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This book explores the sexuality of transgender people, examining key research to consider new ethical methods for investigating sexuality. Integrating existential thought into the theoretical framework of the book, emphasis is placed on links to both phenomenology and counseling psychology, and their engagement with freedom and authenticity. The participants at the heart of the study relate their experiences in psychiatric and psychological settings, as well as in wider cultural and community surroundings. The book positions their stories against the discourse of medicalization and pathologisation, before offering wider implications and practical applications for counseling psychology.

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