

CAN YOU BE RELIGIOUS AND SEXUAL?

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The idea behind this collaboration derived from the clinical observation within the context of psychosexual therapy as some MSM patients struggled with the reconciliation of their sexuality with their spirituality

THE COLLABORATION

A collaboration between, Remziye Kunelaki, psychosexual therapist and the Reverend, Simon Buckley of St Anne's Church (Church of England) commenced in the format of workshops for men having sex with men (MSM) in October 2014

METHOD

At the introductory session a list of themes were identified by the participants. In subsequent sessions each theme was explored in a psychological/psychosexual and religious/spiritual approach framework and group discussions were encouraged

DISCUSSION

This is the first attempt to collaborate sexual health with a religious establishment for the well-being of MSM. These workshops might provide the model of partnership for the holistic care of MSM in an innovative approach

RESULTS SO FAR

29 men attended the workshops in total

Open-ended evaluation forms were filled at the end of each workshop

Participants rated the workshops an average 4.5 where 5 was 'extremely helpful'

They rated with the highest score the importance of the subject of sex and religion

They unanimously wanted to attend more workshops in the future

Some of the themes which emerged and explored were:

Acceptance within oneself and God, stigma, unity, wholeness as a sexual being, vulnerability, etc