

Neurodivergence, Queerness & Storytelling

with Sonny Hallett

Saturday 7 November 2026 | 11am–4.30pm

Online | 5.5 hours CPD available

About the event

Our lives are shaped by stories. Whether we are neurodivergent or neurotypical, cis or trans, and whatever our cultural backgrounds or lived experiences, the stories we inherit and tell ourselves can both constrain and liberate us.

Join counsellor, supervisor and trainer Sonny Hallett for British Gestalt Journal's Autumn 2026 Seminar Day, exploring the intersections of neurodivergence, queerness and storytelling through a therapeutic lens.

Together we'll consider the stories that shape our identities, relationships and clinical practice, exploring how dominant narratives can affect both therapists and clients. Through discussion, reflection and creative experimentation, participants will be invited to reclaim, reimagine and tell new stories.

BRITISH
GESTALT
JOURNAL

Book your place at
britishgestaltjournal.com

“Ideal for Gestalt practitioners, counsellors, psychotherapists, trainees and anyone interested in neurodivergence, queer experiences and contemporary therapeutic practice.”



About Sonny Hallett

Sonny Hallett is a person-centred counsellor, supervisor and trainer based in Edinburgh. They are trans, mixed-race and autistic, and work predominantly with neurodivergent, queer and other minoritised clients and supervisees. Their work explores communication, identity, therapeutic relationships and the impact of normative expectations on our lives and practice.