

New Material Highlights Why Creative Professionals Need LGBTQ+ Affirming Therapy

New Material explores why LGBTQ+ affirming therapy can help creative professionals navigate identity, mental health, and the demands of creative work.

BROOKLYN, NY, UNITED STATES, September 11, 2026 /EINPresswire.com/ -- [New Material](#) has announced a focused emphasis on [LGBTQ+ affirming therapy](#) for creative professionals, outlining an approach to mental-health care that takes individual circumstances, professional environments, personal experiences, and treatment needs into consideration.

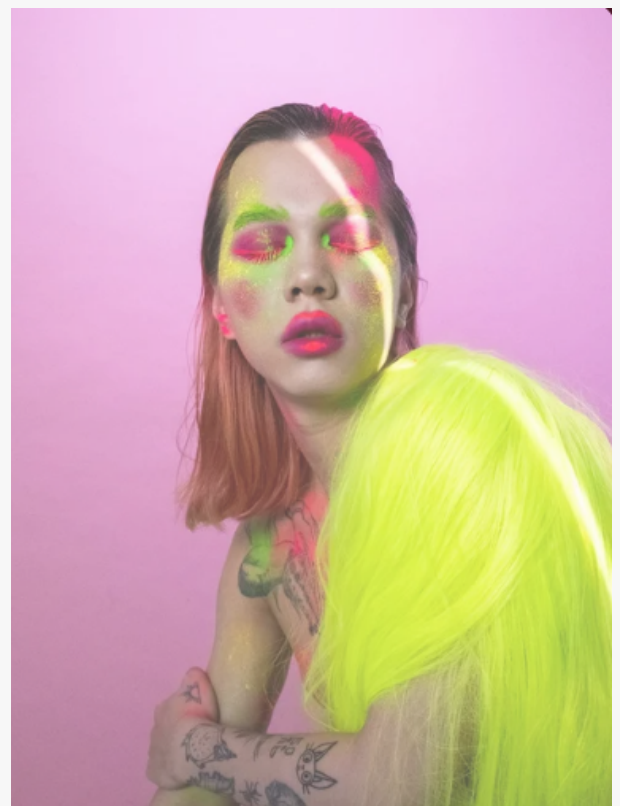
The announcement forms part of New Material's broader mental-health services, which include LGBTQ+ affirming therapy, [Ketamine-Assisted Psychotherapy](#), and other mental-health services. The organization is highlighting the role of affirming care for people working across creative fields, where professional identity, personal expression, career development, and work-related pressures can sometimes intersect with broader mental-health concerns.

The approach does not assume that creative professionals share the same experiences or require the same type of care. Instead, it places individual assessment and the circumstances identified by each client within the therapeutic process.

New Material Announces Focus on LGBTQ+ Affirming Therapy for Creative Professionals

New Material's focus on LGBTQ+ affirming therapy addresses the importance of providing a therapeutic setting in which creative professionals can discuss mental-health concerns within the context of their individual lives and work.

LGBTQ+ affirming therapy generally refers to an approach that acknowledges and respects a



LGBTQ+ Affirming Therapy

person's identity, experiences, values, and circumstances during treatment. The approach does not require a therapist to make assumptions about a person based on their profession, identity, or creative work.

For New Material, the emphasis is on creating space for relevant concerns to be explored as part of individualized mental-health care. The organization's position is that professional circumstances may be relevant to treatment when they form part of the concerns brought forward by an individual.

New Approach Addresses Mental-Health Care Within Creative Work Environments

Creative professionals work across a wide range of industries and occupations, including music, writing, visual arts, design, performance, film, photography, media, and other creative disciplines.

Working arrangements can differ substantially across these fields. Some professionals work independently or on a project basis, while others work within established organizations or collaborate across multiple projects and clients.

These professional circumstances can form part of the context in which mental-health concerns are experienced and discussed. However, they do not establish a common set of mental-health needs for all creative professionals.

New Material's approach considers professional circumstances alongside other factors that may



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Queer Therapy

be relevant to an individual's wellbeing. Therapy may address work-related concerns when appropriate, while also allowing individuals to discuss relationships, life transitions, emotional wellbeing, or other personal matters.

Individual Context Forms Part of the Therapeutic Process

A central element of LGBTQ+ affirming therapy is attention to the individual context in which mental-health concerns arise.

For creative professionals, that context may include career transitions, professional expectations, creative responsibilities, interpersonal relationships, workplace experiences, or concerns surrounding personal expression. These factors are not assumed to be relevant to every client and are considered according to individual circumstances.

LGBTQ Therapy



The therapeutic process can provide an opportunity for clients and qualified mental-health professionals to identify the issues that require attention and establish appropriate treatment goals.

New Material describes this as an individualized approach rather than a standardized treatment model for people working in creative industries.

Creative Professionals Bring Varied Experiences to Mental-Health Care

Creative professionals represent a diverse group with different careers, backgrounds, working conditions, and personal circumstances.

A musician, filmmaker, designer, writer, performer, or visual artist may encounter very different professional environments. Even within the same field, factors such as employment structure, workload, career stage, financial circumstances, public exposure, and professional relationships can vary.

For that reason, New Material does not characterize creative work itself as a mental-health condition or assume that professionals in creative industries require a particular form of treatment.

Instead, the organization's approach allows professional identity and working circumstances to

be considered when they are relevant to an individual's mental-health needs.

LGBTQ+ Affirming Therapy Provides a Framework for Individualized Care

LGBTQ+ affirming therapy can provide a framework for discussing personal experiences without treating identity, profession, or creative expression as problems that need to be changed.

The approach is intended to support a therapeutic relationship in which individuals can discuss concerns openly and work with qualified professionals to determine appropriate areas of focus.

New Material's emphasis on affirming therapy represents the organization's approach to care and should not be interpreted as a claim that the approach produces the same results for every person. Mental-health treatment and outcomes can vary according to individual circumstances.

Ketamine-Assisted Psychotherapy Included Within Broader Mental-Health Services

New Material also provides Ketamine-Assisted Psychotherapy as part of its broader mental-health services. Ketamine-Assisted Psychotherapy is a separate clinical consideration from LGBTQ+ affirming psychotherapy and is not presented as a required component of affirming care.

Treatment decisions involving ketamine require appropriate clinical assessment and consideration of an individual's circumstances, treatment needs, potential risks and benefits, and available alternatives. Qualified healthcare professionals determine whether a particular treatment approach is appropriate for an individual.

The inclusion of Ketamine-Assisted Psychotherapy within New Material's broader services therefore does not establish that ketamine treatment is appropriate for every creative professional or every mental-health concern.

About New Material

New Material is a mental-health organization providing affirming therapy, Ketamine-Assisted Psychotherapy, and broader mental-health services. Its approach considers individual circumstances and the factors that may be relevant to a person's mental-health needs. The organization provides mental-health services to creative professionals and other individuals seeking support. Information about New Material's services is intended for general informational purposes and is not a substitute for individualized medical or mental-health advice.

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