**Gender in psychotherapy: potential profits for men, women, patients and therapists**

Kunst, L. E., & Bekker, M. H. J.

Although many sex differences exist in psychopathology, the focus on gender in psychotherapy and its corresponding education appear to be steadily decreasing. We argue that this development may be disadvantageous: Numerous studies have shown important sex differences in symptomatology, risk factors and diagnostic artefacts of psychological disorders, including depression, anxiety, schizophrenia, addiction and personality disorders. In addition, many authors argue that men and women may struggle with different issues during their lifetime, and that knowledge of these themes is crucial to understand a patient of the other sex.

As part of a national project on gender and health, we have been integrating gendersensitive knowledge into clinical psychology education in the Netherlands. In our experience, many teachers had not incorporated gender into their courses, because they lacked knowledge on the topic or did not recognize its relevance for psychotherapy (especially in courses on cognitive behavioral therapy). Yet, when we discussed findings on gender and psychopathology, we often (though not always) found that teachers and therapists were interested and open to collaboration.

The current presentation will describe our experiences within the education project, and depict recent and remarkable findings on gender and psychopathology. In doing so, we will highlight the importance of gender within the context of psychotherapy. A gendered approach in psychotherapy may offer profits to both men and women, and both patient and therapist.

**Keywords**: gender, sex, psychopathology, psychotherapy, education