

CLINICAL WORK WITH LGBT POPULATIONS CPSY 590

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Date: March 7th and March 14th, 2015 9:00-5:30pm

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**Course Description: Welcome!** This class will explore affirmative perspectives on lesbian, gay, bisexual and transgender issues which serve as the foundation for current research and practice in the fields of counseling, education and psychology. All the major professional organizations have formal ethical guidelines requiring non-discrimination and are active in promoting affirmative perspectives. This class will serve as an introduction to LGBT issues while examining heterosexism and homophobia and social constructions of identity. We will explore a range of clinical implications to consider when treating the LGBT community. We will also discuss interventions and treatment strategies.

**Objectives:**

This course could consist of an entire term. As such, we will do our best to bring to you as much information as possible in this limited time frame. Please keep in mind there is no way to cover all information in such a short time. Our goal is as follows:

- ◆ Think critically and reflexively about the presuppositions of constructions of sexuality and gender
- ◆ Identify and critically understand identity as intersecting/multiple and recognize issues of power and privilege relative to the intersecting identities of gender, race, class, religion, sexual orientation, ability, national origin, age, and language and how these influence social location in and out of therapeutic contexts.
- ◆ Raise one’s personal and professional awareness about sexual orientation and gender identity.
- ◆ Develop empathy for a broad range ways people who are LGBT are socially and psychologically impacted.
- ◆ Critically discuss LGBT identity and psychological development.
- ◆ Review current research and theory in LGBT psychotherapy, ethical guidelines and competencies,
- ◆ Narratives and videos of therapeutic issues with multicultural LGBT clients’
- ◆ Develop an awareness of one’s owns assumptions, values, and worldview of LGBT identities.

Day 1:

| Time        | Topic                               | Activities |
|-------------|-------------------------------------|------------|
| 9:00-9:30am | Welcome, Introduction, and Syllabus | Icebreaker |

|               |   |  |
|---------------|---|--|
| 9:30-11:30am  | LGBTQ 101: Bridge 13 <ul style="list-style-type: none"> <li>• Terminology</li> <li>• Social constructs/Gender transgressing</li> <li>• Risk factors</li> <li>• Cultural Implications and Intersecting Identities</li> </ul> | Guest Speaker: Neola Young from PDX QCenter                                  |
| 11:30-12:30pm | Lunch   |  |
| 12:30-1:45pm  | Lesbian Identified Women <ul style="list-style-type: none"> <li>• Clinical implications</li> <li>• Clinical interventions</li> <li>• Bisexual women</li> <li>• Gender Expression in Lesbian Communities</li> </ul>          | Group Discussion<br>Power Point<br>Video<br>Small and Large Group Discussion |
| 1:45-2:00pm   | Break   |  |
| 2:00-3:30pm   | Gay Identified Men <ul style="list-style-type: none"> <li>• Clinical implications</li> <li>• Clinical Interventions</li> <li>• Bisexual Men</li> <li>• MSM vs. Sexual Identity</li> </ul>                                   | Power Point<br>Small and Large group Discussion                              |
| 3:30-5:00pm   | Movie: Diagnosing Difference  | Small Group Discussion   |
| 5:00-5:30pm   | Wrap up   |  |

Day 2:

|               |  |                    |
|---------------|--|--------------------|
| 9:00-10:00am  | Overview of clinicians role in working with Trans* clients   | Powerpoint Lecture |
| 10:00-11:00am | The many levels of transitioning.  | Guest speaker      |
| 11:00-11:15am | Break  |                    |
| 11:15-12:30pm | Clinical and therapeutic concerns when working with Trans* children  | Powerpoint Lecture |
| 12:30-1:30pm  | Lunch  |                    |
| 1:30-2:30pm   | Clinician as gatekeeper<br>Letter writing<br>Hormones and gender affirmation surgery to facilitate medical | Guest speaker      |

|             |                              |                  |
|-------------|------------------------------|------------------|
|             | transitioning<br>DSM changes |                  |
| 2:30-3:30pm | Guest panel                  |                  |
| 3:30-3:45pm | Break                        |                  |
| 3:45-5:00pm | Vignette Activity            | Break out groups |
| 5:00-5:30pm | Wrap up and evaluations      |                  |

Course Requirements:

Grading: This class is offered as pass or fail. Participation and the homework will be considered in this decision.

Participation in a Learning Community: Students are required to attend and *actively* participate in all scheduled class meetings. This includes being on time, reading all of the assigned material and discussing it, and otherwise engaging with colleagues as fellow professionals.

Assignments:

- **Reflection Response:**

In an effort to help you make connections and apply what you have learned you will be asked to write a class response paper. Using the information learned from day one and two, select a clinical vignette and write a two to three page paper responding to the same questions you were asked in your group activity:

- Describe intersecting identities of individual and how this might impact/influence treatment
- Immediate concerns/risk factors
- Client coping skills (healthy and maladaptive)
- Client strengths and protective factors
- Possible clinical interventions (e.g. narrative, motivational interviewing, harm reduction, CBT, DBT, trauma informed, etc.)
- Case management interventions

- **In Class Readings**

Students are required to read assigned in class material and be prepared to discuss with classmates. These will be distributed in class and you do not need to be prepared in advance for these readings.

\*Trans- for the purposes of this class this term will be utilized as an umbrella term for individuals whose lived sex, gender identity and/or gender expression differ from cultural norms or societal expectations based on their assigned sex at birth.