

## CLINICAL WORK WITH LGBT POPULATIONS — CPSY 590-01

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### **Instructor:**

Meg Jeske, MA, LPC, CDWF, Adjunct Professor of Counseling Psychology

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Office Hours: By appointment only

### **Course Info:**

Time: Wednesdays 9:30am - 12:30pm

Dates: February 5, 2020 – March 4, 2020

Location: York Graduate Center 116

Credits: 1 credit hour

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**Course Description: Welcome!** This class will explore affirmative perspectives on lesbian, gay, bisexual, queer, 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 LGBTQ issues while examining heterosexism, homophobia, and social constructions of identity. We will explore a range of clinical implications to consider when treating the LGBTQ community. We will also discuss interventions and treatment strategies.

### **Objectives:**

This course could consist of an entire term. As such, I will do my 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 relevant information in such a short time. Class goals include:

- ◆ Think critically and reflexively about the presuppositions of constructions of sexuality and gender
- ◆ Develop basic knowledge of the models of Sexual Identity Development
- ◆ 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 of ways people who are LGBTQ are socially and psychologically impacted.
- ◆ Discuss LGBTQ identity and psychological development.
- ◆ Review current research and theory in LGBTQ psychotherapy, ethical guidelines and competencies
- ◆ Narratives and videos of therapeutic issues with multicultural LGBTQ clients
- ◆ Develop an awareness of one's own assumptions, values, and worldview of LGBTQ identities.

### **Course Requirements:**

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

**Required text:**

*Girls Like Me* by Nina Packebush

Other short readings as assigned either distributed in class or via Moodle.

**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 reflection/response paper. Please choose **one** of the four options below.

**Paper is due NO LATER THAN March 11, 2020 by 5 pm emailed to [meg@lclark.edu](mailto:meg@lclark.edu)**

1. **Clinical Vignette-** 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

2. **General Essay Response-** Drawing from the course material, in particular the impacts of visibility, sexuality, stigma, gender roles, race, and culture on mental health, write a 2-3 page paper in which you consider these experiences in your own life and reflect upon your future work with LGBTQ populations.

3. **Film Review and Response-** Based on the film and our class discussion following the film, write a 2-3 page paper exploring your personal response to the themes and topics in the feature film *Moonlight*, or the comedy special, *Nanette* (or any other full length video we watch.)

4. **Book Review and Response-** Based on the book *Girls Like Me* and our class discussion, write a 2-3 page paper exploring your personal response to the themes and topics in this book and how it is applicable to working with LGBTQ clients.

\*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.