

Course Syllabus

Title: Foundations of an LGBTQ+ Inclusive Practice

Asynchronous Learning

Course Description:

The percentage of US adults who self-identify as something other than cis-heterosexual has increased from 5.6% in 2020 to 7.1% in 2022 (Jones, 2023), and Pew Research Center's survey conducted in the summer of 2022, found that amongst young adults under 30-years-old, this percentage is as high as 17% (Pew Research Center, 2023). Research has shown that the effects of discrimination and stigma, societal inequity, and the lack of acceptance from families of origin on LGBTQ+ identified individuals all contribute to an elevated risk for some mental health and behavioral conditions, including depression, anxiety, and substance misuse compared to their non-LGBTQ peers (Kates, Ranji, Beamesderfer, Salganicoff, & Dawson, 2018). The National Institute for Mental Health and Health Disparities has named the LGBTQ+ community a health disparity population, and they are calling for more attention from health and mental health training programs (GLAAD, 2023). It is clear that this is a population in need of competent mental health support, but what is less clear is what this standard can and should look like.

Instructor Information:

Jacqueline Plante received her Bachelor's and Master's Degrees from Cal State Fullerton, where there was a strong emphasis on setting foundations for who you are as a therapist. With this in mind, Jacqueline has cultivated a focused practice that integrates intersectional feminism, trauma-informed care, and attachment work to support the building and nourishment of equitable relationships. She brings these concepts into her role as Clinical Director of Gather & Grow OC and speaks on allyship and leading a diverse team as a white woman in the mental health industry.

Traci Medeiros completed their BA in Critical Gender Studies with a Focus in Sexuality at UC San Diego and their MA in Counseling Psychology at Argosy University. Their clinical focus has been on supporting the healing and identity solidification of LGBTQ, Non-Monogamous, Kink, and Sex-Worker identified folks. Their educational model incorporates the necessity of attending to social location in building egalitarian learning spaces and centers the knowledge of minoritized lived experiences.

Educational Goals:

The LGBTQ community has a specific set of behavioral health needs as well as a historically challenging relationship with the mental health industry itself. In an effort to promote a 'beyond tolerance' model, this course sets the foundations for an LGBTQ-inclusive practice where LGBTQ-identified individuals are not only seen but supported through the lens of specialized care. Participants will leave with an understanding of intersectionality in concept and the importance of social location identification practices in the offering of trauma-informed care. They will have the knowledge to set up an egalitarian therapy room and a toolkit for identifying and working through implicit bias in order to most competently serve this community.

If they have not yet done so, participants are encouraged to take the first course in this 3-part series: Introduction to LGBTQ+ Inclusive Care in order to gain an understanding of their learning zone and level of care.

Measurable Learning Objectives:

- Participants will be able to define intersectionality
- Participants will be able to identify their social location and explain the importance of the practice to clients
- Participants will be able to define what an egalitarian therapy room is and why it's important

- Participants will be able to utilize the 'Implicit Bias Checklist' for LGBTQ+ communities to assess the safety of their own practice.

Outline:

- 1) Intersectionality Basics (Minutes 1-15)
 - a) Defining Intersectionality
 - b) Identifying Social Location
 - c) The need for understanding one's social location and the social location of one's client in trauma-informed practice
- 2) Setting up an Egalitarian Therapy Room (Minutes 16-45)
 - a) Why it's important
 - b) What it looks like
 - c) How it functions as its own healing tool
- 3) Implicit Bias (Minutes 46-60)
 - a) What it means
 - b) Where it shows up
 - c) How to manage it
 - d) How to use it

COURSE INSTRUCTOR INFORMATION (CV/RESUME)

Jacqueline Plante

CA Licensed Marriage & Family Therapist, CA LMFT #91084

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Education

2012 Master of Science in Counseling with an Emphasis in Marriage and Family Therapy, California State University, Fullerton

2009 Bachelor of Arts in Psychology, Minor In Child and Adolescent Studies, California State University, Fullerton

Experience/Employment

2019 - Current Owner & Director, Gather and Grow OC (Group Practice)

2013-2019 Therapist, Private Practice

2013-2014 Therapist, The Gary Center

2013 Therapist, Pacific Clinics, Sierra Family Center

2011-2012, Therapist, The LGBT Center OC

Professional Affiliations & Certifications

California Association of Marriage and Family Therapists

Orange County Chapter of California Marriage and Family Therapists

Queer and Trans Affirming Therapist Certification, Contemporary Relationships

Projects & Associations

OC CAMFT Board of Directors - Member at Large

Selected Speaking Engagements & Press

Contemporary Relationships 2022

No White Saviors In Anti-Racist Practice: Learning When to Stand and When to Sit

OC CAMFT Webinar Series

The Dreaded Hour: Why Clients Challenge Us and How We Can Challenge Ourselves to Serve Them Better

Younique LGBTQ of Diamond Bar

Mental Health and Suicide Prevention in the LGBT Community

The Gary Center

Establishing Rapport with new Clients

Suicide Prevention and Depression for Pre-Licensed Clinicians

Contributing Writer to Marriage.com

Traci Medeiros

CA Licensed Marriage & Family Therapist, CA LMFT #86600

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Education

2011 Master of Arts in Counseling Psychology, Argosy University, Orange County
Campus

2006 Bachelor of Arts in Critical Gender Studies, Focus in Sexuality, University of
California, San Diego

Experience/Employment

2019 - Current Owner & Director, Gather and Grow OC (Group Practice)

2015-2019 Therapist, Private Practice

2016-2019 Therapist, Talkspace

2013-2016 Yoga Teacher, Deep Dog Yoga

2010-2015 Therapist & Coordinator, The LGBT Center OC

Professional Affiliations & Certifications

American Association of Sexuality Educators, Counselors, and Therapists

California Association of Marriage and Family Therapists

National Coalition for Sexual Freedom: Kink Aware Professionals Directory

National Queer & Trans Therapists of Color Network

Orange County Chapter of California Marriage and Family Therapists

Trauma Informed Yoga Teacher Training, Zabie Yamasaki

Yoga Alliance

200 Hour Yoga Teacher Training, Cloud Nine Yoga School, Sunspark Yoga, Orange, CA

300 Hour Yoga Teacher Training, Be the Change Yoga, Irvine, CA

Projects & Associations

Contemporary Relationships Program Committee

Everyday Feminism's Speaker Bureau

QTAP - Queer and Trans Provider Certification (Board Member, Faculty, and Mentor)

KinkedIN Advisory Board

Selected Speaking Engagements & Press

Catalyst Con 2018

Porn Tasting 101: Consumption for the Curious (Included in AVN's Post Conference Wrap-Up)

Contemporary Relationships 2015, 2016, & 2021

Queering Consent: Navigating Relationships Outside of the Hetero AND Homo Normative

Clearing the Cache: Destigmatizing and Demystifying the Consumption of Pornography in Contemporary Relationships

The Ethics of Effective Marketing

Everyday Feminism

Dating and Sex After Trauma: A Webinar for Survivors and Those Who Love Them

Ethical Non-Monogamy 101: Exploring Love, Abundance and Accountability

Interview on Autostraddle

Poly Pocket: Making Relationships Up As We Go

Interview in Bitch Magazine

Uncoupling Sickness from Otherness

Interview on GO MAG

7 Minutes in Heaven With Feminist Healer Traci Medeiros-Bagan

Interview on YNOT Cam

Sex Worker Affirming COM|PASSionate REVOLT

Interview on Therapy Cable

Serving the Transgender Community

Kink.com's Educational Series

Pajamas, Popcorn, and Porn: Slaying the Same Monster Under Our Beds

Conscious Kink: A Sensual Midweek Yoga Class at The Armory Club

OC CAMFT Webinar Series

The Dreaded Hour: Why Clients Challenge Us and How We Can Challenge Ourselves to Serve Them Better

Queerfully & Wonderfully Made

Queer Resilience

Love & Sex Night: Queer Poly Basics

Embodiment Night: Interview & Meditation

Santiago Community College Wellness Series

Stigma + Violence: How it Looks and How it Can Be Prevented on Campus

Gender Privilege: Exploring Gender Privilege, Power, and Safety in Our
Communities

TASHRA The Alternative Sexualities Health Research Alliance

Power, Privilege, & Play: A Primer on Healing Through Anti-Racist, Kink-Affirming
Care

Trans Asterisk Conference 2015 & 2016

Gates + Gatekeepers: Accessing Medical Transition Services

Taming the Hulk: Finding Temperance for the Transmasculine Journey

“The Talk” A Closed Space to Discuss the Coming Out Process

Woodhull Sexual Freedom Summit 2016

Cache Confidence

Course Content Base:

- Theoretical
- Practice

Citation List:

Brown, L. S. (2004). *Subversive Dialogues: Theory In Feminist Therapy*. Basic

Books. Brown, L. S. (2012). *Feminist Therapy (Theories of Psychotherapy)* (1st ed.). American Psychological Association.

Coaston, J. (2019, May 28). Intersectionality, explained: meet Kimberlé Crenshaw, who coined the term. Vox.

<https://www.vox.com/the-highlight/2019/5/20/18542843/intersectionality-conservatism-law-race-gender-discrimination>

Crenshaw, Kimberle (1989) "Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics," *University of Chicago Legal Forum*: Vol. 1989 , Article 8.

Dana, D., & Porges, S. W. (2018). *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (Norton Series on Interpersonal Neurobiology) (Illustrated ed.). W. W. Norton & Company.

Haines, S., Strozzi-Heckler, R., & Poo, A. (2019). *The Politics of Trauma: Somatics, Healing, and Social Justice* (Illustrated ed.). North Atlantic Books.

Implicit bias. (n.d.). <https://www.apa.org>. <https://www.apa.org/topics/implicit-bias>

GLAAD. GLAAD Media Reference Guide – In Focus: LGBTQ Health and Healthcare -

GLAAD. GLAAD - GLAAD Rewrites the Script for LGBTQ Acceptance. Published May 1, 2023.

https://glaad.org/reference/health/?response_type=embed&gclid=Cj0KCQjw3JanBhCPARIsAJpXTx5uu_hLYeyPmeYPxVVvp1dVwriM8Zjpy8ixPMx5jll4b7-2_Q-onGMaAk4yEALw_wcB

Jones BJM. LGBT Identification in U.S. Ticks Up to 7.1%. *Gallup.com*.

<https://news.gallup.com/poll/389792/lgbt-identification-ticks-up.aspx>. Published June 5, 2023.

Kates, J., Ranji, U., Beamesderfer, A., Salganicoff, A., & Dawson, L. (n.d.).

<https://files.kff.org/attachment/Issue-Brief-Health-and-Access-to-Care-and-Coverage-for-LGBT-Individuals-in-the-US>

National Education Association. (2021, June 22). *Implicit bias defined* [Video]. YouTube.

<https://www.youtube.com/watch?v=BSquud-t1kc>

Participant. (2016, November 21). *LGBTQ | How You See Me* [Video]. YouTube.

<https://www.youtube.com/watch?v=wxHHstcyP4I>

Pew Research Center. Key findings about LGBTQ+ Americans for Pride month | Pew

Research Center. Pew Research Center. Published July 5, 2023.

<https://www.pewresearch.org/short-reads/2023/06/23/5-key-findings-about-lgbtq-americans/>

The Global Goals. (2020, June 14). *How to check your unconscious bias - Dr Jennifer*

Eberhardt | Global Goals [Video]. YouTube.

<https://www.youtube.com/watch?v=egw-iheD1Mc>