

Foundations of an LGBTQ+ Inclusive Practice

ASYNCHRONOUS REMOTE OFFERING

COURSE SCHEDULE

- Intersectionality Basics
- Social Location
- The Egalitarian Therapy Room
- Implicit Bias

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.

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.

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.

INSTRUCTOR INFO

Jacqueline Plante (she/her) 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 (she/they) 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.

GATHER & GROW OC (PROVIDER #100128) IS APPROVED BY THE CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS TO SPONSOR CONTINUING EDUCATION FOR LMFT'S, LCSW'S, LPCC'S AND LEP'S.

GATHER & GROW OC MAINTAINS RESPONSIBILITY FOR THE PROGRAM AND ALL ITS CONTENT.

TARGET AUDIENCE

This course is designed for the mental health professional who has an interest in working with the LGBTQ+ community. It is the first course in a 3-part LGBTQ+ Introductory Course Series including Introduction to LGBTQ+ Inclusive Therapy, Foundations of an LGBTQ+ Inclusive Practice, and Specializing in LGBTQ+ Mental Health Care.

COST OF COURSE: FREE

1 CE is Available by Donation (\$5/\$10/\$15), dependent on completion/submission of course evaluation and post-test.

No cancelations or refunds will be honored for this course.

ACCOMMODATIONS

To request accommodations for special needs, please email the Program Administrator at info@gatherandgrowoc.com.

GRIEVANCES

To obtain the grievance policy or report, please email info@gatherandgrowoc.com or call 714-248-5185.

CERTIFICATES

Course Completion certificates will be awarded at the end of the course upon donation once course evaluation and passing post-test is received.

COURSE MEETS THE QUALIFICATIONS FOR 1-HOUR OF CONTINUING EDUCATION CREDITS FOR LMFT'S, LCSW'S, LPCC'S, AND LEP'S AS REQUIRED BY THE CALIFORNIA BOARD OF BEHAVIORAL SCIENCES.

GATHER & GROW OC

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