

## ***Course Syllabus***

***Title: Introduction to LGBTQ+ Inclusive Therapy***

***Asynchronous Learning***

### Course Description:

The population of LGBTQ+ identifying individuals in America continues to rise. 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). 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). While many national LGBTQ organizations have worked to make data collection a priority, much information is lacking about this demographic that the National Institute for Mental Health and Health Disparities has named a health disparity population, noting how little specialized focus is offered in medical and mental health training programs (GLAAD, 2023). With these statistics in mind, it is imperative that mental health clinicians are able to competently serve or refer this population that cuts across all other social demographics.

## 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:

In an effort to increase access to affirming and knowledgeable care for this population, this course will offer an introduction to the LGBTQ+ population for the unfamiliar clinician. Participants will leave with an understanding of basic terms, labels, and identities. They will also be able to discern their individual growth and learning zone so that they are able to continue to deepen their specialization and accurately identify themselves to this minoritized population in need of competent care.

### Measurable Learning Objectives:

- Participants will be able to distinguish the difference between sexual orientation and gender identity.
- Participants will be able to define identities in the LGBTQ+ acronym.
- Participants will be able to explain the differences between friendly, affirming, and knowledgeable care.
- Participants will be able to identify what growth and learning zone they are in with regard to serving the LGBTQ+ population.

Outline:

1) Gender Identity vs. Sexual Orientation (10 am - 10:10 am)

- a) How they're different
- b) How they're connected

2) LGBTQ+ (10:11 am - 10:20 am)

- a) Defining the acronym
- b) Associated identities

3) Levels of Care (10:21 am - 10:35 am)

- a) Why it's important
  - i) Friendly
  - ii) Affirming
  - iii) Knowledgeable

4) Growth & Learning Zones (10:36 am - 10:50 am)

- a) What they are
- b) Where you land

5) Conclusion & Questions (10:50 am - 11:00 am)

COURSE INSTRUCTOR INFORMATION (CV/RESUME)

***Jacqueline Plante***

***CA Licensed Marriage & Family Therapist, CA LMFT #91084***

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***Fullerton, CA 92835***

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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-Bagan***

***CA Licensed Marriage & Family Therapist, CA LMFT #86600***

***1440 N Harbor Blvd, Ste 600A***

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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:

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<https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>

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](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.

List of LGBTQ+ terms. (2023, November 21). Stonewall.

<https://www.stonewall.org.uk/list-lgbtq-terms>

Menakem, R. (2017). *My grandmother's hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*.

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/](https://www.pewresearch.org/short-reads/2023/06/23/5-key-findings-about-lgbtq-americans/)