

Introduction to LGBTQ+ Inclusive Therapy

ASYNCHRONOUS REMOTE OFFERING

COURSE SCHEDULE

- Gender Identity vs Sexual Orientation
- Unwinding the LGBTQ+ Acronym
- Levels of Care: Friendly, Affirming, Knowledgeable
- Growth & Learning Zones
- Conclusions & Questions

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.

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.

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.

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 to introduce the unfamiliar mental health professional 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

1440 N HARBOR BLVD, STE 600A,

FULLERTON, CA 92835

INFO@GATHERANDGROWOC.COM

GATHERANDGROWOC.COM

714.248.5185