

Course Syllabus

Title: Specializing in LGBTQ+ Mental Health Care

Asynchronous Learning

Course Description:

While some argue that therapy for LGBTQ+ individuals does not differ from treatment for cisgender heterosexual individuals, this perspective overlooks the unique stressors, life benchmarks, and cultural intersections specific to the LGBTQ+ community (Drescher & Fadus, 2020). Discrimination, stigma, and societal inequity contribute to a higher risk of certain mental health and behavioral conditions among LGBTQ+ individuals (Kates, Ranji, Beamesderfer, Salganicoff, & Dawson, 2018). Recognizing this, The National Institute for Mental Health and Health Disparities has designated the LGBTQ+ community as a health disparity population, urging for more focus in health and mental health training programs (GLAAD, 2023). To provide effective care to the LGBTQ+ population, practitioners must understand the additional risks associated with minority stress and the barriers to accessing competent care. They should also know unique identity development benchmarks, cultural considerations, and the diverse intersectionality within LGBTQ+ subgroups. Additionally, they need to recognize the importance of visibility, allyship, and advocacy in serving this marginalized group (Bass, 2023).

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 nourishing 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:

Serving the LGBTQ+ community requires an understanding of their unique mental health needs, barriers to care, and the diversity of experiences and cultures within the community. Trauma-informed care necessitates continuous education and competency in identifying specific subgroups for targeted service. Upon completing this course, participants will be able to differentiate treatment content for the LGBTQ+ community and comprehend the needs of individual subgroups. They will also be able to translate their understanding of intersectionality and LGBTQ+-specific mental health needs into an awareness of diverse client conceptualizations. Furthermore, they will be able to evaluate the quality of continuing education programs and articulate the importance of visibility, advocacy, and allyship.

If they have not done so, participants are encouraged to take the first two courses in this 3-part LGBTQ+ Affirming Care Series: Introduction to LGBTQ+ Inclusive Care and Foundations of an LGBTQ+ Practice. This course will build on the information covered in these previous courses.

Measurable Learning Objectives:

- Identify the unique needs and barriers to accessing care for LGBTQ+ identified individuals.
- Explain how intersectionality and social location affect conceptualizations of LGBTQ+ clients.
- Identify points of comprehension necessary to serve subgroups of the LGBTQ+ population.
- Assess continuing education courses to determine whether they are from affirming and knowledgeable sources.
- Explain the importance of visibility, allyship, and advocacy in specializing in LGBTQ+ mental health care.

Outline:

- 1) LGBTQ+ Community Risks & Barriers (Minutes 0-25)
 - a) LGBTQ+ Specific Risks
 - b) Barriers to Accessing Care
- 2) Intersectionality & Social Location (Minutes 26-36)
- 3) Subgroups / Subspecialties (Minutes 37-50)
 - a) Lesbian
 - b) Gay
 - c) Bisexual
 - d) Transgender
 - e) Asexual
 - f) Intersex
- 4) Acquiring More Education: How to be a Conscious Consumer (Minutes 51-55)
 - a) Assessing Your Sources
- 5) Visibility, Allyship, & Advocacy (Minutes 56-60)
 - a) Why it's Important

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

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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:

2024 Anti-Trans Bills: Trans Legislation Tracker. (n.d.). <https://translegislation.com/>

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Bass, B. (2023, November 13). *Cultural competence in the care of LGBTQ patients*.

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<https://www.ncbi.nlm.nih.gov/books/NBK563176/?report=printable>

Drescher, J., & Fadus, M. C. (2020). Issues arising in psychotherapy with lesbian, gay, bisexual, and transgender patients. *Focus*, 18(3), 262–267.

<https://doi.org/10.1176/appi.focus.20200001>

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.

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

Mapping attacks on LGBTQ rights in U.S. state legislatures in 2023 | American Civil Liberties Union. (2024, February 6). American Civil Liberties Union.

<https://www.aclu.org/legislative-attacks-on-lgbtq-rights-2023>

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 Trevor Project. (2023, September 12). *Understanding asexuality | The Trevor Project.*

https://www.thetrevorproject.org/resources/article/understanding-asexuality/?gad_source=1&gclid=CjwKCAiAuNGuBhAkEiwAGId4aqqfEyhPhE5Bm5tjfVzvlb32Mkjomt3R4dXDQpogN7_owACC3TTccxoChbIQAvD_BwE