

## Transcending the Basics: LGBTQ Client Care

New Mexico Association for LGBT Issues in Counseling, through NMCA is bringing you our latest conference focused on affirmative and inclusive care for our LGBTQ clients. This conference will focus on family units, spirituality and resiliency within the LGBTQ community. Keynote Speaker will be the dynamic Emerson S. Corley, LISW. There are 6 clock hours of continuing education credits offered through this conference.

Conference Providers:

<b>New Mexico Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling</b> Email: <a href="mailto:nmalgbtic@gmail.com">nmalgbtic@gmail.com</a> Website: <a href="http://nmalgbtic.wordpress.com">nmalgbtic.wordpress.com</a>	<b>New Mexico Counseling Association</b> <b>Mailing Address: P.O. Box 25423</b> Albuquerque, NM 87125 E-mail: <a href="mailto:nmca.info@gmail.com">nmca.info@gmail.com</a> Website: <a href="http://www.nmca-nm.org">www.nmca-nm.org</a>
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### Abstracts

**LGBTQ Clients: Cultivating an inclusive practice (101)** (1 CEC)

**LGBTQ Clients: Cultivating an inclusive practice (102)** (1 CEC)

Presenter: Jen O’Ryan, PhD in Human Behavior

Summary: This workshop is designed for professionals looking to develop more inclusive language and approaches when working with clients.

Attendees will have an open and confidential space in which they can learn supportive approaches for LGBTQ employees or clients. This session encourages frank discussion and a place to ask questions about sexual orientation, gender, gender identity, and gender expression.

You will explore ways to develop an environment that is truly inclusive and beneficial for all clients

Learning Objective#1	Attendees will understand and be able to openly discuss primary concepts related to sexual orientation, gender identity, and gender expression.
Learning Objective #2	Develop basic strategies for common situations such as non-supportive family members, handling when someone is ‘outed’ or comes out, and modeling inclusive behavior.
Learning Objective #3	Define ways to collect personal or sensitive information in ways that maintain respect for each individual’s identity. Describe and integrate inclusive language into programs, materials, and group rules or agreements.

**I Am Me: Understanding the Intersections of Gender, Sexuality, and Identity** (1 CEC)

Presenter: Jenn Jeverson, M.S., CEO Prevention at Play

Summary: "I Am Me" is an educational training video that explores the challenges that LGBTQ+ young people face. With personal stories from LGBTQ+ young people and adult advocates woven throughout, the main theme of adult allyship is exemplified through LGBTQ+ youth sharing how they need to be supported.

Learning Objective 1	Identify the differences between gender identity, gender expression and sexual orientation.
Learning Objective 2	Understand the challenges that LGBTQ youth face.
Learning Objective 3	Identify ways to participate in acts of allyship for LGBTQ youth.

### **Relationship Counseling with Lesbian Couples (1 CEC)**

Presenter: Elaine Casquarelli, M.Ed, Ed.S., LMHC, NCC, President-Elect of NMCA

Summary: Are you interested in working more affirmatively and effectively with lesbian couples in counseling? If so, this session is for you. The unique qualities and needs of lesbian couples will be reviewed and discussed, as well as ways of integrating these needs into existing relationship counseling approaches.

Learning Objective 1	Attendees will learn about the unique needs of lesbian couples
Learning Objective 2	Attendees will learn counseling theory and skills for working with lesbian couples
Learning Objective 3	Attendees will have the opportunity to discuss how to best apply the information and skills in their own counseling and teaching practices

### **First-line Advocacy: Affecting Positive Social Change for Transgender Youth through the Counseling Relationship (1 CEC)**

Presenter: Cortny Stark, PhD Student, LMHC, LADAC, CRC

Summary: For transgender and gender non-conforming (GNC) youth, the relationship with parents/caregivers can play a major role in mental health and wellbeing. Counselors working with families of transgender and GNC youth have a unique opportunity to assist parents/caregivers to become first line advocates for their child(ren). This presentation will utilize qualitative interviews with community-based advocates, and parent advocates, to describe how counselors can aid families of transgender and GNC youth to access community-based advocates, navigate institutions, and address discrimination

Learning Objective 1	Understand the influence of parent and caregiver support, or ambivalence and rejection of their child's gender identity on transgender and gender non-confirming youths' health outcomes.
Learning Objective 2	Review community-based advocates, and parent advocates roles as first-line advocates for transgender and gender non-confirming youth.
Learning Objective 3	Explore how counselors can aid families of transgender and gender non-confirming youth to access community-based advocates, navigate institutions, and address discrimination.

**Tools to Work with Transgender People (1 CEC)**

Presenters: Adrien Lawyer, Co-Director of Transgender Resource Center of New Mexico  
 Nandi Baldwin, LMHC, NCC, President of NMAALGBTIC

Summary: Are you already seeing transgender clients? Are you open to it but worried about doing the wrong thing? Join us to learn more about working well with trans folks, whatever your current comfort level. We will talk about some transgender basics, and then dive deeper into welcoming environments, issues that transgender clients might bring in, family dynamics, the WPATH standards of care, and more.

Learning Objective 1	Participants will increase knowledge of and comfort level with transgender patients.
Learning Objective 2	Participants will increase knowledge of therapeutic concerns of transgender clients.
Learning Objective 3	Participants will learn about the WPATH organization and their standards of care.

**Estrangements of Colonialism, Intimacy, and Care in LGBT Issues in Counseling: Situating LGBT Identity Politics in the Vision of Counseling Processes (1 CEC)**

Presenter: Heather Sands, M.Ed, LMHC, NCC

Summary: As the conference theme is geared toward practices of care among LGBT peoples and issues in counseling, this presentation seeks to uncover the historical threads of colonialism, care, and intimacy that have largely determined (and overdetermined) sexual and gender identifications and the knowledge production in counseling that continues to address LGBT issues.

Learning Objective 1	Attendees will learn how to connect three different historical threads regarding care, intimacy, and colonialism to contemporary ideologies of identity and therapy.
Learning Objective 2	Based upon these histories, attendees will learn to detach biological determinisms from identity politics in terms of gender and sexual identifications. As such, attendees will be knowledgeable of structural and

institutional violence--often grounded in biological determinisms--for which different helping professions and state institutions naively condone among people with varying sexual and gender identifications.

Learning Objective 3 Finally, attendees will learn (a) how to define and recognize identity politics among people with different sexual and gender identifications and (b) how to navigate a client's/student's agency in terms of their embodied ideologies of their identity(ies).

### **The Power of Vision, Words, and Thoughts (1 CEC)**

Presenters: Drew Dooley, PhD  
Maureen Johnson, LMHC, NCC

Summary: Thoughts become things. Words make worlds. Understanding the energy words possess and the frequency they vibrate at is essential to anyone involved in the healing arts. Using the tools of word and thought in a guided, positive manner we will discover how you and your clients can better reach your desired outcome. This presentation will include a video from Media Arts Collaborative Charter School G-safe students.

Learning Objective 1 Participants will be able to demonstrate how positive and negative words can directly affect the human body.

Learning Objective 2 Participants will create and design a personal vision based on the concept of thoughts become things.

Learning Objective 3 Participants will be able to define the vibrational frequency of certain words and how this could impact their use with clients.

### **Transgender Adolescent and Adult Care Competencies: Treating Gender Dysphoria and Collaborating with Medical Care (1 CEC)**

Presenter: Nandi Baldwin, LMHC, NCC, President NMAALGBTIC

Summary: It is important to have team collaboration with physicians, psychiatrists, endocrinologists and other therapists who are educated and sensitive to the needs of Transgender individuals. This presentation will go over the standards of care, referral language for hormone replacement therapy and local referrals. This presentation will include information from the World Professional Association for Transgender Health and National Association for LGBT Issues in Counseling to give the most up to date language and skill set for therapists working with Transgender clients.

Learning Objective 1 The process for referring clients for hormone replacement therapy or hormone blockers

Learning Objective 2 Standards of Care for mental health professionals with Transgender clients

Learning Objective 3                      Competencies for working with Transgender clients laid out by National Association for LGBT Issues in Counseling, a division of the American Counseling Association

**Keynote: "Spirituality, Organized Religion & Our LGBT Identity" (1 CEC)**

Keynote Presenter: Emerson S. Corley, LISW, PC

Summary: Are there differences between spirituality and religion? Our LGBT identity has been frequently judged by organized religion as we know it. Our keynote speaker, Emerson Corley, LISW, will address this sensitive topic through both personal experiences having been raised Roman Catholic and professional experiences from her private practice as a Clinical Social Worker.

Learning Objective 1	Conference participants will gain an understanding of the varying perspectives between spirituality and organized religion, and how to comfortably discuss these perspectives with clients.
Learning Objective 2	Conference participants will gain a preliminary understanding of how the differences between spirituality and organized religion affect our identities as LGBT persons, both individually and in community with one another.
Learning Objective 3	Conference participants will be encouraged to challenge their own belief system regarding spirituality and organized religion in order to ultimately better assist their clients

**Oikos: It's Not Just Yogurt; Rereading the Bible for a Positive LGBTQ Psycho-Spiritual Experience (1 CEC)**

Presenter: Athena Gassoumis, M.Div., LADAC, President of NMCA

Summary: Presentation and discussion will focus on "unpacking" those texts used to create and incite hate, anxiety and fear, allowing participants an opportunity to exegete biblical texts from a neutral and cultural contextualized perspective with the purpose of creating greater spiritual wellness in the ongoing process of healing from trauma.

Learning Objective 1	Reviewing the Bible within a Historical and Cultural context; enabling neutralization of hot topic texts.
Learning Objective 2	Unpacking texts, unpacking feelings, acknowledging hurt and abandonment. Applying current scholarship; applying therapeutic modalities which will enhance greater psycho-spiritual wellness.
Learning Objective 3	The Importance of Developing Psychoanalytic Diversity: "Faith tradition gives expression to our experience, points us to a reality outside of ourselves but it is not reality in and of itself." Ann Ulanov, Psychoanalyst.

### **Mandala Spirit Collage (1 CEC)**

Presenter: KaSandra Verett, MA, LMHC

Summary: Following the colors of the seven chakras we will be utilizing a round format, cutting images out of magazines and placing them on the Mandala. When finished we will discuss our images and if time allows – I will be doing a guided meditation with the participants.

Learning Objective 1	*Learning Objective#1 – The ability to demonstrate the skills to facilitate transformation in self and others.
Learning Objective 2	*Learning Objective#2 – The ability to demonstrate implicit expectations within the belief system of the client and how these beliefs inspire consciousness.
Learning Objective 3	*Learning Objective#3 – The ability to apply the concepts, approaches and techniques of at least one of the seven chakra colors during this presentation

### **Addressing Gender Identity and Sexual Orientation in Assessment (1 CEC)**

Presenter: Jen Panhorst, MSW

Summary: Obtaining information on gender identity and sexual orientation in an assessment is important, but what is the best way to do this? We will discuss best practices on how to ask these questions, what other information is relevant to obtain, and how to overcome client and clinician discomfort.

Learning Objective 1	Participants will learn about methods to ask about sexual orientation and gender identity, including the 2-step question for asking about gender.
Learning Objective 2	Participants will learn about ways to overcome both clinician and client discomfort regarding questions about sexual orientation and gender identity.
Learning Objective 3	Participants will be able to identify 1-2 ways they may be able to change their intake and assessment practices in order to better serve the LGBTQ community.

### **Working with Transgender/Gender Variant Youth: A Person-Centered Approach (1 CEC)**

Presenter: James Curtis Daulton, MA, LPCC

Summary: This presentation will foster an understanding of the unique challenges faced by transgender/gender variant teens including: coming out issues, appropriate family psychoeducational interventions, social isolation, anxiety, and depression. Presenter will draw upon empirically relevant material as well as professional experience working individually with these teens. A rationale and

discussion regarding why using a Person-Centered approach is highly effective and appropriate for working with transgender/gender variant youth.

Learning Objective 1	To increase a deeper understanding the unique challenges transgender/gender variant young people face.
Learning Objective 2	Participants will why Person-Centered Therapy Treatment is applicable to this particular population of young people, when the approach is rarely used by child and adolescent therapists working with cisgender youth.
Learning Objective 3	Participants will learn how to utilize a person-centered approach in working with these young people.



**National Board for Certified Counselors (NBCC) - Provider #2032**

New Mexico Counseling Association (NMCA) has been approved by NBCC as an Approved Continuing Education Provider (ACEP™), ACEP No. 2032. Programs that do not qualify for NBCC credit are clearly identified. NMCA is solely responsible for all aspects of the program.

This program is approved for 6 clock hours.