

ALGBTIC NEWS

Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling

Volume XXXIV, Issue 1

Pre-Conference 2009

A Division of the American Counseling

From our President:

Anneliese Singh Ph.D., LPC, NCC



Greetings and Happy New Year! As I write this column, it is the day after the inauguration of our 44th President, Barack Obama. I have been fortunate to be in DC for the event, as ACA has a divisional leadership meeting later this week. I am still stunned at the outpouring of love, hope, and belief in change I witnessed in the faces of the 2 million people who braved the cold to watch history unfold.

We are truly living in incredible times, where no matter what your political beliefs are, children will grow up seeing an African American male be President. A huge bonus is that as we go to press, I checked the White House website (www.whitehouse.gov/agenda/civil_rights/) and there is a new LGBT link where there are details about expanding hate crimes statutes by passing the Matthew Shepard Act, repealing the "Don't Ask, Don't Tell" policy, expanding adoption rights, passing the Employment Non-Discrimination Act, and many other affirmative-LGBTQIQ issues President Obama will initiate.

As I listened to the inaugural speech, I could not help but think of our division and the values we hold dear to us. Affirming the dignity and worth of *all* people. The ability to hold on to our ideals *and* our safety. Commitment to fiscal responsibility and transparency. Honor, trust, dignity, and peace. As a division, we have been working for so long to build the type of world our new President is calling our nation to build! I felt proud of who we are, what we represent, and how we go about the work of our division's members and leaders - I believe our division consistently *is* the change we wish to see in the world as President Obama and Mahatma Gandhi have said. I encourage us as a division to *resist* the divisiveness

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Counselors Needed STAT!

Nashae Y. Julian, M.S.Ed. &
Veronika E. B. Kolder, M.D.

In 2004 Mark Pope, then-president of The American Counseling Association (ACA), challenged all counselors to take a good hard look in the mirror and ask ourselves "Who are we? What makes us different from psychiatrists, social workers and psychologists of all stripes...?" As members of the Association for Lesbian Gay Bisexual Transgendered Issues in Counseling (ALGBTIC) we know we are different. Our mission statement states that we are committed to "identify conditions which create barriers to the human growth and development of LGBTQI clients and communities; and use counseling skills, programs, and efforts to preserve, protect, and promote such development" (ALGBTIC, 2009). Further, our commitment is "to develop, implement, and foster interest in counseling-related...educational programs designed to further the human growth and development of LGBTQI clients and communities" (ALGBTIC). From our perspective as a lesbian counselor and a lesbian physician, we argue that counselors are uniquely qualified to work with medical educators. Such collaborative work can improve lesbian health care and medical education on LGBT issues.

Counselors differ from other mental health professionals in that we operate within a contextual model of therapy. In doing so we: value the biological, psychological and spiritual factors that contribute to the mental health and mental illness of our clients (Wampold, 2007); understand that the lack of mental illness does not indicate the presence of mental health (Pope, 2006); individualize our treatment approaches to meet the needs of our clients, normalize mental health, focus on prevention and build on the strengths of our clients (Pope).

LGBT activists within the counseling profession have contributed to extraordinary progress within our field. ALGBTIC is evidence of this accomplishment. Because of our efforts, LGBT persons are becoming empowered and living happy and fulfilled

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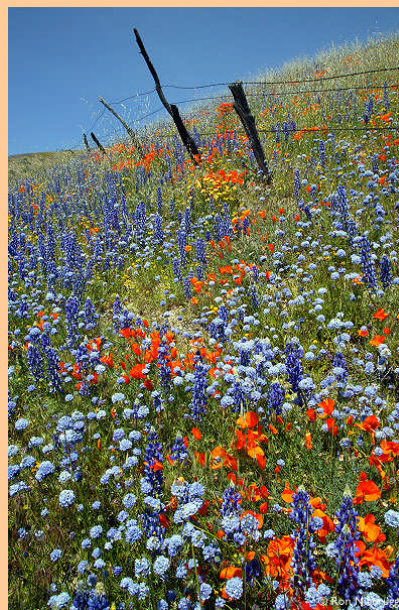
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Committee Chairs 2009-2010

Ron McLean, **Graduate Student/New Professionals**
Philip Gnilka, **Membership**
Phyllis Mogielski-Watson, **Awards; Nominations and Elections; Bylaws**
Rhodes Gibson/Rob Mate, **Webmasters**
Denny Frank, **Media and Public Relations Chair**
Kathy Newton, **Multicultural Consultant & Committee**
Susan Seem/Ed Cannon, **Branch Chapter Committee**
Michael Chaney/Hugh Crethar, **Task Force on Anti-LGBT Counseling**
Theo Burns, **Transgender Committee**



"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

~Anne Bradstreet

President's column continued from page 1...

that often happens when oppressions such as racism and heterosexism are pitted against one another, and to continue to work towards justice for *all* people. In that way, we will not only build a more beloved community, but also be stronger as we build stronger relationships and stand with our allies against all hatred and prejudice.

With that being said, I am excited for us to come together as a division in Charlotte for ACA's 2009 Conference! I *cannot wait* to continue the good work we do in building a beloved community among our own LGBTQIQ and ally membership - and across divisions.

We will kick off our time in Charlotte on 3/20/09 with our participation in the "Giving Back to the Community" event in collaboration with AMCD, CSJ and NIMC. It is a free event, (details will be posted on our website and listerv) where we are literally *giving back* to the Charlotte community by offering LGBTQIQ presentations on youth and adult issues and learning from local Charlotte counselors and organizers. We also have great Day of Learning scheduled! From presentations on transgender issues, spirituality, and youth to presentations on heterosexual identity development (YES – it is time for us to learn how *all* sexual identity development occurs!) – I think you will find cutting edge and innovative programs.

For our long-term and newest members, I invite you to attend our ALGBTIC brunch, happy hour, and reception so we can celebrate and connect with one another (please see pg. 13 for details)! I have a feeling our amazing ACA President – Colleen Logan – may be stopping by many of these events, so that will be a great bonus for us to celebrate one of our own as President of our association!

Because of President Logan, we have a great LGBTQIQ advocate, Judy Shepard, as our keynote speaker on Sunday morning of the conference that I hope you will attend. Finally, look for details on our website and listerv about a LGBTQIQ media training that GLAAD/Rockway Institute will be providing at our conference (see pg. 7). This is a free event that will help us learn how to use the media to deliver positive, affirming messages about our community. In the age of those counselors who promote anti-gay therapies ("conversion therapy") and those counselor educators who continue to use words such as "sexual preference" to describe us – our ability to use media and technology to promote LGBTQIQ-affirmative messages becomes an incredibly important skill for all of us (no matter what university, private, public setting in which we work).

I look forward to meeting each of you who come to Charlotte! You are each critical ingredients to our division's success. Thank you for everything you do each day to make the world a better place for *everyone*!

In the spirit of community~
Anneliese

Join the ALGBTIC Information Exchange

This listserv is especially dedicated to the exchange of information for both ALGBTIC members and non-members alike. There are frequent lively exchanges of ideas and opinions on a variety of LGBTQ-related topics, such as issues around counselor education, research opportunities, transgender support, and many more. Stay in touch with ALGBTIC leadership as well because many announcements are posted to the membership via this listserv. You may receive posts as they are sent out or in a daily digest. Please go to the following website for more information. And, don't forget to sign up! <https://lists.purdue.edu/mailman/listinfo/algbtic-l>



Digital Photographs WANTED

If you are attending this year's ACA Convention in Charlotte, do not forget your camera. Please take pictures of yourselves and fellow ALGBTIC members while enjoying this year's convention events, especially ALGBTIC-related activities. Consider submitting the photos to be included in future issues of this newsletter. No worries, names *might* be removed to protect the guilty...



Committee Reports

Transgender Committee Update Theo Burnes

The Transgender Committee of ALGBTIC has been meeting monthly via conference calls since September 2008. As a member of ALGBTIC and the coordinator of the Transgender Committee, it's a privilege and honor to update you on the process and outcomes of our committee. We have had an extremely busy eight months! We are excited to have eight active members who are a mix of students and professionals, early-, mid-, and late-career members. Since September, the Transgender Committee has had two major areas of focus:

1) In response to calls from our membership, we have continued our series in Counseling Today on issues affecting the counseling practice with transgender clients. Specifically, the committee has gotten together to conceptualize an article outlining specific issues affecting transgender adults and helping counselors gain the knowledge, attitudes, and skills, in working with transgender adults. Our committee is happy to report that this publication appeared in the most recent January 2009 issue of Counseling Today. Many thanks to all of the authors -- Sean Moundas, Denise Pickering, Julia Hosea, Alex Roan, and Anneliese Singh -- for their hard work!

2) Under the guidance of our division's president, Dr. Anneliese Singh, we have begun to work on creating the Counselor Competencies for work with Transgender competencies. This project has been quite an undertaking! Using existing competencies and ACA professional standards as models, our work group has begun to create these competencies for counselor's work with transgender clients. Our process creating these competencies has been inspiring -- collaborative, inductive, and an opportunity for counselors and advocates for transgender people to share ideas and learn from each other. Our committee looks forward to giving you an update when we see you in Charlotte!

As always, the Transgender Committee continues to identify new areas in which work needs to be done, including: updating resource materials, reviewing documentation, and volunteering for ALGBTIC-related events at the 2009 Charlotte conference.

If you would like to get involved with the Transgender Committee, please don't hesitate to email me at burnes@gse.upenn.edu.

Multicultural Committee Address Kathryn Newton

As we begin this new year our past, present, and future merge in the celebration of Martin Luther King, Jr.'s birthday following by the inauguration of the 44th President of the United States. The incoming president is a man whose cultural heritage is Black Kenyan and White Kansan. Who was raised by a single White mother in Hawaii and Indonesia. A highly educated professional whose work has been to empower disadvantaged communities. A man who can work consistently for LGBT legal protections and invite an opponent of those rights to speak at his inauguration. His mission of inclusion is an external representation of his own identity; a recognition that all parts of our individual and community selves belong.

There is something to be learned here about culturally competent partnerships. About accepting conflict and disagreement as a natural and healthy aspect of relationship. There is something to be learned about actively seeking common ground, however small the footing, in the best interest of the larger community. The concept of community being promoted by our new president is one of inclusiveness, thoughtful negotiation, and reasonable compromises. This is a leadership that *assumes* common interest in addressing basic human needs, protections, and rights.

In that spirit, I have been reflecting on the shared goals and common interests of several sets of counseling competencies*: the *AMCD Multicultural Counseling Competencies*, AADA's *Gerontological Competencies for Counselors and Human Development Specialists*, the *Advocacy Competencies* (Lewis, Arnold, House, & Toporek, as endorsed by the ACA Governing Council), and ALGBTIC's *Competencies for Counseling Gay, Lesbian, Bisexual and Transgender (GLBT) Clients*. What do these documents have to say to a counselor working with a physically disabled Black woman who loves other women? With an elderly transgender individual facing retirement? With an undocumented gay man from Guatemala who has been rejected by his community? None of these individuals may identify themselves as a member of the LGBT "community", and yet sexual or gender identity are critical concerns for each.

The message I found across these documents was that truly multicultural competence demands active and compassionate engagement – with ourselves, with the people we serve, and with our communities.

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Multicultural Address continued from page 4.

Competence is a constant dialogue across and through boundaries, often tiring and confusing. It requires putting our client's well-being ahead of our own anxiety and discomfort.

In a few weeks, we will come together as a profession in Charlotte for ACA's annual conference. There will be discussions, presentations, and meetings addressing every aspect of our field. Enjoy the conference, renew your friendships, and further your training. And also take some time to consider the future you want to bring into being and what actions you could take at this conference towards that vision. Attend the meetings of other divisions as an ALGBTIC member. Offer your support and invite dialogue about shared goals and vision. When you attend sessions, ask about and advocate for the interests of LGBT people of color, of non-majority ethnicities, and of differing social classes, abilities and age groups. When you attend LGBT-specific sessions give voice to the concerns and needs of those who aren't present because of social, political or economic barriers. Make this a meaningful time for you and for our shared community. For further inspiration, visit <http://www.yesmagazine.org/article.asp?id=3047> for an article about building "beloved community."

(*The competencies mentioned in this article can be found on the home page of the American Counseling Association (www.counseling.org) or through links to the ACA divisions.).



Governing Council Report **Ned Farley**

As I approach my final Governing Council meeting in Charlotte in March, I am looking back on these past almost-three years with surprise (that it has gone so fast) and appreciation for the honor of serving ALGBTIC in this way. It feels like a nice way to finish out what has been a long and personally gratifying service to our division. I can say with certainty that having been a division president was crucial in my ability to do this job.

Since I already have given my report for the work done last spring in Hawaii, my focus in this report is to share what I think are important aspects of Governing Council work this past October in Alexandria at our fall board meeting:

1. The Economy and the ACA Budget: As we all know, both personally and professionally, the economic downturn (now finally declared a recession) has hit many, if not all of us, hard in the pocketbook. This is true as well for ACA, most notably in investments. While investments are not counted on for the bulk of the budget; the interest from investments does help ACA build a cushion in the budget each year. Unfortunately, this cushion was pretty much wiped out which resulted in some difficult conversations at our board meeting. The Executive Committee of the Governing Council, in work with the treasurer, presented a pared down budget which included items such as not filling staff positions at headquarters, freezing any raises for staff, lowering the per diem rates for at least this current budget year, and to release funds from the designated accounts (the cushion, so to speak) in the amount of \$600, 000 in order to fund operations. This should cover the projected shortfall, and of course, these monies will be replenished as soon as possible. In the long run, ACA is financially solvent despite the tight budget and the impact of the economy.

2. An upside to the economic climate is that ACA was able to negotiate a very good 5-year lease on headquarters, which will keep costs down and yet allow for improvements as needed.

3. The most involved discussions at this meeting were around the contract that ACA recently engaged in with Heritage of America (HOA), which is a private, non-profit company working with veterans. HOA received a sizable grant from the Department of the Defense in order to provide mental health services to returning vets who were unable to receive services as fast as needed by the V.A. ACA is a sub-contractor to provide these services directly with licensed

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counselors across the country. This is a huge opportunity for ACA, both in terms of meeting our goals (and values) and also giving face and voice to who we are as a profession. The agenda discussion focused on a request for a bridge loan from ACA to HOA in order for them to get the infra-structure up and running in time to begin services before the end of this year, as required in the D.O.D. contract. There was much discussion of the pros and cons of such a loan (to the tune of 1.2 Million) but ultimately with clear structures in place, the Governing Council approved this one-year loan, and saw the long-term benefits of income to ACA and providing services to vets who need our help, and jobs for hundreds of counselors across the country. It doesn't hurt that we will also be making 10% interest from this loan, which will help with our tight budget. For those interested in finding out more about the HOA/ACA venture, I'd suggest looking the information up on the ACA website (www.counseling.org) or calling ACA to find out about how to participate.

4. Three new interest networks were created by vote: Forensic Counseling, Counselors in Schools, and Wellness.

5. The Charlotte conference was ahead of projections in terms of both registrations and exhibitors. As of the end of November (in a recent report to Governing Council) we are just shy of 2,000 registrations with 15 weeks to go.

6. Finally, Governing Council spent a good chunk of time working on strategic planning with special foci on:

- Marketing the profession
- Reaching out to practitioners
- Use of electronic media
- Outcomes research
- Moving forward with re-structuring of membership and dues
- Nurturing of divisions
- Increasing partnerships such as the one with the V.A. system through Heritage of America



Journal Editor Report

Ned Farley

Editor, Journal of LGBT Issues in Counseling

The journal continues production in an organized and timely manner. We have met all publishing deadlines for Volume 2 of the journal, which is a "first" for us. While the first issue of Volume 3 wound up being submitted a little past our mid-December deadline, it was submitted and should keep the journal on-time within the publication schedule. With the electronic submission capacities of our new publisher (Taylor and Francis), the entire production process has been streamlined, which works well for us; especially when we are running a tight schedule.

While I would like to see our issues be a bit larger, my decision to date has been to submit issues on time, so that our membership is receiving their journal in a timely manner rather than focus on delaying in order to fit in one or two additional articles. The publisher seems fine with our decision either way.

Our submissions continue to come in on a regular basis, and as noted in my summer newsletter report, our acceptance rate has continued to drop. We are currently running at about a 35% acceptance rate, which I believe is quite good for a journal just finishing its second volume. I continue to work at enlarging our volume of submissions, so that we can eventually bring our acceptance rate down to somewhere close to a target of 20-25%.

Although we have just finished with our second volume, we have actually completed three years of work on our journal since its official inception (not counting the 1-2 years of planning time before an editorial board was fully assembled). As such, a third of our editorial board's terms are up as of December 31, 2008. The board members who are finishing their terms were notified in writing during the summer. In some cases, board members were offered to stay for another three year term if they so wished. Either way, for those positions being vacated, new board members are being pursued, which included a "call for editorial board members" that went out in our newsletter as well as at least twice in Counseling Today. Please see the "call for editorial board members" in this newsletter issue.

Finally, the call for submissions for our next special issue went out in our fall/winter newsletter and will also be in Counseling Today. Our immediate past-president, Dr. Mogielski-Watson will be special co-editor of this issue (due out at the end of 2009) with a yet-to-be-named co-editor with expertise in our special topic: LGBT Counseling Issues and the Military. The

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ALGBTIC is proud to announce that we are partnering with the Rockway Institute to offer the following program to support our community by building a safer, more affirmative environment for LGBTQ people:

LGBT Media Training Offered by Rockway Institute at the 2009 Charlotte ACA Convention

This skills-focused workshop is designed to improve participants' ability to communicate their knowledge about LGBT counseling issues to the public via print, Internet, radio, and television media. No prior media experience is required. Participants are expected to have at least a minimal level of expertise in one or more areas of counseling with LGBT clients. It is very important that both LGBT and heterosexual counselors get involved in this kind of media work to counteract the misinformation and antigay propaganda so prevalent in the media.

In this workshop, you will improve your ability to:

- Start relationships with local, regional, or national reporters so that they may contact you when working on LGBT stories
- Decide whether to accept or decline a specific interview invitation
- Prepare for an interview
- Define your goals for the interview
- Develop and deliver concise, effective messages in your main areas of LGBT expertise
- Respond to questions from a reporter that are tangential, based on misconceptions, subtly biased, or overtly challenging.
- Control an interview so that it covers the main points the audience should learn about the topic rather than whatever "angle" the reporter may feel is personally interesting, controversial, or politically newsworthy.
- Draft an email to the reporter to say "thanks" afterwards and to insure that s/he accurately reports your name, professional affiliation, main talking points, and references you made to the work of others.

There is no charge for attending this media training at the ACA convention.

Date/Time: Sunday, March 22, 2009; 11 AM - 2 PM

Location: Westin Hotel: Tryon South Room

RSVP: Kathryn Newton at ksnewton@ship.edu

About the Rockway Institute - a national center for LGBT psychology research, education & public policy

The Rockway Institute brings together scientific research and professional expertise to counter antigay prejudice and inform public policies affecting lesbian, gay, bisexual, and transgender (LGBT) people. A primary goal is to organize the most knowledgeable social scientists, mental health professionals, and physicians in the United States to provide accurate information about LGBT issues to the media, legislatures, and courts. The Institute has conducted media trainings around the national meetings of the American Psychological Association, American Psychiatric Association, World Professional Association for Transgender Health, American Family Therapy Academy, LGBT Center on Halsted in Chicago, and to other organizations. Rockway Institute staff also are conducting targeted research to answer major public policy questions about same-sex marriage, lesbian/gay parenting, and LGBT youths in schools. For more information, please visit the website: www.RockwayInstitute.org

About the Presenter: *Robert-Jay Green, PhD* is Executive Director of the Rockway Institute, and Distinguished Professor in the Clinical Psychology PhD Program, California School of Professional Psychology, Alliant International University, San Francisco. Among his over 70 publications is the co-authored book, *Lesbians and Gays in Couples and Families: A Handbook for Therapists*. Dr. Green has received national awards for his applied and research activities from the American Psychological Association's Division of LGBT Psychology and Division of Family Psychology, and from the American Family Therapy Academy (AFTA).

Sunday, March 22nd, 11 AM – 2 PM

Girl Interrupted, Woman Found

Marilyn Powell

It is widely said that, for women, 40 is the new 30, 50 is the new 40, etc. We, as women, are accomplishing things in our “mid-life” that were once thought impossible; certain things after a “certain age” were just not done. My gift to myself at 40 was entering my first publicly lesbian relationship, emerging fully into the person I am, and embracing an identity that perplexed me until now. Now, it simply perplexes others.

No “coming out” process is simple, at any age, or for anyone. Women, however, have unique issues around social stereotypes and expectations as well as enhanced potential job-related discrimination that can be magnified in mid or later life. Growing up in suburban North Dallas, where I also currently reside, I expected my 40’s to be filled with the “American Dream” of 2 kids, dog, house, and husband. After struggling for decades with the husband category, I settled into my authentic dream: 2 kids, 2 dogs, house, partner, and a couple of turtles (that were unplanned!). I doubt that those who are unsettled by my shift in dreams are concerned about the turtles and the extra dog.

While the benefits of living out and authentically are, without question, vast and deep; the fears and losses, those that are real, imaginary or expected, are also jagged and painful. Where I moved easily as a teenager, along the same streets, in the same stores, and with some of the same people, I now tread carefully and lightly at times wondering where I will find acceptance and support and where there might be rejection and prejudice. Where I was considered a “fantastic” mother, I was quickly labeled “abnormal” and my parenting questioned. Where I succeeded routinely in my career, I questioned whether the phrase “my partner is having surgery and I can’t make the meeting” really elicited a qualitatively different response than “my husband is having surgery and I can’t make the meeting” or if it was my imagination.

Despite the pitfalls, concerns, and fears, I am indebted to the women who struggled to live authentically before me, who did not or do not have the options that I do. Recently, I came out in a church-sponsored parenting group, identifying myself as part of a “blended lesbian family” to a warm and receptive reaction. We have forged progress against the odds, collectively and individually, quietly and boldly, in safety and in peril – some of us early in life, and some of us a little late to the party – at least publicly. These are exciting times and change is coming – little by little and sometimes in large leaps. Women are on the forefront of such change.

This column reflects a bit of change in ALGBTIC: A space focused on women’s issues within our community where we can share with each other, learn from each other, and better serve our clients with enhanced self-awareness and/or technical data or information that advances the counseling process. We are our finest resource, jointly with the membership of ALGBTIC and ACA and as women, with women.

Marilyn Powell is affiliated with Enrichment Counseling and Assessment, Dallas, TX and is the Program Director for Counseling Psychology at Walden University. She can be reached at drmpowell@gmail.com

The emotional, sexual, and psychological stereotyping of females begins when the doctor says, "It's a girl."

~Shirley Chisholm



Photo courtesy of www.freedigitalphotos.net

Counselors Needed continued from page 1...

lives (Perrin, Cohen, Gold, Ryan, Savin-Williams & Schorzaman, 2004). Our efforts have also contributed to greater social awareness of LGBT issues (Savin-Williams, 2005), and growing societal acceptance of LGBT persons' desire to become parents.

Greater social acceptance has changed how sexuality and reproduction are discussed, not only within the counseling, but also within the medical community (Perrin, Cohen, Gold, Ryan, Savin-Williams & Schorzaman, 2004). Although lesbians have access to self-help literature about conception, many still seek the help of a general gynecologist or reproductive endocrinologist (Mohler & Frazer, 2002; Pepper, 2005). Most gynecologists, however, refuse to provide donor insemination for lesbians and are unwilling to deal with the unique insurance and legal issues associated with donor insemination of this population. While the refusal of services to lesbians would be considered unethical in the counseling profession, the American Medical Association (AMA) specifies that "A physician shall, in the provision of appropriate patient care, except in emergencies, be free to choose whom to serve..." (AMA, 2008). The University of Iowa is an example of a large institution that has expanded donor insemination services to include lesbians. Services were made available to lesbian couples in 2002, and to single women regardless of sexual orientation in 2007. However, to the best of our knowledge, no formal educational program regarding lesbian health care accompanied this change in policy. Even within institutions that are providing services, education regarding lesbian health care is limited (Perrin, et. al.).

Medical education is a field that is ripe for counselor participation. Many medical educators do not have training in counseling, communication skills, or teaching. They are sometimes assigned to teach sexuality lectures based on their sexual orientation or hierarchal stance within the department rather than any special expertise in the field. Medical educators may have limited knowledge about the specific needs of the lesbian population (Kelley, Chow, Dibble & Robertson 2008). In addition, they typically have little access to peers who do similar work at other institutions. While there are two national organizations for gay and lesbian physicians, attendance at the Women in Medicine for Lesbian Physicians conference has dropped so much that meetings are now held only every other year. Further, there were only 400 attendees at the last annual meeting of the Gay and Lesbian Medical Association (GLMA).

Within the specialty of obstetrics and gynecology

the Association of Professors of Gynecology and Obstetrics (APGO) publishes curriculum guidelines for medical student education. Dr Kolder's lecture, "Sexuality and Modes of Sexual Expression", is based on an APGO outline and is delivered to third year medical students during a 40-minute lunch period. The lecture covers the physiology and endocrinology of sexual arousal as well as lesbian and transgender gynecological care. We feel that this is not enough time. Furthermore, combining instruction about sexual response, which is a universal human function, with instruction about lesbian health care is problematic as it perpetuates the misconception that lesbianism is a deviation from normal sexual function.



While observing Dr. Kolder's lecture, the lead author noticed that medical students were quick to engage her over issues of sexual orientation. One student challenged the legitimacy of biological determinants of sexual orientation. Another student stated that sexual identity is defined by behavior and insisted on relating sexual behavior of prisoners to that of self-identified lesbians within mainstream society. Because of the limited time allotted to this presentation, neither of these issues were explored or addressed by Dr. Kolder. As a trained counselor it was evident to the lead author that some students did not understand the differences between sexual behavior and sexual identity. Further, most clinical professors are not prepared to recognize or address homophobia in the classroom.

As advocates for better lesbian health care, ALGBTIC counselors have an opportunity to reach out to the medical community. For those counselors and counselor educators employed at academic institutions, we recommend building professional relationships with medical educators and health care providers. These relationships can improve lesbian health care and lead to collaboration in service and teaching.

Counselors can advocate for more affirmative lesbian health care by reaching out beyond the bounds

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of our their departments and creating workshops on sexuality and sexual orientation that are tailored to the needs of the medical community. Lesbian health care can be improved through the creation of workshops that allow medical professionals time for personal reflection regarding their own beliefs and values about sexual orientation. We can also teach effective communication skills and develop case studies that highlight the individualized care of lesbian women. We hope that this piece will generate further discussion between professional counselors and medical providers, leading to effective advocacy and activism on behalf of lesbians and the LGBT community.

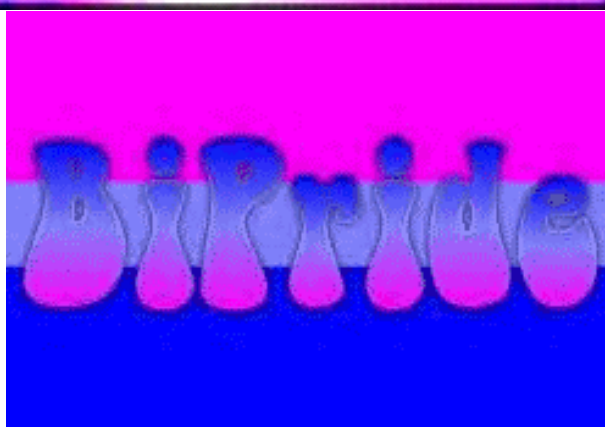
References

- American Medical Association (AMA). Taken from: <http://www.ama-assn.org/> on 1/15/2009
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- Pope, M. (2006). Professional Counseling 101 Building Strong Professional Identity. American Counseling Association, Alexandria, Va.
- Savin-Williams, R. (2005). *The New Gay Teenager*. Harvard University Press. Cambridge, Massachusetts.

For more information on this topic, please contact Nashae Y. Julian (nashae-julian@uiowa.edu) or Dr. Veronika E. B. Kolder (veronika-kolder@uiowa.edu).

Journal Editor Report Continued from page 6...

deadline for submissions for this special issue is June 30, 2009. Please encourage anyone you know who might be doing research or other academic writing in this area, to consider submitting. The "call for submissions" is also in this newsletter.



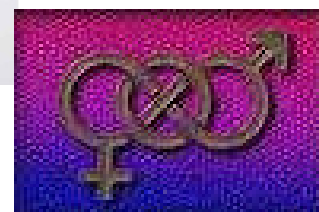
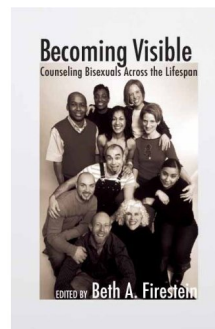
Readings and Resources About Bisexuality

- Firestein, B. A. (Ed.). (2007). *Becoming visible: Counseling bisexuals across the lifespan*. New York: Columbia University Press
- University of Missouri LGBTQ Resource Center. *Bi phobia introduction*. Retrieved January 13, 2009, from <http://web.missouri.edu/~umcstudentlifelgbt/resources/biphobiaintro.pdf>



www.bisexual.org

Bisexual Resource Center
www.biresource.net



BISEXUAL IDENTITIES

Amanda Wolfe, Ed.S. NCC

As members of the LGBT community, persons who identify as bisexual might feel invisible. Bisexuality tends to be lumped in with research on lesbian and gay populations and receives little attention on its own. The breadth of research on bisexuality specifically is still woefully small. In fact, there are few discussions about bisexual identity and even how to define bisexuality. Coupled with misunderstandings about what constitutes bisexuality in academia, much of the same misunderstandings exist in the general population and among counselors. All of these factors can lead to feelings of exclusion.

Bisexuality

Bisexuality is sometimes defined as “the human capacity for loving, valuing, and sexually desiring other people in ways that are not limited by gender” (Firestein, 2007, p. xix). However, there are many conceptualizations of what bisexuality means, ranging from a transition point to a specific identity, from a static identity to one that is more fluid (see Parker, Adams, & Philips, 2007). One of the problems when conceptualizing bisexuality is the problem of binary dichotomies. Queer theory and social construction theory challenges these dichotomous notions about sexuality and identity. This has led to a more expanded concept of bisexuality, allowing for many identities, or bisexualities, rather than one definition, notion, or identity.

Biphobia and Monosexism

Biphobia is the fear or intolerance of bisexuals. Persons who identify as bisexual may experience biphobia from the heterosexual community, from the LG community, and internalized within themselves. Common examples of biphobic assumptions are: all bisexual persons are actually gay or straight, bisexuality is an experimental phase, bisexuals are greedy or unable to decide, all bisexual women participate in threesomes or are swingers, etc.

Heterosexism is the bias or privileging of heterosexuality and affects persons who identify as bisexual. In addition, monosexism significantly oppresses the bisexual community. Monosexism is the bias or privileging of sexual orientations that are attracted to one gender. Monosexism can be seen in the automatic assumption that people and/or clients you meet are either heterosexual or homosexual.

Implications for Counseling

- Be aware that persons who are bisexual may identify themselves with other terms, such as *pansexual*, *ambisexual*, *omnisexual*, *queer*, etc., or may hyphenate terms, such as *bi-queer*, *bi-lesbian*, etc. Furthermore, bisexual clients may not identify with a label at all, preferring to say “I don’t do labels,” or “I’m sexual.” (e.g. Queen, 1995; Firestein, 2007)
- Understanding bisexuality as bisexualities may be more helpful for recognizing the wide breadth of expressions of this sexuality.
- Help to facilitate the discovery of opportunities in which your bisexual clients can feel connected to the LGBT community and empowered within that community.
- Be aware that your bisexual clients may have experienced not only oppression due to homophobia and heterosexism, but also specific instances of biphobia or monosexism from multiple communities/sources. Bisexual clients may also have internalized this biphobia, which may be a topic for counseling.
- As a counselor, begin to examine your own biases, if any, about bisexuality and bisexual persons, particularly any heterosexist or monosexist notions.
- Above all else, remember that people who identify as bisexual are more than just their sexuality; they are complex, whole people.

References

- Firestein, B. A. (2007). Introduction: Becoming visible. In Firestein, B.A. (Ed.), *Becoming visible: Counseling bisexuals across the lifespan* (xvii-xxvii). New York: Columbia University Press.
- Parker, B. A., Adams, H. L., & Philips, L.D. (2007). Decentering gender: Bisexual identity as an expression of a non-dichotomous worldview. *Identity: An international journal of theory and research*, 7(3), 205-224.
- Queen, C. (1995). Sexual diversity and bisexual identity. In Tucker, N. (Ed.), *Bisexual politics: Theories, queries, and visions* (151-160). New York: The Haworth Press.

Recommended readings and resources on this topic can be found on page 10.

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ACA ANNUAL CONFERENCE & EXPOSITION
MARCH 19-23, 2009

CHARLOTTE



ALGBTIC SCHEDULE OF
EVENTS
FRIDAY MARCH 20, 2009

9:00 AM - NOON

Giving Back To
The Community Project
Westin: Dunn Room

NOON - 5:00 PM

ALGBTIC
Board Meeting
Westin: Trade Room



ALGBTIC DAY OF LEARNING

SATURDAY MARCH 21, 2009

7:30 AM-8:30 AM

Program ID # SE2-A, Convention Center,
Room 212 AB

**Straight Talk: A Look at Heterosexual
Identity Development and the Counseling Process**
60-Minute Program, Advanced

*Breyan N. Haizlip, Old Dominion University, Norfolk,
VA, Brenda Smith*

The purpose of this session is invite participants to reflect upon the developmental processes of heterosexually identified counselors and examine the implications of such research on counselor effectiveness with heterosexual and non-heterosexual clients. Through the use of experiential exercises, reflection activities, and media, participants will discuss traditional models of sexual identity development, examine current models of heterosexual identity development, and examine the its influences on the counseling process.

11:00 AM - NOON

Program ID # SE2-B, Convention Center,
Room 212 AB

**Developing School Counselors' Sexual Orientation
and Gender Identity/expression Intervention Skills:
Evidence-based Action**
60-Minute Program, Advanced

*Stuart Chen-Hayes, City University of New
York/Lehman College, Bronx, NY, Lisa deMauro*

New research on school counselors' LGBT intervention skills and advocacy is presented along with specific evidence-based strategies to help school counselors increase culturally competent interventions with LGBT students and allies that move beyond talk to action including systemic change. Pre-service and post-service interventions related to sexual orientation and gender identity/expression are included as well as resources and a bibliography.

11:00 AM - 2:00 PM
ALGBTIC Brunch
Westin: Harris Room

2:00 PM-3:00 PM

LGBT Academy

Human Development Across the Lifespan Academy

Program ID # SE2-C, Convention Center,
Room 212 AB

**Transgender Identity Migration Across the Life-
span: Coming into Our Own as Women, Men, Sis-
ters, Brothers, and Lovers**
60-Minute Program, Advanced

*Stacey Reicherzer, Walden University, Baltimore, MD,
Jason Patton*

Transgender counselors present a strengths-based model for understanding the role of relationships with transgender mentors, romantic partners, and the dominant culture as these serve to inform transgender identities in shifting and changing across the lifespan. Emphasis will be placed in supporting the lifelong evolution of identity markers that transgender use, and in unlearning polarized paradigms about sex and gender that inhibit counselors from being fully present with transgender identity migration.

3:15 PM-4:15 PM

Program ID # SE2-D, Convention Center,
Room 212 AB

**"So How Long Have You Been Gay?" The Do's
and Don'ts of Counseling the LGBT Community**
60-Minute Program

*Dara Hoffman, Independent Contractor, Colorado
Springs, CO*

You have a lesbian, gay, bisexual, or transgender client sitting across from you in a session. Are you comfortable? Are you aware? Are you informed? This workshop will give you a chance to explore you own beliefs about the LGBT community, expand your knowledge of the challenges LGBT clients face throughout their lives, and explain LGBT terminology, resources, and rights. A free "Safe Zone" poster will be given to all attendees.

Day of Learning
Continued on Page 14

**ALGBTIC DAY OF LEARNING
SATURDAY
MARCH 21, 2009**

4:30 PM - 5:30 PM

Program ID # SE2-E, Convention Center,
Room 212 AB

Hope and Resiliency in Sexual Identity Development: Research and Practice Implications

60-Minute Program

*Jeffry Lawrence Moe, University of Houston-Victoria,
Sugar Land, TX, Paula Dupuy*

Wellness models for work with lesbians and gay men have not been adequately researched. Past models for counseling and research with this under-served population can be improved by incorporating a wellness perspective. Results of a study on the relationship between hope and sexual identity development reveal a correlation between these constructs. A model will be presented that facilitates counselors' integration of wellness factors (like hope) into their work with lesbians and gay men.

ALGBTIC HAPPY HOUR

5:00 PM - 6:30 PM

Bar 10 (Westin Lobby Bar)

5:45 PM - 6:45 PM

Program ID # SE2-F, Convention Center,
Room 212 AB

Finding the Spirit Within: Developing Spiritual Competency with LGBT Clients

60-Minute Program, Advanced

Michael M. Kocet, Bridgewater State College, Bridgewater, MA, Dara Hoffman

Spirituality has garnered greater attention in recent years within the counseling profession. Research has shown that individuals lead healthier emotional, physical, and psychological lives when able to integrate spirituality into their identity. However, LGBT individuals often face stigma, prejudice, and invisibility from their faith traditions. Through case studies and group discussion, this interactive presentation will help participants learn how to utilize the spirituality and LGBT competency models to help affirm an integrated sexual-spiritually affirming identity.

**SCHEDULE OF EVENTS
SUNDAY
MARCH 22, 2009**

11:00 AM - 2:00 PM

Rockway Institute
LGBTQ Affirmative Media Training
Westin: Tryon South Room

2:30 PM - 3:30 PM

ALGBTIC
Town Hall Meeting
Westin: Independence Room

3:30 PM - 4:30 PM

ALGBTIC
Business Meeting & Elections
Westin: Independence Room

5:00 PM - 6:00 PM

ALGBTIC
Queer People of Color Gathering
Westin: College Room

7:00 PM - 8:30 PM

ALGBTIC Reception
Westin: Sharon Room



IS CHARLOTTE, NC REALLY "THE QUEEN CITY"?

EDWARD CANNON



While in Charlotte, why not check out what the city has to offer? With the assistance of my self-described "straight, but not narrow, friend" Chip, I have put together some information that you may find useful. Here are some URLs that may enhance your visit. Here, in no particular order, is some information about the city, arts, restaurants, shopping, community resources, etc. Enjoy!

One event that sounds interesting to me is the fact that Charlotte's Historic Arts District (NoDa) is having a Gallery Crawl March 20 from 6pm to 9:30pm. It also happens to be ALGBTIC President Anneliese Singh's birthday (please don't tell her I told you!). "NoDa is home to the city's best collection of galleries and performance venues; some of the funkier full service restaurants including authentic Cajun cooking, Southwest cuisine, a Creative pizza eatery and more." Source: www.noda.org

Here's a map http://www.noda.org/downloads/noda_map.pdf

Perhaps checking out great museums is your thing:

"*Discovery Place* is a first-class science museum, children's museum, aquarium, planetarium and IMAX theater, all in one." Source: www.discoveryplace.org Located at 301 North Tryon Street.

"*The Mint Museum* has Pre-Columbian and Spanish Colonial art, examples of Ashcan School paintings, and porcelain and decorative-arts masterworks in the eclectic permanent collection. Source: www.mintmuseum.org

Here is some general travel information:

Dining, entertainment, maps: <http://www.professionaltravelguide.com/Destinations/Charlotte>

Official Charlotte site <http://www.charlottesgotatlot.com>

Here are two LGBT specific sites:

Charlotte's Lesbian and Gay Community Center <http://www.gaycharlotte.com/> or <http://charlotte.gaycities.com/>

Even though the economy is in the tank, you can still window shop:

"At Phillips Place, you'll find outstanding restaurants, specialty retail, exciting apparel, and exquisite home furnishings, all set along an inviting main street against a backdrop of beautiful flowers, park benches, bubbling fountains, and Old World charm. It's the destination for finding all the special things you need." Source:

<http://www.phillipsplace.info/>

A couple of restaurants my friend recommends:

The Penguin - 1921 Commonwealth Avenue - "Suppose your dad's 1965 rec room served food -- and beer -- and had waiters and waitresses with tattoos and piercings and thick sturdy Elvis Costello glasses. Suppose your friends thought it was cool to hang out there in the red vinyl booths and wood paneling with your dad and his working-class buds. Suppose the jukebox had something for everyone. Suppose it was the only place in town you could get a fried bologna sandwich or a veggie burger at 1AM. Just a dream? Not for Charlotte's evolving Plaza-Midwood neighborhood." Source: AOL City Guide.

Thomas Street Tavern - 1228 Thomas Avenue - "At Thomas Street Tavern, we strive to be the best neighborhood bar and restaurant we can be. We are a local, independent, family-owned business that supports our local and independent economy; we stock our kitchen with many natural or organic foods and ingredients from local bakeries, farmer's markets, and other local vendors. Our beverage list boasts an extensive beer and liquor selection, in addition to a small but strong wine list." Source: <http://www.thomas-street-tavern.com>

ALGBTIC News, the newsletter of the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling, is published three times annually. The ALGBTIC News is typically published online in the summer and fall. Our Pre-Conference issue is a mailed hardcopy. The publication dates and submission deadlines are:

Pre-Conference edition: March 15

Submission deadline: January 15

Summer edition: July 31

Submission deadline May 15

Fall edition: December 1

Submission deadline: September 15

Submission Guidelines:

Submit articles and items that would be of interest to our readership and ALGBTIC members. Information should be current and informative. Submissions that promote dialogue and opinion are especially encouraged.

All submissions should be sent to the Editor via email as a Microsoft Word attachment. Please be advised that the Editor has the right to edit your submission due to space considerations and/or content issues.

Please send your submission to:

Michael P. Chaney Ph.D., LPC

Editor, ALGBTIC News

chaney@oakland.edu

Disclaimer: Although ALGBTIC News attempts to publish articles and items of interest that are consistent with the mission and goals of ALGBTIC, they do not necessarily reflect the overarching opinions, policies, or priorities of ALGBTIC or ACA.

Looking Forward

ACA Annual Conference and Exposition March 18-22, 2010 Pittsburgh, PA

