

# ALGBTIC NEWS

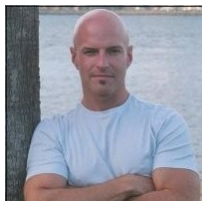
Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling

XXXVI, Issue 1

Pre-conference 2011

A Division of the American Counseling Association

## Message from the President Mike Chaney, Ph.D.



ALGBTIC Family and Friends.

In January, we lost one of our brothers, and I want to take this opportunity to honor this courageous individual. David

Kato, “the Father of Uganda’s gay rights movement”, bravely and fearlessly spoke out against social injustices faced by LGBT Ugandans. In October 2010, a Ugandan periodical published a story about LGBT issues in Uganda and included 100 photographs of individuals either self-identified or believed to be LGBT. The words “HANG THEM” were placed near the story and photographs. Mr. Kato’s name and picture were included in the 100. Mr. Kato filed a lawsuit against the periodical. He won his lawsuit. On January 26, 2011 at approximately 2:00 PM, David Kato was attacked in his home and beaten to death with a hammer, while he was talking on the telephone.

I know there are some people who cringe or roll their eyes when they hear the word *activism* because it has a negative connotation. It is really not that scary; activism does not have to be radical. Simply, activism is any sort of action in which we might engage that brings about change. I think the very definition of activism answers the question of why it is crucial. In order for change to occur, we must take action.

Currently, there are numerous changes that need to take place such as working to create anti-bullying and suicide prevention aims for queer youth, inclusive employment non-discrimination policies, same-gendered marriage rights, and protection from reparative therapies, to name a few.

It is understandable why some folks might not want to get involved in activism because the consequences are many. Throughout history we have seen the extreme consequences of activism, such as the murders and assassinations of prominent activists (e.g., Harvey Milk, Dr. Martin Luther King, Jr., etc.) who have spoken out against socio-political injustices. Other consequences are not as extreme but can cause a great amount of damage, personally and/or professionally. It is not uncommon for people who speak up and advocate for LGBTQQIA or other social justice issues to be harassed or intimidated. Moreover, activists often receive backlash from colleagues, peers, or constituencies. Frustration for having to deal with the aforementioned consequences often result, as well as frustration associated with social change being a long, slow process.

On the positive end, when change does occur, the feeling of accomplishment is overwhelming. It is difficult to feel bad when we are giving back to our communities and making a difference in other people’s lives and in our communities. *continued on page 4...*

### Highlights in this issue:

New Multicultural Consultant .....	pg. 5
Newly Elected Leadership.....	pg. 7
AADA Activities for the LGBT Community .....	pg.9
Calendar of events for the ACA Conference .....	pg.15
Article on Reparative Therapy .....	pg. 6

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Philip Gnlika, **Membership**  
Michael Kocet, **Awards; Nominations and Elections; Bylaws**  
Rhodes Gibson, **Webmaster**  
Richmond Wynn, **Multicultural Consultant**  
Pete Finnerty, **Branch Chapter Committee**  
Amney Harper & Pete Finnerty, **LGB Competencies Task Force**  
**Web Resources Committee**, Chair position open  
Kris Goodrich & Joel Filmore, **LGBTQQIA Affirmative Counseling & Social Justice Task Force**  
Sean Moundas **Transgender Committee**

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**Message from the editor**  
**Angelo Gomez, CRC**

Thank you very much to everyone who is supporting this publication! I hope that your voices, contributions, and enthusiasm (ámino) can be felt across ACA, your work places, and communities, there is much work that remains to be done in the name of social justice and education, there are many voices that need to be heard and explain what it is like to be a sexual minority, there is much hate that needs to be erased and above all, there is a great responsibility for us to fulfill as members of the counseling profession. My message for this edition is threefold.

First, let me share with you that the members of this division of ACA appreciate your ideas and work, thus we invite you to submit your manuscripts. Also, let us know how we can improve and grow. You can reach us by email at **algbtic-news@yahoo.com**. We look forward to hearing from you!

Second, in preparation for the annual conference, this edition brings announcements and changes in the leadership of the division. Also, the editor for the journal invites you to submit contributions for a special edition on spirituality as well as future editions. In this edition, you will find a detailed list of programs and events with the location of them so you can plan to join the presenters and leaders of this division.

Third, I must admit that I believe that we are never the sole makers of what we accomplish. We are more than what we are capable of making, we are what other people have helped us to become and allowed us to get done. This time I want to express my gratitude to the co-editor of this newsletter, now Dr. Cindy Anderton, and all the people who have contributed to this edition, although they are too long to name, some of their names appear as the authors of the articles presented here, but behind them, there have been mentors, teachers, and guides that have allowed them to submit a contribution to this newsletter.

Last, let me wish you a wonderful conference in New Orleans! I will not be able to join you this year, but I am hopeful that I will see you all next year, perhaps in the path of the co-editor as a doctor. Meanwhile, feel free to reach me and let me know how I can be of help to any of you. Thank you!

Sincerely,

**Angelo Gómez, CRC**

ALGBTIC is one of the model divisions of activism within ACA. The formation of ALGBTIC was rooted in activism. If it was not for the fortitude of activists such as Joe Norton, Michael Hutchins, Bob Barrett, Colleen Logan, Tom Eversole, Fernando Gutierrez, Sari Dworkin and others, our association might not exist today. In recent years, ALGBTIC has initiated or participated in numerous actions to bring about change in our communities and profession including the development of specific counseling competencies, a resolution to oppose reparative therapy, and the establishment of state branches of ALGBTIC with more on the horizon.

There are other examples of activism but space will not allow. And then there are individual examples of activism in which many of you are involved that we do not hear about. Together, we have accomplished a lot. Yet more work needs to be done. When I think about the grievous issues currently affecting our communities such as bullying, sexual orientation change efforts, anti-queer hate crimes etc., I believe processing and talking is not enough (albeit there is a place for this), we need to start taking action. Sometimes I wonder if we have assimilated to dominant heterosexist hegemony in how we deal with the social injustices against our communities and within our profession. However, it is my hope that ALGBTIC will become a national model of LGBTQQIA activism in the future.

I believe we are well on our way because of all of the activism efforts in which many of you are involved. I stated earlier that many of you are involved in activism (acts that bring about social change) but we do not get to hear about them. I think it could be beneficial to hear about such efforts.

Therefore, I am going to be working with our Webmaster, Rhodes Gibson, to devote space on our website for you to share your activism efforts.

I think it is important to mention that not all activism is radical and extreme. While there is nothing wrong with recalcitrant activism, one of the best ways to generate change is via education. What I am calling for is amicable activism, so lesbian youth will feel safe in schools, gay boys will stop killing themselves, transgender folks will stop being assaulted and murdered, and bisexual clients' identities will be revered in sessions not manipulated. The only way these changes will take place is if we cling to the same boldness and fearlessness that was demonstrated by Mr. David Kato.

As some of us come together in New Orleans for the 2011 ACA Convention, it is my hope that you will be inspired and (re-) energized to start and/or continue your activism journey. *I know I need to be refueled!* There are several ALGBTIC-related events that will take place including the Queer People of Color Gathering, the ALGBTIC brunch and reception, a panel discussion on Reparative Therapy, Day of Learning, and the Annual Open Member Meeting and Nominations. See the complete schedule of events (times and locations) in this newsletter. I look forward to meeting many of you at these events, so please come up and say hello!

Cheers,

Mike Chaney

[chaney@oakland.edu](mailto:chaney@oakland.edu)

## An Update from the ALGBTIC Trans Committee

We are the transgender committee of ALGBTIC. From 2008 to 2009, we developed the Competencies for Counselors Working with Transgender Clients, which were approved by the ALGBTIC Board in September 2009, and approved by American Counseling Association Governing Council in November 2009. Since then, they have been disseminated to a wide variety of groups and individuals.

Here are some updates about what things we are working on presently. The committee has submitted conference proposals to the World Professionals for Transgender Health (WPATH) convention, Philadelphia Transgender Health Conference (PTHC), and Association for Counselor Education and Supervision (ACES) to further disseminate the Competencies.

In order to reach an even wider audience, we are also looking into creating a podcast version of our presentation for those unable to attend the conferences. As well, we are

in the process of creating a coalition designed to develop best practices for trans-affirmative mental and physical health treatment for undergraduate and graduate students.

There have also been some internal changes. Anneliese Singh, Ph.D. and Theo Burnes, Ph.D. completed their terms as committee leads and continue to work actively with the committee. Sean Moundas, PsyD has become the new co-chair and he would very much like another co-chair! Tim Horton, a community counseling graduate student at DePaul University, will be joining us as a member and the committee is open to other graduate students (cisgender and transgender) becoming members.

Please contact Sean at [seanmoundas@yahoo.com](mailto:seanmoundas@yahoo.com) if interested.

The Trans Committee would also like to continue to offer our services to all branches and divisions for any questions or concerns they may have regarding transgender Issues.

## Announcement: A new resource “The multicultural Consultant

**Richmond Wynn has been appointed as the new Multicultural Consultant. Please, read below his first message**

It is with great pride that I assume the role of Multicultural Consultant for our division. I am most grateful for this opportunity to assist ALGBTIC in its ongoing efforts to create an inclusive division that addresses culture-specific interests of LGBT people. This experience will also enable me to build on my interest in culture-centered counseling and research, advocacy, and social justice.

My goal is to support the ever-expanding cultural consciousness of our division. As such, I will build on the work that has already been done toward making ALGBTIC more diverse and inclusive. I will assist our division in embracing culturally diverse expressions of LGBT life and in being responsive to members’ culture-specific interests including ability, aging, ethnicity, nationality, race, religion, and spirituality. I will also foster diverse leadership within ALGBTIC and nurture our partnerships with other ACA divisions.

While I have assumed the role of multicultural consultant, each of us can make contributions toward creating a division that is culturally relevant and responsive to the needs and interests of current and future members. By making a commitment to cultural diversity and inclusivity, we evolve and grow both individually and collectively. I am excited about the opportunities that lie ahead for each of us and for ALGBTIC and I look forward to evolving with you!

For more information, visit the multicultural resource page at:

[http://www.algbtic.org/resources/mc\\_resources.htm](http://www.algbtic.org/resources/mc_resources.htm)

Please send comments and ideas to Richmond Wynn at [rwynn@unf.edu](mailto:rwynn@unf.edu).

## Announcements of elections!!!

On behalf of the ALGBTIC board, please help us congratulate **Pete S. Finnerty**, who was elected President-elect (Term to begin July 1, 2011).

We also want to congratulate **Samuel Sanabria**, who was elected Board Trustee (Term: July 1, 2011-June 30, 2014). We want to recognize and thank **Brandon Harper** for running for the trustee position; his ongoing service to ALGBTIC has been invaluable.

**Thanks to everyone who voted!**

## Invitation to submit for the special edition of the Journal of LGBT Issues

Note from the editor: Publication is a must for faculty, and for graduate students it is strongly encouraged that they begin their publication career as early as possible. Ned Farley in the next message invites to submit proposals for a special edition of the Journal of LGBT Issues. Here is his message:

The Association of Lesbian, Gay, Bisexual & Transgender Issues in Counseling (ALGBTIC), a division of the American Counseling Association (ACA) is inviting submissions for the next special issue of our journal, *The Journal of LGBT Issues in Counseling*. The focus of this special issue is on *Finding the Spirit Within: Spirituality Issues in the LGBTQ Community*. Guest editors are Michael M. Kocet, and Jen Curry.

The deadline for submissions for the special issue is June 30, 2011. Submissions of general articles pertinent to the journal are also welcome on an ongoing basis. The intent of this journal is to publish articles relevant to working with sexual minorities and gender variant people and that will be of interest to counselors, counselor educators, and other counseling related professionals who work across a diversity of fields, including in schools, mental health settings, family agencies, and colleges and universities.

This special issue of the journal welcomes the submission of articles that focus on issues related to spirituality and religion in the LGBTQ community: (1) new research in the field of LGBTQ spirituality, (2) introduction of new/innovative practices addressing LGBTQ spirituality, or (3) theoretical or conceptual pieces, including reviews of the literature, that reflect new ideas or new ways of integrating spirituality in the lives of LGBTQ individuals.

The journal is published quarterly by Taylor & Francis. For detailed submission guidelines or information regarding the special issue please contact the guest editors, Michael M. Kocet, Ph.D. (ALGBTIC Past President, 2009-2010) at [mkocet@yahoo.com](mailto:mkocet@yahoo.com) or Jennifer R. Curry, Ph.D. (ASERVIC President 2010-2011) at [jcurry@lsu.edu](mailto:jcurry@lsu.edu), or Connie Matthews, associate editor, at [crmatthews1@comcast.net](mailto:crmatthews1@comcast.net).

For general articles please contact Ned Farley, Ph.D., editor, at [nfarley@antiochseattle.edu](mailto:nfarley@antiochseattle.edu)

## Journal of LGBT Issues in Counseling Message by Ned farley

Our journal continues to grow and prosper. A call for submissions for our next special issue focused on spirituality and the LGBT community, co-edited by guest editors Dr. Michael Kocet and Dr. Jennifer Curry can be found in this newsletter, along with our general call for submissions.

The journal itself continues to evolve, and starting with our next volume (Volume 5) might be published electronically only with a hard copy edition of the full volume being printed and distributed at the end of the year. Taylor & Francis, along with many other publishing companies are moving in the direction of electronic publishing in response to feedback from both individual and organizational subscribers, and as a reflection of the increased use of full-text downloads from databases and publishing sites.

This move will ultimately also speed up the process of “submission acceptance to publication” for many journals. We are fortunate that our publishing process is already faster than with many other journals, although we anticipate seeing a positive trend here as well.

According to our publisher (Taylor & Francis) we are doing well for a new journal. The most recent evidence of this is a sharp increase in downloaded articles from our journal in the first half of 2010.

We have already surpassed the entire number of downloads from 2009 and increased it by an additional 75%. This moves us far past the projection that was set by Taylor & Francis at the beginning of this year.

In the meantime, I encourage you all to not only read the journal, but also to encourage others or yourselves to submit to the journal. A call for submissions can be found elsewhere in this newsletter, as well as on the ALGBTIC website ([www.algbtic.org](http://www.algbtic.org)), and the journal website at Taylor & Francis.

I am also submitting a call for editorial board members as we have some members now cycling off the board after their three year term. A call for editorial board applications can be found elsewhere in this newsletter. I am particularly wanting a new graduate student member (doctoral level with some history of publications preferred) as well as editorial board members with expertise in the following areas: Counseling in the Government/Military, Multicultural Counseling, Career and/or Employment Counseling.

Applicants can send a cover letter and C.V. electronically to Ned Farley, Ph.D., Editor, Journal of LGBT Issues in Counseling, School of Applied Psychology, Counseling, and Family Therapy, Antioch University Seattle at [efarley@antioch.edu](mailto:efarley@antioch.edu)

## Give Back to the LGBT Community- AADA Activities in New Orleans

The Association for Adult Development and Aging will host **two** activities at ACA that will benefit a community organization – **New Orleans AIDS Task Force (known as NO/AIDS Task Force)**.

The Executive Director of **NO/AIDS Task Force**, Mr. Noel Twilbeck, accompanied by Mary Ellen Harwood, Director of Mental Health and Counseling Services for NO/AIDS, will keynote at the AADA breakfast, **Saturday, March 26 at 7:30 am**.

Noel will share his impressions of the current state of the organization, as well as the response to Katrina from the beginning to now, and how NO/AIDS continues to impact the GLBT community in need. Noel and Mary Ellen will share an overview of what the mental health breakthroughs have been as a result of NO/AIDS' work, and what still needs to happen. They have many years of combined experience all over the state and country, and it is our privilege to host them at this AADA event. AADA breakfast tickets are limited, so call **ACA Member Services at 1-800-347-6647 to purchase tickets soon**. If you have any problems purchasing tickets (even if they are 'sold out'), let Jane Rheineck, AADA President, know right away, at [jrhineck@niu.edu](mailto:jrhineck@niu.edu). Come support us!

**Fun alert:** AADA is sponsoring a fundraiser for **NO/AIDS Task Force**, on **Saturday evening, March 26, from 7 to 9 pm**, at a French Quarter bar and gathering place, **Good Friends Bar**. It's on Dauphine Street, easily accessible from the Hilton Hotel and all other conference hotels, in a beautiful and exciting part of the French Quarter. The wonderful and generous men of Good Friends Bar have been nothing but gracious to us in setting this up, and are allowing us to use the entire second floor for our fundraiser – because it's for NO/AIDS. Come for music, good friends, and lots of networking. This is a true fundraiser, and all of the cover charge money and donations collected at the door will go directly to NO/AIDS Task Force. You might bring a checkbook so that your donation, whatever it may be over the cover, will be deductible. Bring your thirst, your friends, quest for a good time, and your generosity. You don't need a ticket –this is your invitation. **Warning: Dancing will take place!**

For those who don't know much about this organization, but are intrigued, here's some basic information.

service organization in the Gulf South and was New Orleans and greater Louisiana area. Through federal grants and private giving, NO/AIDS consistently expanded services to include programs that encompass medical treatment and diagnosis, case management and mental health services, meal delivery and preparation programs, Food for Friends, and a community mobilization project for early detection and education.

Today, the agency offers a comprehensive continuum of services, including prevention education, HIV antibody testing and counseling, the statewide HIV/AIDS hotline, housing coordination, support groups, food bank, peer support services, and medication disbursement. The mental health component has been greatly increased in the past few years, especially since Hurricane Katrina, and includes the following services:

- \* Individual, couples, and family therapy
- \* Psychoeducational and support groups
- \* Psychiatric medication management
- \* Recovery Works, a substance abuse treatment program for people living with HIV.

NO/AIDS also assists with basic human needs, such as food and nutrition for people with AIDS who cannot do that for themselves any longer. The Food for Friends facility, which housed the food bank, was badly damaged from the hurricane over 5 years ago, and remains unusable. A local church group is assisting in rebuilding, however the need is tremendous. The program has operated from a staff member's home, with help from local organizations. In the past year, according to NO/AIDS website, 24,724 meals were delivered, with 4,732 bags of groceries distributed to individuals and families.

You're invited to experience New Orleans from a somewhat different perspective – please join us, and love the Mardi Gras colors – purple, green and gold, while you open your heart. This is an organization that personally means a great deal to me, and I sincerely hope that you will join us for both the breakfast and fundraiser.

Laissez les bon temps rouler – Let the good times roll!

Catherine Roland, ALGBTIC member

Questions concerning these two community activities for NO/AIDS should be directed to Les Kooyman, [kooymanl@mail.montclair.edu](mailto:kooymanl@mail.montclair.edu) or Catherine Roland at [rolandc@mail.montclair.edu](mailto:rolandc@mail.montclair.edu)

## **Seminar Observations of High School Students**

Study conducted by

Mr. Jacob W. Glazier

Department of Counselor Education, Western Illinois University

One of the most glaring points that the students made was the prevalent taunting and bullying of GLBTQ students in the schools. One student spoke about how the bullying had escalated in the past almost to the point of violence. Almost every student talked about either having witnessed someone being bullied for being gay or having experienced the bullying themselves. What's more, two students described how their teachers and administration did little to stop the bullying. In fact, they said there was one teacher who actually joined in on the anti-gay sentiment. The overall sense I got from hearing the kids talk about bullying was their intense feelings of fear. They did not feel safe at school.

An observation that gave me hope in spite of the fear of coming-out was that it seemed like we had more straight students attend the seminar than gay students. One of the straight students described herself as an ally and said that she had many gay friends. Another group of friends told us that they did not really have any gay friends, but they were there to learn more about the GLBTQ community. I was caught off guard a little because I had expected to be presenting to mainly gay students. However, I was also encouraged to see how interested, supportive, and compassionate the straight students were.

The last point I want to make is the importance and impact that role models had on the students we presented to. Many of the kids cited openly gay, high profile celebrities

like Ellen and Neil Patrick Harris as sources of inspiration. Another celebrity name that kept getting brought-up was Lady Gaga. The students told us that she is a gay advocate and fights for gay rights. The high school kids talked about how these individuals showed them it is possible to be out and successful – that it is okay to be who you are. It was a common theme throughout the seminar for students to use role models as a source of inspiration and hope.

After having reflected on our presentation to high school students regarding GLBTQ issues, it became clear to me that there is still a long way to go to combat bullying in our schools. It seems like education of the students and school staff as well as stricter anti-bullying policies would help curb the problem of bullying. I was hopeful, however, to see the number of straight allies and students of concern to outnumber even the students that identified as gay. Both straight and gay students talked about the value of having openly gay role models to look-up as sources of inspiration and hope. During the seminar, it became clear to me that my source of inspiration and hope was the bravery and courage of these students to stand-up for the right to be themselves.

Correspondence concerning this article should be addressed to Jacob W. Glazier, Department of Counselor Education, Western Illinois University, Moline, IL 61265.  
E-mail: [jw-glazier@wiu.edu](mailto:jw-glazier@wiu.edu)

## Announcement Elections

ALGBTIC will be taking nominations for elections during the 2011 Annual ACA Convention at the ALGBTIC Open Membership Meeting (formerly called the Business Meeting). If you or someone you know is interested in serving the division, please feel free to nominate them or yourself. The Open Membership Meeting is scheduled for Sunday, March 27<sup>th</sup>, from 11:00 a.m. to 12:30 p.m. and will be listed in your program guide. If you cannot attend, you can submit a letter of nomination acceptance to be shared in the meeting in writing to Amney Harper, ALGBTIC President-Elect ([harpera@uwosh.edu](mailto:harpera@uwosh.edu)), or you can send it along with someone else who will be attending. In your letter please address your qualifications for the position and what interests you in serving. The open positions for this year are:

- President-elect (Presidential term: July 2, 2013-June 30, 2014)
- Governing Council Representative (July 2, 2012-June 30, 2015)
- Board Trustee I (July 2, 2012-June 30, 2015)
- Board Trustee II (July 2, 2012-June 30, 2015)

If you have questions about any of the positions or about our Open Membership Meeting, please feel free to email those to the email address above. All members are welcome to attend our Open Membership Meeting. Please come and find out about what ALGBTIC has been doing and meet other ALGBTIC members. We look forward to seeing you there!



Book review “**GET THAT FREAK: Homophobia and Transphobia in High Schools**”  
Brian Burtch, Rebecca Haskell

In the past year there has been increasing media attention given to the homophobia and transphobia young lesbian, gay, bisexual and trans (LGBT) people face and the fatal consequences those experiences can have. In contrast to the sensational experiences often reported by media though, in a series of interviews and focus groups conducted with sixteen LGBT youth for *Get That Freak: Homophobia and Transphobia in High Schools*, Brian Burtch and I heard of more subtle forms of harassment that flourished in the young people’s high schools precisely because these forms received so little attention. LGBT youth, and heterosexual youth who transgressed typical gender roles, were called names directly, witnessed others dealing with homophobic and transphobic slurs, saw hateful graffiti written on lockers and Gay-Straight Alliance posters and generally felt that their high schools failed to provide any (let alone positive) representation of LGBT people in the curriculum.

The young people we interviewed felt incredibly silenced, and said they attempted to camouflage themselves or to hide in areas of the school where they felt safe. The homophobia and transphobia had effects on their self-esteem and their overall mental health. Years after the bullying some of the young people said they were still on edge when meeting new people fearing they too would be homophobic or transphobic. The stories would inspire anyone to want to ‘make it better’ for young people, but most inspiring for us was the resiliency of the LGBT youth we spoke with.

Facing homophobia and transphobia at the hands of their peers and sometimes their teachers, all but one of the sixteen youth we spoke with recounted more positive high school experiences – finding teachers, counselors or peers whose support helped to counter the impacts of the bullying they experienced, whether subtle or overt. With these supports, youth found

ways to push back, to assert themselves and their sexual or gender identities and to share their experiences in hopes of supporting other youth. Drawing on their own experiences, the young people shared their ideas about how we can reduce homophobia and transphobia in high schools.

Some of their suggestions included:

- Formal training for teachers, administrators and counselors to learn how to recognize and effectively intervene when overt and subtle forms of homophobia and transphobia take place
- Positive examples of LGBT people should be integrated into the curriculum in a way that normalizes rather than sensationalizes the topic
- School counselors can do outreach to let queer youth know that they are LGBT friendly and are there to support youth who need to talk
- Anti-homophobia and anti-transphobia efforts need to be daily, not just part of an annual campaign or one-time guest speaker

Pick up *Get That Freak: Homophobia and Transphobia in High Schools* to learn more about how you can support LGBT youth, straight from young people themselves.

For comments or questions please contact Rebecca Haskell at [rdhaskell@msn.com](mailto:rdhaskell@msn.com)

Title: **Get that freak: Homophobia and transphobia in high schools**

Authors: Brian Burtch and Rebecca Haskell

Publisher: Fernwood

Paperback ISBN: 9781552663783

Publication Date: Sep 2010

Pages: 126

Book review: “*Becoming a Visible Man*” by Jamison Green  
Reviewed by Joan N. Strutton, Ph.D., LPC-S

*Becoming a Visible Man* by Jamison Green presents an abundance of information that is educational, enlightening and powerful for individuals desiring to educate themselves or others concerning what it is truly like to know who one is in terms of gender and sex. His sagacious description concerning the categorizations people assign to others based on assumptions developed solely by observable gendered characteristics explains why there exists such dissonance on the topic. The author suggests the eradication of dogmatic arguments is unlikely, and often these disagreements escalate into exasperating battles and emotional conflict between family, friends, and the public which contribute to an intense internal struggle and life of self-investigation for many individuals.

Green’s inclusion of personal examples and revelations that emphasize his personal journey and how he dealt with people and situations in his life enlightens readers and brings a deeper understanding of his struggles and triumphs in becoming the self-described visible man he is today. The poignant depth of this book is intensified as the reader is empathetically drawn to understand the magnitude of Green’s private and sometimes tumultuous life. His struggles with his family, lovers, and friends were profound concerns as he dealt with their sometimes disapproving and inconsistent ways of managing the negativity they demonstrated. His ability to maintain respect and self-control with those in his life who verbally expressed their derision is exceptional.

According to Green, the decision to have a sex-reassignment surgery has nothing to do with the privileges one sex may experience comparatively; however, it has everything to do with becoming oneself. He further explains that unpleasant relationship repercussions can create reactions that are painful and that damage current relationships if misunderstandings develop

or exist. Additionally, the dissolution of these relationships is sometimes eminent and can initiate fear of developing future relationships because of the apprehension of rejection.

One of the many strengths of this biographical book is the intimate nature in which Green reveals his innermost thoughts concerning his life as a child, adolescent, and adult. The dichotomy between his physical body and his gender that were once internally experienced are explained in a sincere manner that exposes his life of self-investigation and his quest for his true identity. Another strength lies in the organization of the book. Green defines terms that he uses in the book prior to telling his story. He then gives a chronological account of his life, his trials, and the difficulties and triumphs he encountered.

Green’s contribution to the fields of sociology, psychology, and counseling is exemplary. For many decades the enigmatic beliefs concerning the transgenderd, transsexual, gay, lesbian, and queer populations has led to incorrect assumptions, fear, resentment, embarrassment, suffering, prejudice, and even death. This book offers an illumination of insight for individuals as well as practioners. It is well-written, interesting, informative, and enlightening.

Title: **Becoming a visible man**

Author: Jamison Green

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Pages: 231

## **How to Discuss Concerns Related to Sexual Orientation Change Efforts with Students and Other Counseling Professionals**

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Authors' note: This is the second article by members of the LGBTQQIA Affirmative Counseling and Social Justice Task Force in a series about sexual orientation change efforts (SOCE). The first article in the series about the definition and history of reparative and conversion therapies, written by Kristin A. Smiley and Michael P. Chaney, can be found in ALGBTIC's Fall 2010 newsletter (pp. 6-8). The focus of the current article is how to have discussions with professional counselors and counselors-in-training about SOCE and related issues.

An important role for counselor educators and supervisors is to inform counselors-in-training and those who we supervise about current issues within the field of professional counseling. One such issue that has received renewed attention as of late has been different forms of sexual orientation change efforts (SOCE), such as reparative and conversion therapy. Although many of us in the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) have long recognized the harmful effects of such "therapies" in clinical practice, the current polarized socio-political environment has helped to renew focus on such types of "treatments" in counseling. The purpose of this article is to provide a background related to the current legal and ethical issues related to SOCE, and to provide a model of how to have these types of conversations with counselors-in-training or other professionals. We recognize that these types of discussions are very difficult for a number of people, for a variety of reasons. It is our belief that these conversations are important because they don't occur often enough in our counselor education classrooms or with our colleagues. In addition, we also believe that just because a person has not recognized the harmful effects and rationale against SOCE, it does not make them a bad person; it is through these discussions in which we can better educate them for more appropriate clinical practice. The authors hope in framing this article in a question and answer format, practitioners and educators can use this discussion as a guide in how to have conversations about SOCE with students and colleagues. It is important that these issues do get discussed in counselor education classrooms and clinical practice, so we can all have a shared understanding of the range and impact of these types of treatments.

### **Commonly Asked Questions and Answers:**

#### **"What is SOCE?"**

SOCE stands for "sexual orientation change efforts," and are a type of "therapies" aimed at changing one's sexual orientation or behavior, including reparative and conversion therapies. More information and a historical analysis of these efforts can be found in the first article in the series, in the Fall 2010 issue of the ALGBTIC newsletter.

**"What is the position of the various mental health professional organizations on SOCE?"**

No mental health association has endorsed SOCE and nearly all have drafted resolutions recognizing these efforts as ineffective. The American Psychiatric Association, American Psychological Association, and National Association of Social Workers have all adopted policy statements that caution professionals away from treatment efforts that attempt to change sexual orientation. This also includes the American Counseling Association, whose Governing Council in 1999 adopted a statement opposing reparative therapy.

**"What does the ACA Code of Ethics say about SOCE?"**

Although the ACA Governing Council did adopt a statement in 1999 opposing reparative therapy, no mention of reparative and conversion therapy, or any other form of SOCE, can be found in current ethical standards. That being said, our American Counseling Association (2005) Code of Ethics strongly reinforces that professional counselors need to respect the dignity and welfare of all clients, including gender identity and sexual orientation (C.5.). In addition, our ethical code also states that we should only engage in techniques, procedures, and modalities that "are grounded in theory or have a scientific foundation" (C.6.e.) and should avoid harming our clients (A.4.a.). It has been empirically proven that SOCE are both ineffective in changing sexual orientation, and could cause harmful psychological side effects ranging from depression and anxiety to increase suicidality (American Psychological Association, 2009). As such, it appears we have an ethical rationale for not using these techniques. Additionally, the Competencies for Counseling Lesbian, Gay, Bisexual and Transgender Clients (and transgender specific) competencies endorsed by ALGBTIC reinforce the need for counselors to explore their values and biases to ensure appropriate and competent clinical service delivery.

**"What are the damages to the client from SOCE?"**

There are a number of potentially harmful consequences from SOCE. The empirical literature on SOCE has identified effects ranging from client depression, anxiety, and guilt to self-harm and suicidality. A complete list of the effects of SOCE can be found in the American Psychological Association Task Force (2009) document. It should be noted, however, that therapies such as SOCE unjustly represent LGBTQIA identity as pathological, something needing "treatment." It is because of this that counselors-in-training must be aware of the impact that homophobia and heterosexism have on the overall well being of LGBTQIA clients.

**"If I'm a Christian counselor, can't I practice reparative/conversion therapy?"**

The intersection between religion/spirituality and LGBTQIA identity has become a somewhat divisive topic within our field as of late. It is true that the ACA (2005) Code of Ethics clearly protects persons who identify across a range of socially constructed identities, including gender identity, sexual orientation, and religious/spiritual identity. In addition, the Second Amendment of the United States Constitution protects all Americans religious freedom. That being said, there are now clear legal rights of counseling programs and internship sites to uphold the ACA (2005) Code of Ethics (Julea Ward v. Roy Wilbanks, et al., 2010; Keeton vs. Anderson-Wiley, et al., 2010) in providing culturally competent care to all clients (and specifically within these court cases, to LGBTQIA clientele). In addition, the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) also has a list of competencies that may help to reinforce the need for counselors to respect the rights and dignity of all clients.

Their second competency notes the need for a counselor to recognize that “the client’s beliefs (or absence of beliefs) about spirituality and/or religion are central to his or her worldview and can influence psychosocial functioning (ASERVIC, 2009).” As such, it appears professional counselors must recognize there is a range of religious and spiritual beliefs, including non-belief, and both positive and negative religious/spiritual messages about LGBTQIA identity that can influence our client’s self and worldview. In addition, their eleventh competency states “when making a diagnosis, the professional counselor recognizes that the client’s spiritual and/or religious perspectives can a) enhance well-being; b) contribute to client problems; and/or c) exacerbate symptoms”

(ASERVIC, 2009). Said another way, professional counselors must understand if clients’ identified religion or spirituality is a protective or destructive factor, in a way to assist clients in facilitating more positive experiences within their life. This could include reinforcing one’s religious or spiritual tradition to promote personal and social resources, or challenging one’s religious or spiritual worldview to help alleviate client problems or symptoms. It should also be noted that the focus of ASERVIC’s competencies is not on the religious or spiritual identity or needs of the professional counselor, but instead focused on the client. Emerging empirical literature (i.e., Knox, Catlin, Casper, & Schlosser, 2005) has reinforced that for religious and spiritual issues to be effectively raised in counseling, the focus should be on the client’s expressed goals and needs. As such, it should not matter if the counselor identified as “Christian” or otherwise; the counseling process is less about the counselor and should be more focused on the client.

**“What if one of my clients expressed a desire to change their sexual orientation? Isn’t it important for me to work with them based upon their personal goals?”**

It is true that professional counselors should work with clients based on their personal goals. We must remember, however, as trained professionals that we are the mental health experts in the room. As such, we have education and experience related to psychological health and wellbeing that many of our clients may lack. When moments present in which we have further information, we should not turn away from our expertise to necessarily serve the clients with their wants, but instead should think comprehensively about their needs. One such example is SOCE, such as reparative and conversion therapies. As presented earlier, extant research has established the failure of these therapies to “change” sexual orientation. In addition, studies have shown the harmful psychological impact on clients that undergo this type of treatment. As such, it should be our role as clinicians to educate our clients about these facts, as well as the ethical codes and professional obligations we have as being members of the counseling profession. Dependent on the client presentation, it may be more important to review with the client any discrepancy they note between their intersecting identities (e.g., religious spiritual identity and sexual or gender identity) and their behavior. Working with the client to identify and bring resolution between those discrepancies, perhaps by allowing them to hold multiple competing identities or ideas at the same time can be challenging long-term work. However, for some clients, it may be important to living a long and successful life. It is true that we may lose some clients who adamantly want work such as SOCE, even after being educated by us. Again, although we are experts, we cannot control the change process, and some clients may need time or experience to come to the realization that their sexual orientation cannot change, or they may never to come to this in their lifetime. That is okay, as long as we serve our role as ethical and competent mental health practitioners.

**Do other countries practice/allow SOCE?”**

SOCE has presented in similar ways internationally as it does here in the United States. Although The United

Kingdom Council for Psychotherapy has stated SOCE is unethical, there are a small percentage of mental health professionals who offer such treatments, although cautioned not to (Bartlett, Smith, & King, 2009). In Norway,

"any effort to change sexual orientation is considered ethical malpractice, according to the General Assembly of the Norwegian Psychiatric Association (Kjær, 2003). There are countries, however, that do not take such a stand against SOCE. Related, there are still a number of nations across the world that outlaw homosexuality, including (but not limited to) Kenya, Uganda, etc. No information could be found about SOCE within these countries for the purposes of this article; it could be that due to the laws and customs of that nation, the mere mention of any type of homosexual thought or action from persons within these cultures could be unacceptable and dangerous to persons that treatments such as SOCE may be superfluous. It should be noted, however, that although some countries may allow its use, most Western countries with advanced psychological knowledge have recognized the lack of effectiveness and profound harm associated with SOCE and have subsequently condemned its use by trained mental health professionals.

### **"Why haven't we discussed these issues in my classes?"**

These conversations are typically very hard, and the current divisive socio-political environment makes many people feel uncomfortable discussing sensitive topics such as this. We believe, however, that this should not be a reason or excuse to not have these discussions; instead, we believe this makes them all the more important. If we are unable to have sensitive conversations like this with each other, trained and component professionals, how can we have them with clients or others outside the counseling profession? We hope this is the beginning of a dialogue about these issues, and that it continues for some time.

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## Events of the Association for Lesbian, Gay, Bisexual, & Transgender Issues in Counseling (ALGBTIC)

### **Friday, March 25, 2011**

9:00 AM-4:00 PM: ALGBTIC Board Meeting (Newberry Room, Hilton New Orleans)

5:00 PM-6:00 PM: Queer People of Color Gathering (Salon B-7, Hilton N. O.)

6:00 PM-7:00 PM: ALGBTIC Happy Hour (Spirits Bar, Hilton N. O.)

7:00 PM-8:30 PM: ALGBTIC Reception (Salon B-12, Hilton N. O.)

### **Saturday, March 26, 2011 (ALGBTIC Day of Learning)**

11:00 AM-1:30 PM: ALGBTIC Brunch (Salon B-7, Hilton N. O.)

2:00 PM-3:30 PM: Reparative Therapy Panel Discussion (Professionals and survivors of reparative therapy discuss the issue; Salon C-18, Hilton N. O.)

4:00 PM-6:00 PM: Unity through dialogue: The intersections of different identities into one mission (This is a collaborative panel discussion with other divisions of ACA; Oak Alley Room, Hilton N. O.)

### **Sunday, March 27, 2011**

11:00 AM-12:30 PM: ALGBTIC Annual Open Member Meeting & Nominations (Magnolia Room, Hilton N. O.)

# **Day of Learning Sessions**

## **Saturday - March 26, 2011**

**7:30 AM-8:30 AM:** The social construction of gender: Influences in transgender relationships

**10:30 AM-12:00 PM:** Developing safer school environments for LGBTQ youth-Research to practice: The critical role of counselors

**2:00 PM-3:30 PM:** Counseling LGBTQ clients: Techniques, homework, and ac-

**3:45 PM-4:45 PM:** Sexual orientation change efforts: History, harm, & hetero-

**5:00 PM-6:00 PM:** Covert in camouflage: Understanding the counseling needs of LGBT active duty and reserve military personnel

### **Please join us at the annual ALGBTIC Brunch**

This is on Saturday, March 26th from 11:00 a.m. to 1:30 p.m. at the 2011 ACA Annual Convention.

Brunch tickets are \$35.00.

You can order them when you register for the convention or you can contact ACA member services at (800) 347-6647 Ext 288. We hope to see you there!

**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 for summer and fall. Our Pre-Conference issue is a mailed hardcopy. The publication dates and submission deadlines are:**

**Pre-Conference edition: March 15, 2011  
Submission deadline: February 10, 2011**

**Summer edition: July 31, 2011  
Submission deadline May 15, 2011**

**Fall edition: December 24, 2011  
Submission deadline: December 1, 2011**

**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:**

**ALGBTIC NEWS**  
**[algbticnews@yahoo.com](mailto:algbticnews@yahoo.com)**

**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.**



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