

ASSOCIATION FOR LESBIAN, GAY, BISEXUAL & TRANSGENDER ISSUES IN COUNSELING



AMERICAN COUNSELING
ASSOCIATION

*A Division of the American
Counseling Association*

Summer 2017 Newsletter

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Greetings from Dr. Joel Filmore, ALGBTIC President 2017-2018



Hello ALGBTIC!

It's that time of the year again, we get a new President! I am so excited for all of the amazing things that we have coming up over the course of the next year. Over the course of the last seven years, as I have served the ALGBTIC organization, I have watched some amazing people lead our organization into the future and I am looking forward to adding my touch to the legacy that is the national Association for LGBT Issues in Counseling.

We have had an interesting year of so, when you factor in the election year and the current Presidency. I still, vividly, remember waking up to find out the election results and being completely scared for the future of our country and the future of our community. It was not easy for me to pull myself from my despair but when I finally did, I realized that this is a great moment for us, as a movement. We have an opportunity to rise above our fear and become an integral part of the conversation... that is what my presidency years is going to be all about.

For those of you who may not know me well, I am an Assistant Professor, and Program Coordinator, for the Mental Health Counseling program at Springfield College-Milwaukee. I am also a Licensed Clinical Professional Counselor and, in that role, I am the Clinical Director of a community-based child and adolescent counseling center, as well as the owner of my own private practice.

As many of you may not be aware, I am the first African-American to serve as President of this wonderful organization and I couldn't be more honored. I have

Greetings from Dr. Joel Filmore, ALGBTIC President, 2017-2018

given the past seven years of my professional life to working with ALGBTIC and it has been an amazing place to call 'home'.

As I embark upon my Presidency, I am reaching out to each and every one of you to get involved. I have a very ambitious agenda planned for this year but it cannot be successful without your active involvement. I know that we are all incredibly busy and, as such, it is my hope that we can get more people involved in the 'work' of the organization than ever before, so as to lighten the burden for all. I will be outlining my agenda in the next ALGBTIC Newsletter but, while you wait in anticipation for that, why not reach out to tentatively volunteer to get

involved. You can feel free to email me directly or any one of our amazing Board Members.

As you know, we are living in uncertain times and the work that we do, the work we still need to do, is so much more imperative. Please, reach out, volunteer, and let's make the world a little bit better... together.

Sincerely,

Dr. Joel M. Filmore, EdD, LCPC, LASOP
President; Association for Lesbian, Gay, Bisexual,
Transgender Issues in Counseling; 2017-2018
jfilmore@springfieldcollege.edu



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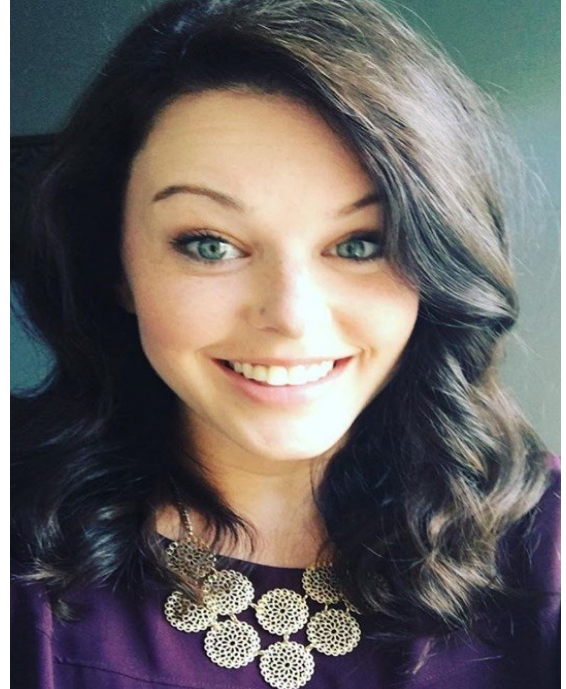
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Play Therapy with LGBTQ+ Youth

Ashley Tolleson, MS, APC, NCC

Despite progress in the realm of LGBTQ+ rights, these individuals continue to face significant stigma, many from an early age. ALGBTIC President Tonya Hammer stated in a related piece for ACA's *Counseling Today*, "bullying of LGBTQ+ students begins as early as elementary school or even prekindergarten." Experiencing physical, emotional, and verbal bullying early on in a person's life can have devastating and lasting effects, including various mental health issues. With LGBTQ+ youth at serious risk for depression, suicidality, anxiety, eating disorders, and substance abuse, among others, it is clear counselors must work to meet the needs of this stigmatized and marginalized population.

Creating safe spaces of unconditional acceptance for LGBTQ+ youth can be instrumental in their identity journeys, providing the needed freedom to explore and express their authentic selves. However, traditional talk therapy may not be as effective with younger clients at various developmental stages. Utilizing a more age-appropriate approach to counseling with LGBTQ+ youth can offer an affirming and more egalitarian relationship, where the client has the autonomy to seek experiences in session that best meet their needs. Play therapy, for example, is a therapeutic modality that can serve the needs of LGBTQ+ youth and provides counselors creative alternatives for supporting their child clients in session. Regardless of the play therapist's direct or non-directive approach, the basic tenants of play therapy work to build clients' self-esteem and self-efficacy through unconditional positive regard, empathy, encouragement, and tracking (i.e., using reflective statements to communicate full attention and attunement). Play therapy also includes setting limits, where the play therapist uses a consistent, clear, and calm series of statements to ensure the safety of the child, provide structure, and teach and model healthy boundaries, among others.



Ashley Tolleson is a doctoral student in Counselor Education and Practice at Georgia State University

The play therapy room typically includes miniatures and toys, a sand tray, art supplies, dress-up clothes, games, and other avenues of expression. In working with LGBTQ+ youth specifically, this variety can assist them in processing and expressing thoughts, feelings, and emotions in a way that may otherwise be difficult to do through words. Play therapy also allows these marginalized and oppressed youth to regain some power and autonomy by letting them lead. Having choice in session can help clients take back some control and combat internalized messages received from peers, teachers, family members, or others. Additionally, play therapy can promote resilience in LGBTQ+ youth by offering respect and validation of them as a whole person, where temporary relief from fear, rejection, judgement, violence, discrimination, and stress may be found.

Play Therapy with LGBTQ+ Youth (Continued)

A space for solace is crucial in the lives of LGBTQ+ child clients, however play therapists can also specifically teach coping skills, self-care strategies. They can also role-play potentially difficult conversations or interactions, through sand tray, art, games, or puppets. More directive play therapists can have intentionally selected activities ready and available, should the child be interested. For example, collaborating to create a comfort pillow, blanket, or bracelet, making a resilience shield with various art supplies, adding to a coping skills jar once new skills are learned, or using magazine clippings to create a collage of a safe space are all creative activities that can provide LGBTQ+ youth additional avenues of expression and strategies for coping with the potentially traumatic experiences that coincide with individuals' reactions to their sexuality, affectional orientation, or gender identity.

Though play therapy is an effective and evidence-based approach to working with children, not all counselors need be a play therapist to help LGBTQ+ youth. Incorporating creative activities or providing art

materials as an alternative mode of expression can also be a helpful way to support these clients in a developmentally appropriate way. Attending training and educational workshops on LGBTQ+ issues, hosting workshops at your place of work, creating resource brochures for parents and guardians, or offering support groups for parents and their LGBTQ+ identifying children are also other ways counselors can help support this population. These clients also need allies who can advocate on their behalf in schools. LGBTQ+ are typically silenced, as their age and possibly intersecting identities often leave them in a place of lesser power among teachers, peers, and administrators. Counselors can collaborate with school counselors and administrators to advocate for their clients by suggesting training and education on LGBTQ+ issues, anti-bullying campaigns, promoting fair bathroom and locker room policies, or social support groups.

Counseling LGBTQ+ youth and meeting their unique needs requires acceptance, attunement, and creativity. Developmentally appropriate and affirmative counseling, like play therapy, is necessary in order to be effective with these child clients and provide a safe, therapeutic experience. Given recent socio-political events, gaining knowledge, awareness, and specific training in the issues that these youth may face and applicable treatment modalities is especially important for all who work within the helping profession. It is our job as counselors of LGBTQ+ youth to be a safe adult who encourages expression of their most authentic selves in a way of their choosing, and above all, communicates to the child: you matter.



ALGBTIC Board Members

Jared S. Rose, PhD *President Elect*



Dr. Jared S. Rose is an Ohio licensed professional clinical counselor, a national certified counselor, and an EMDR-certified therapist. He acquired his doctorate in counselor education and supervision from the University of Toledo. Jared is an assistant professor in Bowling Green State University's CACREP-accredited, Clinical

Mental Health and School Counseling Programs, and the owner of Moose Counseling & Consulting, LLC where he continues to provide clinical mental health counseling. As a proud gay man himself, he has over 25 years working with LGBTQ+ and Trans* at the individual, community, organizational, and social justice/advocacy levels. He welcomes the opportunity to be ALGBTIC President-Elect, and continue working with the dynamic ALGBTIC Executive Board as they focus on improving counseling and advocacy services for LGBTQ+ and Trans*, supporting those professionals working with this communities, and increasing education and awareness. Jared has spent the past four years serving ALGBTIC as a past committee member, past committee chair (Technology and Resources), past secretary, and current ALGBTIC/ASERVIC Taskforce member. He has served for the Ohio Branch of ALGBTIC (ALGBTICO) for five years, including as president and past-president. In the past, his service leadership has included roles such as ACA Mentor; ACA Human Rights Committee Member; ACES Emerging Leadership Fellow; CSI Leadership Fellow; AMHCA National Conference Planning Committee Member; Ohio Counseling Association Ethics Liaison and Guidelines Newslet-

ter Editor; Lucas County Human Trafficking Coalition Co-Chair; and International Human Trafficking and Social Justice Conference Committee Member and Technology Director. Jared has a strong history of professional scholarly work including over 20 publications in peer-reviewed journals, books, state-wide education curricula, and public media outlets; provided over 85 conference presentations and educational trainings at regional, state, national, and international arenas; and given more than 2-dozen educational television and radio broadcasts. He continues to teach and research in his areas of expertise including sex/sexuality/gender minorities, HIV/AIDS, human trafficking, and ethical issues in the counseling profession.

Tamekia Bell, PhD *Secretary*

Dr. Tamekia Bell joins the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling



(ALGBTIC) Board as the Secretary for the 2017-19 term. Dr. Bell is an Assistant Professor in the Clinical Mental Health Counseling Program at Adler University in Chicago, IL. Dr.

Bell completed her Ph.D. in Counselor Education and Supervision at Old Dominion University in Norfolk, Virginia in May 2012. Dr. Bell completed her master's degree at East Tennessee State University in Johnson City, Tennessee in Counseling with a concentration in Marriage and Family Therapy.

ALGBTIC Board Members (Continued)

Prior to starting at Adler University, Dr. Bell worked for three years working as Assistant Professor and Co-Director in the Educational Counseling program at California State University in Bakersfield, California. Dr. Bell also worked for three years in student affairs in the roles of Resident Director, Area Coordinator, and Undergraduate Admissions Counselor.

Dr. Bell is a member of several professional counseling organizations, such as the American Counseling Association, Association for Assessment and Research in Counseling, Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling, Illinois Counseling Association, Illinois Association for Assessment and Research in Counseling, and the Illinois Association for Lesbian, Gay, Bisexual, Transgender Issues in Counseling. She is currently involved in Chi Sigma Iota (CSI) as a Chapter Faculty Advisor for Alpha Iota Delta, serves as the Chair of the Public Policy and Advocacy in Association for Assessment and Research in Counseling (AARC), Treasurer for the Illinois Association for Assessment and Research in Counseling (IAARC), Secretary for the Illinois Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (IALGBTIC), and Chair of the Illinois Counseling Association (ICA) Professional Development Committee.

Dr. Bell's research interests includes multicultural competency as it relates to individuals with disabilities and LGBTQI+ individuals, intersectionality of cultural identities, couples and family counseling, and assessment and program evaluation in counseling.

Adam W. Carter, Ph.D. *Professional Trustee*



My name is Adam Carter and I look forward to serving ALGBTIC and its members as a Professional Trustee and as the Membership/State

Branch Committee Chair for the next three years. I am an assistant professor of counseling at Northern Illinois and my scholarly pursuits focus on children's grief/grief reactions. I am also interested in exploring the coming out process as it relates to clinical supervision; I had a colleague ask me once if I was out to my supervisees and if not, why was I hiding it? "Hiding it," I thought, I was not hiding it but it did start me down a path wondering what role this variable plays in this very scared relationship. I currently live in Bloomington, IL with my husband (Jimmy), our three children (Ally, Ryann, and Landyn), two dogs (Gus the basset hound and Alice the miniature dachshund), and Elsa (the emotionally withholding yet sometimes clingy cat). I invite you to let me know if you have ANY questions about starting or strengthening your state ALGBTIC branch or membership in general. I consider serving on this board, and serving YOU, an honor!

Do Not Forget Mississippi

Melanie Walsh, MS, LPC, NCC,

Doctoral Student in Counselor Education and Supervision at Mississippi State University

“To understand the world, you must first understand a place like Mississippi” (William Faulkner). People often conveniently forget about Mississippi, with all of its hardships and disregard for its citizens. We are still here, we are fighting, and we are hurting.

I would like to shed a bit of light on the current state of affairs in Mississippi, which is feeling more like an active battle ground monthly. In 2016, over 100 anti-LGBTQ bills spanned the nation in backlash of the Supreme Court’s ruling in favor of same-sex marriage. Mississippi’s anti-LGBTQ bill, HB 1523 “Protecting Freedom of Conscience from Government Discrimination” has been referred to by the Human Rights Campaign as “the most discriminatory, anti-LGBTQ state law in the country.” The bill literally writes anti-LGBT “religious beliefs” and “moral convictions” into state law regarding marriage, sex and gender, and premarital sex practices. The law would not only grant discrimination from religious organizations, but also individuals, businesses, and state employees.

Last summer, the bill was brought under injunction with the support of the Human Rights Campaign and the American Civil Liberties Union. Recently, the bill was brought before three judges in the 5th Circuit Court of Appeals who reversed the injunction, ruling that the plaintiffs had shown no injury-in-fact caused by the bill. Authorities are likening HB 1523 to a “test balloon,” heading that what is currently happening in Mississippi will not stay in Mississippi and that other parts of the country will undoubtedly follow.

Added tragedies and danger include the massive state-wide budget cuts to mental health funding. The state of Mississippi has slashed mental health

funding by 5 million dollars this year, which is said to eliminate over 650 mental health positions. Many people will undoubtedly lose services in a state that is already severely lacking resources. I fear for our LGBTQ community in the coming years.

As a community of mental health professionals, we must not forget all of us in need and the very real and devastating effects of policies like this on individuals. Instead of scoffing at Mississippi, as we all do, even myself at times, please offer your compassion and support. Please remember the individuals that choose to live and fight in Mississippi in hopes of gaining traction someday. We are certainly fighting an uphill battle. Each of us must take initiative to do all we can whether that be via education, research, and/or service to aid and relieve the community. We must continue to offer hope and support as well as continue to fight injustice with the power of knowledge. Please do not forget Mississippi.

ALBTIC Conference Portland, Oregon September 2018

Our 3rd biennial ALBTIC Conference will be held in Portland, OR in September 2018. Specific dates, location, and themes are forthcoming.



The ALGBTIC Newsletter is Welcoming Submissions!

Please review our guidelines for submission. We would love to hear from professional counselors, counseling students, counselor educators, and counselors working in research settings. Contribute your voice to the next ALGBTIC newsletter. Please contact Franco Dispenza, Newsletter Editor at fdispenza1@gsu.edu with any questions.

Guidelines for Newsletter Submissions

All submissions must be electronic, written in Microsoft Word document formats (.doc or .docx) and included as an email attachment.

All submissions must be in 12-pt Times New Roman font with 1" margins.

All submissions must adhere to word limits for article category.

All submissions must include author's name, degree(s), academic or institutional affiliation, telephone number and email address in a cover email.

Any citations must follow APA Style Manual, 6th Edition, and language should be free of bias in accordance with APA's style guidelines.

Any submission not adhering to #1-5 above will be returned to the author for revision before review.

We welcome all submissions 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.

Submission Categories

New and Noteworthy – this category is for upcoming social, political or advocacy current events. Events may be local, statewide, or national in scope. Also may include synopses of current news items or media (films, art, music) that may be of interest to our readers. 500 words or less.

State Chapter News – this category is for legislative and scope of practice updates from our state chapter leaders, and for any counseling-related or LGBT-affirmative events that the state wants to publicize. For example: rallies, benefit walks, legislative action days, etc. 500 words or less.

Fresh off the Presses – this section highlights chapters, books, and articles (peer-reviewed or not) written by ALGBTIC members and student members. Only 3 publications per member will be included in an issue of the newsletter. Full citations, please.

Practice Matters – this category is for practicing professional counselors, counseling interns or counseling psychologists to address topics of relevance to practitioners in agency or private practice settings. Examples include multicultural concerns, insurance involvement in client care, DSM-V impact, ethical issues. 1,000 words or less.

Major Contribution – this category is for academic articles on the theory or practice of counseling or counselor education. Submissions welcomed from faculty, graduate students, and LGBT scholars and allies. 1,500 words or less.

Difficult Dialogues – this category is for controversial topics of interest or discussions between professionals on two sides of an issue. For example, medically assisted hormone blockage for trans-identified children. 1,000 words or less.