



**The Society for Sexual, Affectional,
Intersex, and Gender Expansive
Identities**

presents

A stylized globe graphic composed of several curved, overlapping bands in various colors (purple, blue, green, yellow, orange, red, purple). The globe is tilted and has a purple asterisk-like symbol at its base. The text 'SAIGE 2023' is written in a red, sans-serif font along the left side of the globe's curves.

Transforming Global LGBTGEQIAP+ Mental Health

A VIRTUAL CONFERENCE

HELD THROUGHOUT THE MONTH OF OCTOBER 2023

BROUGHT TO YOU THROUGH COLLABORATION WITH OUR SPONSORS



SAIGECounseling.org



FROM THE PRESIDENT

Dear Conference Attendees,

First and foremost, thank you for choosing to attend the SAIGE 2023 Virtual Conference. In today's world, we know that time is precious, resources can be limited, and there are many things that you could be doing during the month of October. It is such an honor for us at SAIGE that you chose to spend your time and resources to be with us in this virtual conference space.

Considering all these elements, the conference committee has worked hard to put together a great conference for you and we are proud to present our 2023 conference, Transforming Global LGBTGEQIAP+ Mental Health. Now the question, "Why global?" In short, it is important for counselors and other mental health professionals that are currently working in today's world to understand mental health considerations and concerns from a global perspective. Living in 2023, many people have a global understanding regarding communication, technology, transportation, education, and other systems. Counseling and mental health work should be a part of this global conversation. While it is very important that we provide services and work with people who are in our local communities, more and more concerns are being brought into counseling spaces that are impacted by global events. Therefore, our own work that we do as counselors to meet the needs of our clients and offer the best services should reflect an education that possesses a broad global context.

This month-long event will showcase sessions that help you start to obtain this goal. To allow for this, access to conference material will include live events, such as a live kick-off event on October 6, social gathering for various groups, and a panel discussion towards the end of the conference to help attendees bring various pieces of this conference experience together. Pre-recorded sessions will also be delivered to you and available for access throughout the month. Part of the pre-recorded sessions that we hope you do not miss are our featured speakers that have partnered with SAIGE for this conference. Coming to you from Malaysia, Tanzania, and Puerto Rico, their individual and collective experiences are very rich, informative, and not to be missed. Through these various modalities, SAIGE is using this conference platform to highlight stories that may not often get highlighted, give voice to various perspectives, and decenter from what may be seen as a common LGBTGEQIAP+ narrative for new information. We are also delighted to use this conference space to bolster awareness of LGBTGEQIAP+ history by bringing attention to critical days and weeks throughout the month of October.

We hope that you see from this brief conference introduction that this is going to be a very dynamic conference and a month that will hopefully further inspire you to engage in other global counseling work and considerations. Thank you for supporting SAIGE and your LGBTGEQIAP+ clients. Have a wonderful conference and I am looking forward to seeing you in this virtual space!

Best,

Rob McKinney, Ph.D., LMHC, NCC

2023-2024 President, SAIGE

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HELP DESK



IF YOU NEED HELP WITH TECHNOLOGY OR HAVE ANY
QUESTIONS, PLEASE EMAIL US AT

Technology@saigecounseling.org



CONFERENCE INFORMATION

METHOD OF DELIVERY

Conference content will be released on a predetermined cadence throughout the month of October 2023. Participants will have the opportunity to engage in a combination of live and pre-recorded featured presentations, sessions, panels, and social events throughout the month. Live sessions will be hosted through Zoom links found on EventBrite.

AWARENESS IN OCTOBER

Our conference takes place throughout the month of October, which is also LGBTQ+ History Month. Designated in 1994, this is an annual month-long celebration of lesbian, gay, bisexual, transgender, and queer history. The reason that October was chosen for LGBTQ+ History month is to commemorate the first and second marches on Washington in 1979 and 1987 for LGBT rights. This celebration is especially important for LGBTQ+ communities because much of their history has been erased and ignored. This is a wonderful chance to explore and celebrate LGBTQ+ history yourself, as a family, and/or as a member of one of your many communities. October also holds a variety of other important times of awareness:

- 10/8: International Lesbian Day is a celebration of lesbian history, diversity, and culture. This day is also used to promote awareness and understand the issues still faced by lesbians. The origins of this celebration are uncertain, but it began in New Zealand in 1980. This would be a terrific time to learn more about lesbians and the wonderful ways they have contributed to the world.
- 10/11: National Coming Out Day is a day to support members of the LGBTQ+ community in “coming out of the closet.” This day began in 1988 and is founded in the idea that heterosexism thrives in silence and ignorance. From this perspective coming out is a type of activism. This is a perfect opportunity to demonstrate your support of the queer community and mark yourself as a person that is safe to come out to.
- 10/17: Spirit (Anti-Bullying) Day is a day to show solidarity with LGBTQ+ youth. Queer youth disproportionately experience bullying and harassment because of their identities. Spirit Day began in 2010 in response to several bullying-related suicides of LGBTQ+ students as a way to spread both awareness and support. A great way to take part in Spirit Day is to wear the color purple and/or take the GLAAD pledge to stand against bullying (<https://www.glaad.org/spiritday>).
- 10/18: International Pronouns Day was started in an effort to normalize respecting, sharing, and educating people about pronouns. Using a transgender or gender diverse person’s pronouns directly impacts their well-being in a positive way. While this day focuses on trans and gender diverse people, everyone uses pronouns. When a cisgender person shares their pronouns, they indicate their LGBTQ+ allyship.
- 10/26: Intersex Awareness Day began in 1996 to highlight human rights issues faced by intersex people. Intersex people often undergo cosmetic surgeries in early childhood without their consent to “fix” their genitals and conform to societal norms. This is harmful and directly interferes with their autonomy and well-



being. interACT: Advocates for Intersex Youth and Intersex Justice Project have provided this helpful list of ways to be an ally: <https://interactadvocates.org/intersex-awareness-day-for-allies/>.

- 10/23-10/29: Asexual Awareness Week is a week every October that works to educate people on asexuality and support asexual, demisexual, grey-asexual, and other ace spectrum people. Broadly speaking asexuality is a spectrum that includes a lack of sexual attraction to others, or low or absent interest in or desire for sexual activity. This is incredibly significant because asexual people experience erasure and invisibility in everyday life because there is little public discourse on it. This is a wonderful time to learn more about ace spectrum identities.

REGISTRATION

Registration information can be found [here](#).

TICKETS & SESSION ACCESS

Access to all content, including links to live events and socials, will be available through [Eventbrite](#) for all registered attendees. Note that you must be logged in to the Eventbrite account that you used to register for the conference to gain access to the conference content.



CONTINUING EDUCATION (CE) HOURS

The Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) has been approved by the National Board of Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 1027. All conference program presenter contact information, qualifications, and session objectives, are available upon request. Any concerns regarding conference program presenters should be directed to 2023-2024 SAIGE President, Dr. Rob McKinney, at President@saigecounseling.org.

SESSION CE HOUR VALUES

- LGBTGEQIAP+ Primer: 1.0 CE hour
- Featured Sessions & Educational Sessions:
 - 50-minute sessions: 1.0 CE hour

Note: Live Socials and the Live Panel are not eligible for CE hours.

CE HOUR CERTIFICATES

To acquire certificates confirming earned CE hours:

- Step 1: Attend/view the entire session.
- Step 2: Complete the CE evaluation survey, at <https://tinyurl.com/SAIGE2023Evaluation> or by using the adjacent QR code, for each session you attended/viewed.



Deadline: To obtain CE hours for the sessions you attended/viewed, you must complete the session-specific evaluations by Sunday, November 12th, 2023.

Receiving Your Certificate(s): CE hour certificates will be emailed to eligible individuals after January 1st, 2024.



LIVE EVENTS & SOCIALS

This conference is being presented in a hybrid format, through a combination of live/synchronous and pre-recorded/asynchronous content made available throughout the month of October. The schedule for the live, or *synchronous*, events, is included below. Links to each event can be found by logging into your Eventbrite account.

LIVE EVENTS

10/6/2023: Presidential Address & Welcome

Time: 9:00 am (PST)

Join our 2023-2024 SAIGE President, Dr. Rob McKinney, as he welcomes everyone to our SAIGE Conference, celebrates the beginning of LGBTQ+ History Month, and presents his vision for the month of October.

10/9/2023: General Membership Meeting

Time: 12:00 pm (PST)

Hosts: Rob McKinney, Sandra Gavin

Description: Along with your hosts, you will have the opportunity to network with fellow conference attendees. This meeting will supplement the conveniences of the virtual conference format with the critical component of connection that many people have been seeking over recent months.

10/16/2023: State Branches Meeting

Time: 1:00 pm (PST)

Hosts: Ami Crowley

Description: Are you interested in forming a SAIGE branch in your own state? Do you have questions about your current state branch and how to elevate the work that is being done? Come hear from your host about tips and ideas regarding SAIGE state branch information.

10/20/2023: Multicultural and Social Justice Meeting

Time: 9:00 am (PST)

Hosts: Mariangelly Sierra

Description: With your host, you will have the opportunity to connect with fellow SAIGE conference attendees around the critically important topics of multicultural and social justice. This meeting promises to be very engaging and is not to be missed.



10/30/2023: Next Steps: A Panel Discussion

Time: 9:00 am (PST)

Hosts: Rob McKinney, Jeff Moe, Tamekia Bell, Jane Rheineck

Join our SAIGE executive board members and leaders, as we wrap up the 2023 SAIGE Conference, reflecting on what we've learned, and asking "where do we go from here?".

LIVE SOCIALS

10/13/2023: Queer and Trans People of Color (QTPOC) Social

Time: 1:00 pm (PST)

Hosts: Dae'Quawn Landrum, Mariangelly Sierra

Description: Queer and trans members of color are invited to join your hosts in this space. It is intended to serve as an opportunity for QTPOC members of SAIGE to connect, express themselves, and engage in dialogue critical to SAIGE's mission.

10/28/2023: Graduate Student Social

Time: 1:00 pm (PST)

Hosts: Devan Livaudais

Description: Join fellow masters and doctoral student attendees for an open discussion and opportunity to network.



FEATURED SESSIONS

SAIGE is proud to feature presentations from various leaders in their fields. Beginning on Friday, October 6th, and continuing throughout the month of October, Featured Sessions will be released each Friday. Details of each session are provided below. Links to each session can be found by logging into your Eventbrite account.

FEATURED SESSION RELEASE #1:

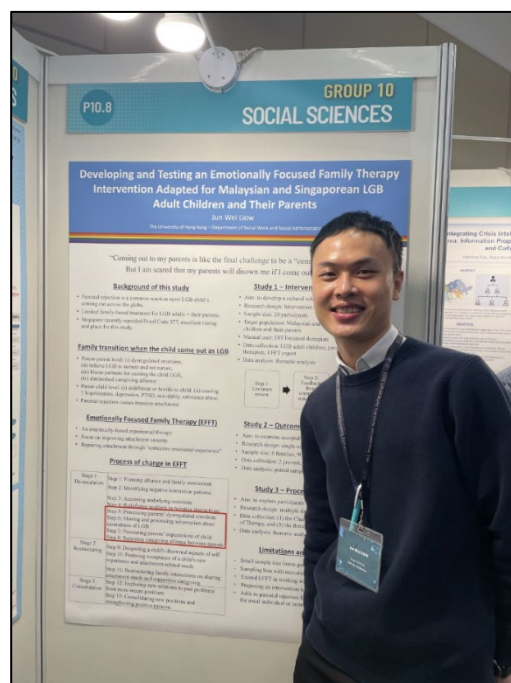
INSIGHTS FROM WORKING WITH LGBTQ COMMUNITIES IN MALAYSIA

Presenter: Jun Wei Liow

Description: This presentation focuses on the experiences of LGBTQ individuals in Malaysia. Through his own clinical and research work primarily with gay males, the presenter shares information related to stigma and everyday experiences within this community. Special attention is related to systemic considerations and elements of intersectionality, especially as they relate to affectional identity, ethnicity, gender, and religion. Finally, counseling considerations and implications with Malaysian LGBTQ people are delivered.

Jun Wei (he, him, his) is currently pursuing a PhD in Social Work, which focuses on developing an Emotionally Focused Family Therapy intervention adapted for Malaysian LGB adult children and their parents on LGB-based parental rejection. He graduated with his Master of Professional Counselling from Monash University, Malaysia campus in February 2021, and with his Bachelor of Science in Psychology (with First Class Honours) from International Medical University, Malaysia in October 2016. He is a Registered and Licensed Counsellor with the Lembaga Kaunselor Malaysia (LKM), an International Member of the Australian Counselling Association, and a Full Member of the Hong Kong Professional Counselling Association. He is a certified Meaning-Centered Therapist with the Viktor Frankl Institute Australia. Furthermore, he is the co-author of several publications related to the topics of gender, sexuality, and the LGBT community.

He has worked with adults of different age and ethnicity on problems or concerns, such as extramarital affairs, couple conflict, trauma, abuse, grief, stress, depression, discrimination, HIV, LGBTQ-related gender and sexual orientation concerns, career counselling, and meaning in life. His therapeutic approach adheres primarily to the humanistic-existential approaches (e.g., Emotion-Focused Therapy, Meaning Centered Therapy). Specifically, he specializes in working with LGBTQ people through LGBTQ-affirmative therapy.



Released on: Friday, October 13th, 2023, 8:00am ET



FEATURED SESSION RELEASE #2:

ONE QUEER PUERTO RICO EXPERIENCE: LIVING IN DIFFERENCE SPACES

Presenter: Wilfred W. Labiosa, Ph.D.

Description: Come on a personal journey and learn about the Waves Ahead organization, its particular emphasis on LGBT+ older individuals over 50, and its various programs. This information is grounded in the very personal and transparent narrative of its executive director, Dr. Labiosa, whose dynamic story illustrates aspects of intersectionality, education, and advocacy. Through this presentation, a resounding message of authenticity in who we are and hope is delivered.

Wilfred Labiosa, PhD, has been a community leader and advocate for the last thirty years working in the public health field with marginalized communities such as the Latino and LGBT communities in the United States, Cuba, and Puerto Rico. He has published his research with the dually-diagnosed Latino community, mental health and a substance abuse diagnosis, and has collaborated on books related to the LGBT Latino/a community and mental health field; works as a consultant and/or supervisor on state, national and international projects that focus on mental health, HIV/AIDS prevention, homelessness, youth, Latinos, LGBTQ+, people with dual diagnosis or evidence-based treatment modalities. He has worked with LGBT and HIV organizations locally, nationally and internationally for many years, as a mentor, mental health provider, and evaluator.



Born and raised in Puerto Rico, he graduated with a doctorate degree from Simmons University, School of Social Work, a master's degree from Northeastern University's Department of Counseling Psychology, a graduate certificate from Suffolk University's Management of Nonprofits. His bachelor's degree from Boston University.

He is currently the CEO of Waves Ahead Corp, a non-profit organization in Puerto Rico whose main objective is to support the development and transformation of LGBTQ communities, specifically LGBTQ seniors and the homeless. Dr. Labiosa manages three Community Centers across the country of Puerto Rico. In addition, he manages and curates exhibits of Cuban and Puerto Rican Art focusing on the art by the renowned artist, his father, also named Wilfred Labiosa.

Released on: Friday, October 20th, 2023, 8:00 am ET



FEATURED SESSION RELEASE #3: LGBTIQ EXPERIENCES AND WORK IN ZANZIBAR

Presenter: Omar Mussa

Description: This presentation offers individuals a peek into Zanzibar, Tanzania and its LGBTIQ community. Through his counseling and advocacy work, the presenter shares with attendees both historical and current situations for LGBTIQ individuals, current contributions that he is participating in, and what has been achieved so far for the LGBTIQ Zanzibar community. Present challenges faced by the LGBTQ+ community are also discussed. This presentation concludes with an interactive Q&A session with SAIGE President, Dr. Rob McKinney.

Omar Mussa is a youth and LGBTQ+ activist and human rights defender from Zanzibar, Tanzania. He is working with Bridge Initiative Organization as a Communication and Protection Office to ensure the safety and security of LGBTIQ individuals in Zanzibar. Omar is the Chair Person of KVP Forum Zanzibar where he coordinates, represents, and supports the needs of vulnerable populations in Zanzibar. He is also a member of the Zanzibar Global Fund Coordinating Mechanism (CCM). He has strong youth mobilization and policy advocacy skill sets, as well as being a demonstrated source of information and knowledge within key populations communities in Zanzibar. He would like to see equal accessibility of services with all population regardless of their sexuality or gender, or any other basis of difference.



Released on: Friday, October 27th, 2023, 8:00am ET



EDUCATIONAL SESSIONS

Pre-recorded Educational Sessions will be released at 8:00am ET on Fridays in October, beginning on Friday, October 6th, 2023. Session details and release information can be found below. Links to each session can be found by logging into your Eventbrite account.

EDUCATIONAL SESSIONS RELEASE #1: FRIDAY, OCTOBER 6TH, 2023

Educational sessions are 50 minutes in length, unless otherwise noted.

Session Title: LGBTGEQIAP+ Primer

Presenters: Sheldon Aaron, LCPC (IL), NCC, Tyler Davis, Masters Student; Brook Fulton-Delong, MS, LCPC, NCC, CCMHC, Jiale Man, PhD, LMHC-A, NCC

Session Description: Join SAIGE's Emerging Leaders for this foundational presentation on working with LGBTGEQIAP+ clients and students. We will cover affirming terminology, relevant psychosocial challenges and strengths, and concrete strategies for empowering queer and trans persons. This presentation is a primer, fostering a strong foundation as you move forward through the conference month!

Session Title: Through Our Lens: Queer Womxn of Color's Experiences of Healing and Liberation

Presenters: Ana Guadalupe Reyes, PhD, LPC, NCC, CHST; Tiffany Perry-Wilson, MA, LPC, NCC; Sydney Herring-Alderete, BA; Jessi Pham, BA; Grace Schroeder, BA; Kev Holmes, BS

Session Description: Existing research focuses on the pain and trauma of discriminating against queer and BIPOC communities, which promotes partial and deficit-based narratives. To counter incomplete and deficit-based narratives, we explored and celebrated queer womxn of color's (QWoC) experiences of healing inside and outside of counseling through a Photovoice project. We partnered with QWoC (whom we call co-researchers) to explore their experiences of healing, how they define healing, and what they do to heal. Photovoice allowed us to compassionately witness QWoC's experiences and what healing means to them through photographs and dialogue. This Photovoice project aims to extend beyond our partnership with QWoC to celebrate their wisdom, honor their healing practices, and engage in advocacy.

Session Title: Dear Cis Het Counselors...

Presenters: Cody Helgesen, LPCA, NCC, CTP, ASDI; Laurie Bonjo, PhD, PSC, NCC

Session Description: This program is directed at counselors and counselor educators whose work encompasses responses to trauma in LGBTQ populations. In this workshop, we will explore the individual and systemic barriers faced by queer youth who have experienced trauma. Neo-indigenous strategies on clinical approaches with underserved communities will be emphasized. Using a decolonization and liberation framework, the presenters provide queer-aware strategies for working with queer youth who have experienced trauma.

Session Title: Using the Disability Justice Framework to broach Sexuality and Gender with Clients



Presenters: Alexandra Kriofske Mainella, PhD, CRC; Emily Lund, PhD, CRC

Session Description: This session will give participants an understanding of the intersection between disability and sexual and gender identity and its role in the lives of clients in both rehabilitation and mental health counseling. The disability justice framework will be introduced and used to assist counselors in their understanding of social justice of clients with disabilities and those with intersecting minoritized sexual and gender identities. Participants will learn about the ways in which disability intersects with sexuality and how gender, sexual and disability identity manifest in everyday life for clients and receive action items both for advocacy and for clinical and counseling practice to more effectively broach these topics with clients and serve clients in a way that includes all parts of who they are as people.

Session Title: Gender Affirming Counseling in South Asian LGBTQ+ Spaces

Presenters: Jaskiran Sidhu, Clinical Mental Health Graduate Student; Maylee Vazquez, PhD, NCC, ACUE

Session Description: This presentation will highlight the complexity of gender identity in South Asian cultures by educating counselors on the concept of the third gender, Khusra/Hijra. In hopes to reframe gender identity and remove the western lens on best practices when counseling BIPOC clients globally in the twenty first century. While highlighting the intersectionality of gender affirming techniques and the continuing exploration of LGBTQ+ labels.

Session Title: Labels & Latitude: A Global Examination of Freedom in Expression

Presenters: Stacy Pinto, PhD, LPCC, NCC; Clark Ausloos, PhD, LPCC, LPSC, NCC

Session Description: When examining expression of gender and sexuality across the globe, the labels vary as widely as the latitude at which they're used. While many cultures embrace diversity through their language, others oppress through both the presence and absence of representative language. This session provides an overview of the expression of gender and sexuality within languages and cultures around the world, including original research on language and labeling in the U.S. It highlights trends within the U.S. related to the impacts of gender- and sexuality-based terminology on experience and contextualizes these trends among the evolution of associated language across cultures. Additionally, through exploring language-based restrictions of expression, this session augments practitioners' ability to support clients in their self-expression and to understand foundations of their internalized biases or stigmas.



EDUCATIONAL SESSIONS RELEASE #2: FRIDAY, OCTOBER 13TH, 2023

Session Title: School Climate Factors as Contributors to Gender Minority Stress for Non-Binary High School Students

Presenters: Jordan Westcott, PhD; Breanna Ellington, PhD; Tameka O. Grimes, PhD; Paul M. Delaughter, MA, Ed; Gerard Lawson, PhD

Session Description: In 2023, more legislation than ever before targeted transgender and non-binary youth, especially in K-12 settings. This is especially alarming given the important role of schools in non-binary youths' mental health and wellbeing, with supportive school climates being a key predictor of positive mental health outcomes in this population. Using data from the 2022 Virginia School Survey of Climate and Working Conditions, this session will shed light on school climate factors that contribute to Gender Minority Stress for non-binary high school students and the potential impact on these students' mental health. Implications for school policies, school counseling, and advocacy for transgender and non-binary youth will also be described. Come learn how negative school climates can cause harm and strategies for supporting positive school climates for gender expansive youth!

Session Title: Reclaiming Evidence-Based Practice for International LGBTGEQIAP+ Liberation

Presenters: Jeff Moe, PhD, LPC; Yusuf Barburuglu, M.S.

Session Description: In 2023, more legislation than ever before targeted transgender and non-binary youth, especially in K-12 settings. This is especially alarming given the important role of schools in non-binary youths' mental health and wellbeing, with supportive school climates being a key predictor of positive mental health outcomes in this population. Using data from the 2022 Virginia School Survey of Climate and Working Conditions, this session will shed light on school climate factors that contribute to Gender Minority Stress for non-binary high school students and the potential impact on these students' mental health. Implications for school policies, school counseling, and advocacy for transgender and non-binary youth will also be described. Come learn how negative school climates can cause harm and strategies for supporting positive school climates for gender expansive youth!

Session Title: The Importance of LGBTQIA+ Competencies in Internship Supervision

Presenters: Ami Crowley, EdD, NCC, ACS, ICADC, MCAP, CBDT, BC-TMH, LMHC; Jordan Grasse, MA, CPC-Intern

Session Description: The presenters will bridge the gap between the lack of supervisory competencies when it comes to graduate student training within the LGBTQIA+ population and what supervisors can do to assist students moving forward, including increasing one's own limited understanding of LGBTQIA+ competencies in counseling.

Session Title: Interpretative Phenomenological Analysis: Examining Rape Myth Acceptance Among LGBTQIA+ Undergraduates

Presenter: Adrienne Graham, MS, APC, NCC



Session Description: This session proposes a study to examine rape myths within the LGBTQIA+ undergraduate population. Rape myths specific to the LGBTQIA+ population are largely unknown and understudied. This session aims to educate counselors and counselor educators about rape myths and sexual violence among LGBTQIA+ identifying students on college campuses. Other objectives include learning about improving services for LGBTQIA+ survivors, advocacy, education, and programming on campuses and within communities.

Session Title: I'm Open To It: Queering Intimate & Sexual Partnerships

Presenters: Nathaniel Smith, PhD, LPC-S; Diane Smedley, PhD, LPC, LMFT

Session Description: This presentation examines cisheteronormative sexual and relational politics and their impact on queer sexual and relational liberation through the lens of Queer Theory while identifying best practice working with queer intimate partnerships practicing consensual non-monogamy, polyamory, and other queer relational configurations. Additionally, the presenters explore queer sexual and relational identities generally associated with queer relational configurations while helping attendees explore monogamous, heterosexual counselors bias and offer resources to deepen professional competency.

Session Title: Transformative Access to Care: Advocacy, Support, and Ethical Best Practice Amidst Anti-Trans Legislative Violence

Presenters: Whitney Akers, PhD, LCMHC, NCC, ACS; Rebekah Byrd, PhD, LPC, LCMHC, NCC, RPT-S; Angela Brooks-Livingston, MA, NCC, LCMHCS, LCAS, CCS

Session Description: The American Counseling Association (ACA) endorsed advocacy as a central pillar to the 2018-2021 strategic plan (American Counseling Association [ACA], 2018), calling for counselors to fully step into our advocate identities. ACA defined advocacy as the "promotion of the well-being of individuals, groups, and the counseling profession...to remove barriers and obstacles that inhibit access, growth, and development" (2014, p.20). Within an inherently heterosexist and cissexist society (Infanti, 2016), counseling professionals must grow in their advocate identities and develop nuanced understanding of the unique, systemic barriers facing intersectionally diverse queer and trans clients. In particular, trans populations are currently experiencing an overwhelming wave of legislative and state violence with the proposal and passing of bills barring access to gender-affirming care and further discriminating against trans and gender expansive populations. This presentation will examine the role of counselors as we navigate the dual process of our own and our clients' struggle of coping with macro-level oppression and violence. Presenters will collectively process and explore how we can continue to remain authentic and present while maintaining boundaries and navigating our own reactions to these institutionalized attacks across the nation. Furthermore, we will collectively work to examine the application of ethical decision-making models and review the intersection of our code of ethics and relevant laws and policies to support counselors in offering clients access to wrap-around protection and liberatory care.

Session Title: What Counselor Supervisors Need to Know About Gender Affirming Treatment: Supporting Novice Counselors and LGBTQIA+ Competency

Presenters: Clarissa Mulligan Attara, PhD, LPC, LCADC, ACS; Carrie VanMeter, PhD, LPCC, LSC; Mary McCloskey, PhD, LMHC, LADC I, NCC, CADC

Session Description: This session addresses cultural issues for TGD clients seeking counseling, as culturally competent supervision is necessary for counselors in training and novice counselors. As this presentation shares results from a study examining experiences of real counselors who have had both positive and negative experiences with supervision regarding their work counseling TGD clients, this allows for knowledge to be spread



increasing the likelihood that advocacy will occur on the individual or community level due to this. It is known that there are limited resources, qualified supervisors, and education regarding treatment with the gender diverse (GD) populations in graduate programs and providers to work competently with gender diverse populations (Budge, 2015; Rivers & Swank, 2017; Salpietro et al., 2019). It is important for counseling supervisors to have more awareness when working with GD clients and supervising novice counselors treating these populations. There are standards of care outlining competencies. Even with these standards of care, mental health professionals often seek consultation, supervision, and resources (Harrison et al., 2020; Salpietro et al., 2019). The importance of seeking supervision is having competent supervisors available. Budge (2015) identified there is a lack of resources and available supervision. Results from the study discussed in this presentation showcase experiences actual counselors have had with their supervisors counseling individuals within the GD community. This presentation shares these findings and provides guidance for necessary traits in a supervisor when working towards a specialization with clients in the GD community.



EDUCATIONAL SESSIONS RELEASE #3: FRIDAY, OCTOBER 20TH, 2023

Session Title: Exploring Relationship Quality of Lesbian, Gay, Bisexual, Pansexual Individuals in Polyamory

Presenters: Jiale Man, PhD, LMHC-A, NCC; Naomi Wheeler, PhD, LPC, LMHC, NCC

Session Description: The naturalization of monogamy in Western culture contributes to the devaluation and subordination of alternatives to monogamy (e.g., polyamory Anderson, 2010). Consequently, individuals who are in consensually non-monogamous (CNM) relationships (e.g., polyamory) face biases and stigmas in the United States due to their alternative relationship orientation (Balzarini et al., 2018; Conley et al., 2013; Matsick et al., 2014; Moors et al., 2013). Such negative attitudes toward CNM, including polyamory, prevail in spite of research findings that suggest high levels of relationship satisfaction, communication quality, and sexual satisfaction among CNM practitioners (Bricker & Horne, 2007; Hoff et al., 2010; LaSala, 2004; Parsons et al., 2012; Whitton et al., 2015). It is suggested that the anti-CNM/poly stigmas and biases can lead to deleterious effects on the personal and relational well-being of CNM practitioners (Moors et al., 2021; Vaughan et al., 2019). In addition, many counselors exhibit harmful behaviors, which further contribute to the feeling of frustration, stress, and concealment of relationship status (Moors et al., 2021; Vaughan et al., 2019; Witherspoon & Theodore, 2021). The current study aims to address the research and educational gaps by using interpretative phenomenological analysis (IPA; Smith et al., 2022) to explore the relationship quality of LGBP polyamorists. The presenter will present existing findings on CNM and polyamorous relationship quality, followed by the rationale for the current study and research methods, findings, and implications.

Session Title: A Trauma-Focused Approach to Treating Gender Dysphoria

Presenter: Michael Kuffel, MA, LCPC

Session Description: Transgender and gender expansive (TGE) people sometimes experience gender dysphoria (GD) in addition to co-occurring issues like PTSD, depression, etc. While trauma-focused therapies have been adapted to treat these comorbidities among people with diverse experiences and identities, there is no counseling protocol for conceptualizing and treating GD-related distress among TGE people. This TGE-affirming training seeks to educate and train trauma-informed counselors to help people who experience distress from GD reduce their suffering and increase their self-worth and resilience. By completing this training, participants will be able to conceptualize GD through an adaptive information processing (AIP) lens and implement a model of EMDR therapy for reducing GD-related distress in TGD persons.

Session Title: Strategies to Integrate LGBTGEQIAP+ Affirming Counseling and Promote Allyship across Master's Program Curricula

Presenters: Amber Pope, PhD, LPC, LMHC; Jeff Moe, PhD, LPC, NCC, CCMHC

Session Description: In this session, we will briefly review our recent quantitative and qualitative research about the factors that influence inclusion of LGBTGEQIAP+ issues in master's counseling program curricula. We will present preliminary findings from qualitative research exploring how to improve counselor training in LGBTGEQIAP+ affirming counseling. Based on implications from current research, we will provide concrete and detailed strategies for infusing LGBTGEQIAP+ affirming counseling across master's level core curriculum, to enhance trainees' multicultural responsiveness in working with LGBTGEQIAP+ communities from an



intersectional lens. Using social justice, critical, and intersectional pedagogical frameworks, we will emphasize methods to teach trainees advocacy skills and promote allyship with LGBTGEQIAP+ communities. Further, we will provide strategies for the delivery of LGBTGEQIAP+ responsive supervision in fieldwork placement courses, and review strategies for faculty to improve student success, remediation, and gatekeeping procedures for professional dispositions as tied to allyship behaviors. The goal of this session is to provide attendees with practical, accessible, and comprehensive methods to improve master's level training in LGBTGEQIAP+ affirming counseling grounded in intersectional and multicultural-social justice principles.

Session Title: Crisis Counseling for Multiply Marginalized Adolescent Clients

Presenter: Tai Lexume, MA, Resident in Counseling, Doctoral Candidate

Session Description: This session focuses on improving counselor's confidence to offer crisis counseling services to youth with multiple marginalized identities. There are increasing stressors for youth that identify as part of the BIPOC and LGBTGEQIAP+ community. This along with the rise of mental health concerns and hospitalizations among adolescents there is a present need for improving crisis counseling specific to LGBTGEQIAP+ youth in the BIPOC community.

This session will offer a quick review of current literature regarding the unique stressors and resilience of BIPOC youth in the LGBTGEQIAP+ community. Current suggested techniques and best practices in working with adolescents and youth in crisis will be outlined in tandem with trauma informed practices. There will be opportunities for counselors to test and grow in their personal awareness of identities as it relates to the topic. Counselors will be asked to interact with concepts and prompts throughout the presentation to test understanding and encourage implementation of topics discussed. Attendees will be able to walk away with tangible plans and ideas of how to collaborate with clients and their families dealing with crisis mental health concerns so that they are both affirmed and empowered through the process.

Session Title: Expert Review and Recommendations for Emotionally Focused Therapy with LGBTQ+ Relationships

Presenter: Robert Allan, PhD, LPC, LMFT, Associate Professor, University of Colorado Denver

Session Description: Same sex/same gender relationships are often ignored in couple/relationship outcome research (Spengler, DeVore, Spengler, & Lee, 2019). Despite the importance of having trusted others to rely on in the face of minority stress (Meyer & Frost, 2013), LGBTQ+ persons are rarely considered in the development or application of a therapeutic approach including with Emotionally Focused Therapy (EFT). EFT is an attachment-based therapy that engages underlying emotional and systemic processes which contribute to relationship distress (Johnson, 2019). The process of the relationship's journey through therapy is clearly outlined in three stages and nine steps, and a repeated intervention sequence—the EFT Tango—is relevant throughout all stages and steps. Systematic reviews and meta-analyses show EFT as effective in both facilitating change during treatment and maintaining improvements following treatment (Rathgeber et al., 2019; Wiebe & Johnson, 2016). This presentation reports on the expertise gathered from 51 therapists who regularly use EFT with LGBTQ+ relationships. Using a Delphi method, we surveyed therapists about what changes, additions, or adaptations they make in their EFT work with L or G or B or Q or + relationships. The presentation will focus on a detailed review of therapists should consider at each step and stage of EFT with LGBTQ+ relationships.



Session Title: Investigating Vicarious Trauma in Transgender Individuals' Family Members: Initial Research Findings

Presenters: Rebecca M. Goldberg, BS, MEd, EdS, PhD, LPC, NCC, GC-C, BC-TMH; Melanie Walsh, BS, MS, PhD, LPC-S, NCC, BC-TMH

Session Description: We will present initial evidence-based research findings from a phenomenological study utilizing semi-structured individual interviews with family members of transgender and gender nonconforming individuals. Through the lenses of minority stress theory (MST; Meyer, 1995, 2020) and ecological systemic perspective (ESP; Bronfenbrenner, 1979, 2005), our study explores the experiences of TGNC family members, specifically as they pertain to fear of discrimination. The main objective is to better understand mechanisms underlying vicarious trauma, such as fear of discrimination and vicarious dysphoria, experienced by loved ones of trans individuals. We will disseminate knowledge about fear of discrimination among LGBTGEQIAP+ client populations and its impact on access to social support networks with explicit attention to multiple intersections of marginalized identities. We plan to promote understanding of steps toward professional identity development as clinicians and advocates for LGBTGEQIAP+ communities including engagement with organizations, movements, and stakeholders.

Session Title: Homecoming: A Narrative Inquiry Study Examining How Black SGL Male Couples Navigating Family Matters

Presenters: Alfonso Ferguson, PhD., LMHC, LPC, ACS, NCC; Marlon Johnson PhD, LPC, LPC-MHSP, NCC; Dae'Quawn Landrum, MA, LPC, LCADC, ACS, NCC; Breon Rose, MA, LPC

Session Description: This presentation will explore the narratives of Black SGL male couples and the ways in which they reconcile their familial matters while prioritizing their romantic relationships. In this presentation, we will examine the literature and report the findings of 12 participants (6 couples) in their navigation of familial acceptance and relationship resiliency. The emerging themes include, witnessing familial interactions with LGBTQ+ community, inviting family in, introducing partner to family, and family matters. Implications of this study will support counselors with adequate tools to support the unique experience of Black SGL male romantic partners.



EDUCATIONAL SESSIONS RELEASE #4: FRIDAY, OCTOBER 27TH, 2023

Session Title: Advancing Guidelines for LGBTGEQIAP+ Responsive Supervision: An Adaptive Practices Model

Presenters: Amber L. Pope, PhD, LPC, LMHC, CCTP; Bianca Augustine, PhD, CCTP, LPC; Tai N. Lexumé, MA, LPC-R; Clark Ausloos, PhD, LPCC, LPSC, NCC

Session Description: Our current professional competencies for counseling LGBTGEQIAP+ clients are broad and can be challenging to practically apply for beginning counselors. Additionally, counselor education programs do not thoroughly integrate LGBTGEQIAP+ content across the CACREP curriculum, including in clinical supervision. Therefore, counselors-in-training often are not prepared to work with LGBTGEQIAP+ communities, which may result in potential harm to clients. Providing LGBTGEQIAP+ responsive supervision both at the university and on site in their field experiences (practicum and internship) is a means of filling the gap in counselor training in LGBTGEQIAP+ affirming counseling. In this session, we will review how to apply the nine adaptive strategies LGBTGEQIAP+ affirming counseling to clinical supervision, proposing a model for LGBTGEQIAP+ responsive supervision. We propose using the adaptive strategies as a framework to guide clinical supervision practices, as a means to improve the consistency of counselor training in LGBTGEQIAP+ affirming counseling. We will provide specific clinical supervision strategies within each of the adaptive practice areas for counselor educators and supervisors to modify their supervision practices to be LGBTGEQIAP+ responsive. We will discuss how supervisors can teach trainees about the adaptive practices for LGBTGEQIAP+ affirming counseling through direct modeling of these practices in clinical supervision.

Session Title: Importance and Influences of Family Relationships among Queer and Trans BIPOC College Students

Presenters: Nancy Thacker Darrow, PhD, NCC; Christian Chan, PhD, NCC; Antonio Duran, PhD

Session Description: The presenters will share findings from a narrative inquiry that sought to amplify 10 LGBTGEQ+ BIPOC stories about the role and impact of family relationships on one's development. Participant stories illuminated unique pathways to negotiating, developing, and sustaining familial connections. Participants explored nuanced means of (re)discovering dynamics in their families of origin and the significant role chosen family played along the way. The presenters will share how these pathways and means helped or hindered LGBTGEQ+ BIPOC development. We will provide practical strategies that counselors can apply in their work with queer and trans BIPOC individuals, emphasizing the importance of building and maintaining family in order to heal and thrive. Further, we will discuss advocacy strategies that can address the social structures that disenfranchise and disempower LGBTGEQ+ BIPOC. Implications for further research will also be included.

Session Title: Support to the End of the Rainbow: Acceptance and Advocacy for LGBTQIA+ Clients

Presenters: Aimee Fuentez, MS, LMFT, Doctoral Candidate; Kendalle Wexler, MS, LMFT, Doctoral Candidate

Session Description: Presenters aim to discuss the importance of ongoing support for the LGBTQIA+ community through discussing the application of postmodern strengths-based therapies that align well with client-centered and gender affirming approaches. "Support to the End of the Rainbow" is a play on words



of our intentions with our clients; there is no end to the rainbow, just like our support should be. Support goes beyond validating our client's feelings. Support includes ongoing learning and knowledge of LGBTQIA+ experiences, expansion of research in areas that have not been thoroughly explored, advocacy for our clients through psychoeducation and providing resources, as well as providing quality care while considering diversity and intersectionality of our clients.

Session Title: "Are we on the same page?": The critical autoethnography of Korean Queer Counselors

Presenters: SungWon Yoon-Lee, MA, Doctoral Student; Gihun Im, BA, Masters Student

Session Description: In this session, the presenters will share their personal narratives as Korean queer counselors using critical autoethnography. The presenters will analyze their experiences of counseling and identity by contextualizing to the sociopolitical situation of the counseling profession in Korea. Centering the personal and cultural critiques against the United States and Europe-centered counseling theories and practices, the presenters will discuss how to decolonize and internationalize counselor education for international queer counselors.

Session Title: No "Body" is Perfect: A Qualitative Investigation of Body Image and Sexual Behavior among Gay and Bisexual CisMen

Presenters: Gabriel DeLong, MA, DTLLP; Shannon Shoemaker, PhD, LCPC

Session Description: The current session discusses the findings of a phenomenological investigation of the culture-specific experiences of body image and sexual behaviors among gay and bisexual cismen.

Session Title: Problem Gambling Among LGBTGEQIAP+ Persons: An Exploratory Study

Presenters: Cort Dorn-Medeiros, PhD, LPC, CADC III; Arien Muzacz, PhD, NCC, PCMHC, LPC, LMHC, BC-TMH, ACS

Session Description: An established body of research shows that LGBTGEQIAP+ persons may have a higher rate of addictive behaviors than non-LGBTGEQIAP+ persons. Recent, limited research also indicates that LGBTGEQIAP+ persons may engage in problem gambling significantly more than their heterosexual and cisgender peers. Yet studies on problem gambling among LGBTGEQIAP+ populations remain greatly lacking. This session reports on the initial findings of grant-funded research exploring the intersections of problem gambling and LGBTGEQIAP+ populations. Additionally, attendees will learn about the pre-existing literature on problem gambling and LGBTGEQIAP+ persons and treatment recommendations to better address the unique challenges of these populations.

Session Title: Unlocking the Potential of Relationship Anarchy (RA) in Counseling, Education, and Supervision

Presenters: Andrea M. Stiles, LCPC, NCC

Session Description: Relationship anarchy (RA) is an approach to relationships that rejects traditional social norms and conventions, favoring the creation of individualized, consensual arrangements based on needs and interests. This type of relationship arrangement allows individuals to engage in personal growth while maintaining meaningful relationships with others. This session will explore the application of RA to



counseling, education, and supervision (CES), focusing on working within SAIGE communities. Through lecture, discussion, case studies, and experiential activities, attendees will gain an understanding of the critical components of RA, such as non-hierarchical relationships, autonomy in relationships, collective decision-making, and emotional labor sharing. The session will also discuss how CES can use RA to cultivate a more affirming and accepting environment for SAIGE communities.



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THANK YOU!