A Unique Approach for a Unique Population

Therapeutic Activities for LGBTQ+ Youth

Rebecca Rudd PhD
Megan Schindler, BA
Carissa Voelker, BA

To Access Handouts and Activities

www.CenterForSolace.com/workshops

Learning Objectives

- Identify the stressors facing LGBTQ+ youth

- Become proficient in creating affirming therapeutic dialogue

- Receive five activity therapy exercises addressing the common stressors faced by LGBTQ+ youth to guide and support the therapeutic process in a developmentally appropriate way

Youth and LGBTQ+ Identity

% of people who identify as LGBTQ by age group
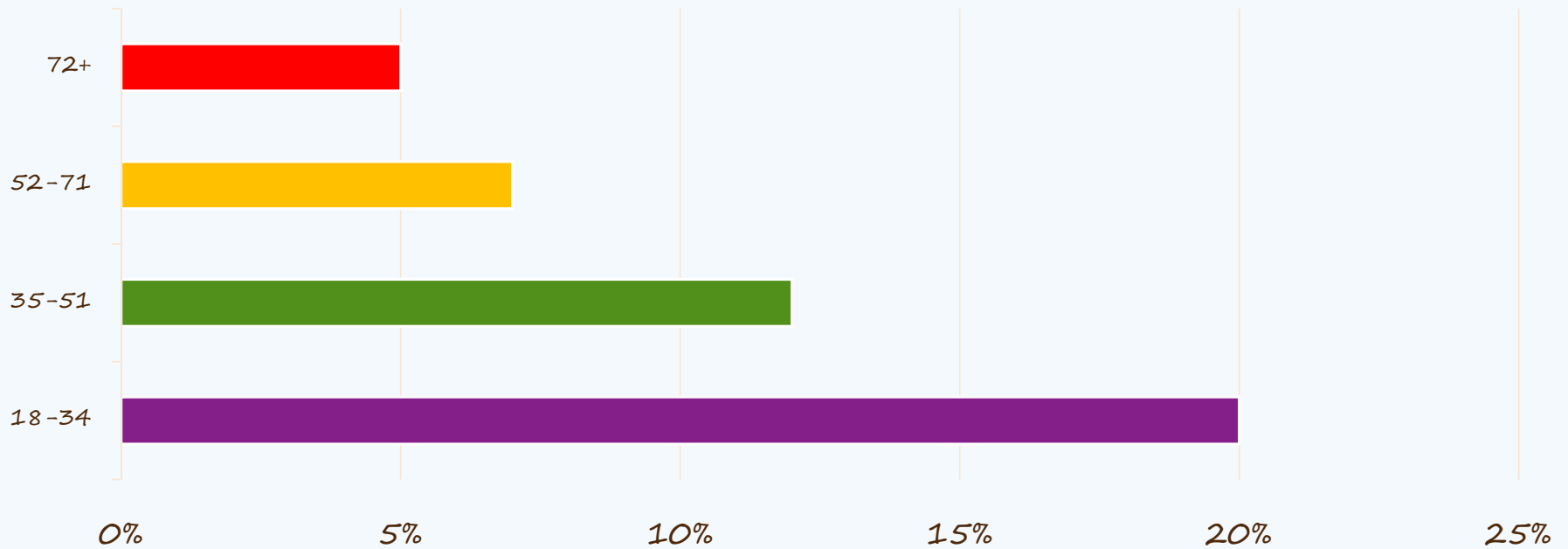
(GLADD, 2017 p. 3; Harding, 2017)

Youth and LGBTQ+ Identity

- Of youth ages 13–20, 48% identify as "exclusively heterosexual" as compared to 65% of millennials ages 21–34.

Of Youth Ages 13-20

52%   48%

- Exclusively Heterosexual
- Other than Exclusively Heterosexual
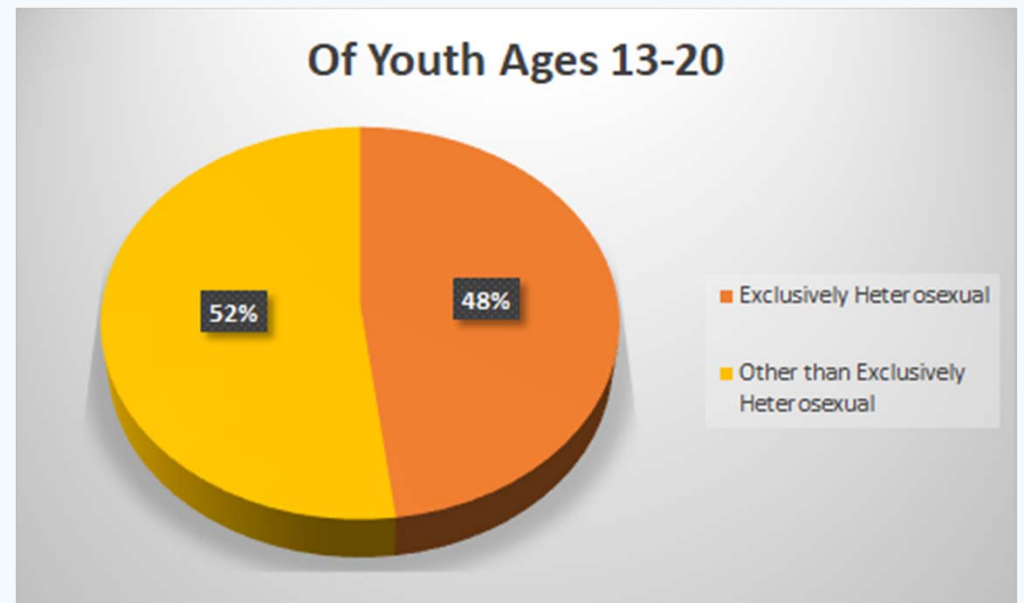
J. Walter Thompson Innovation Group, 2016

Stressors: Bullied

Centers for Disease Control, 2016
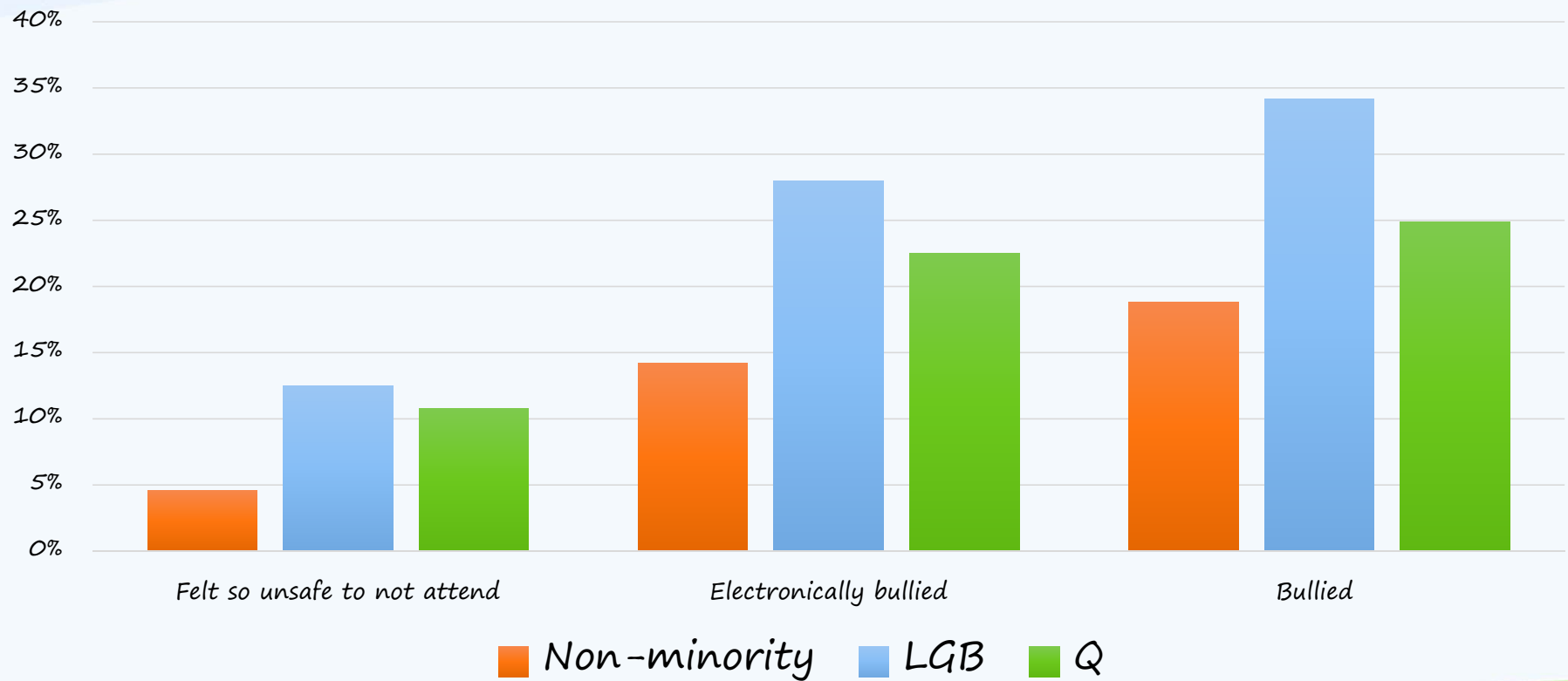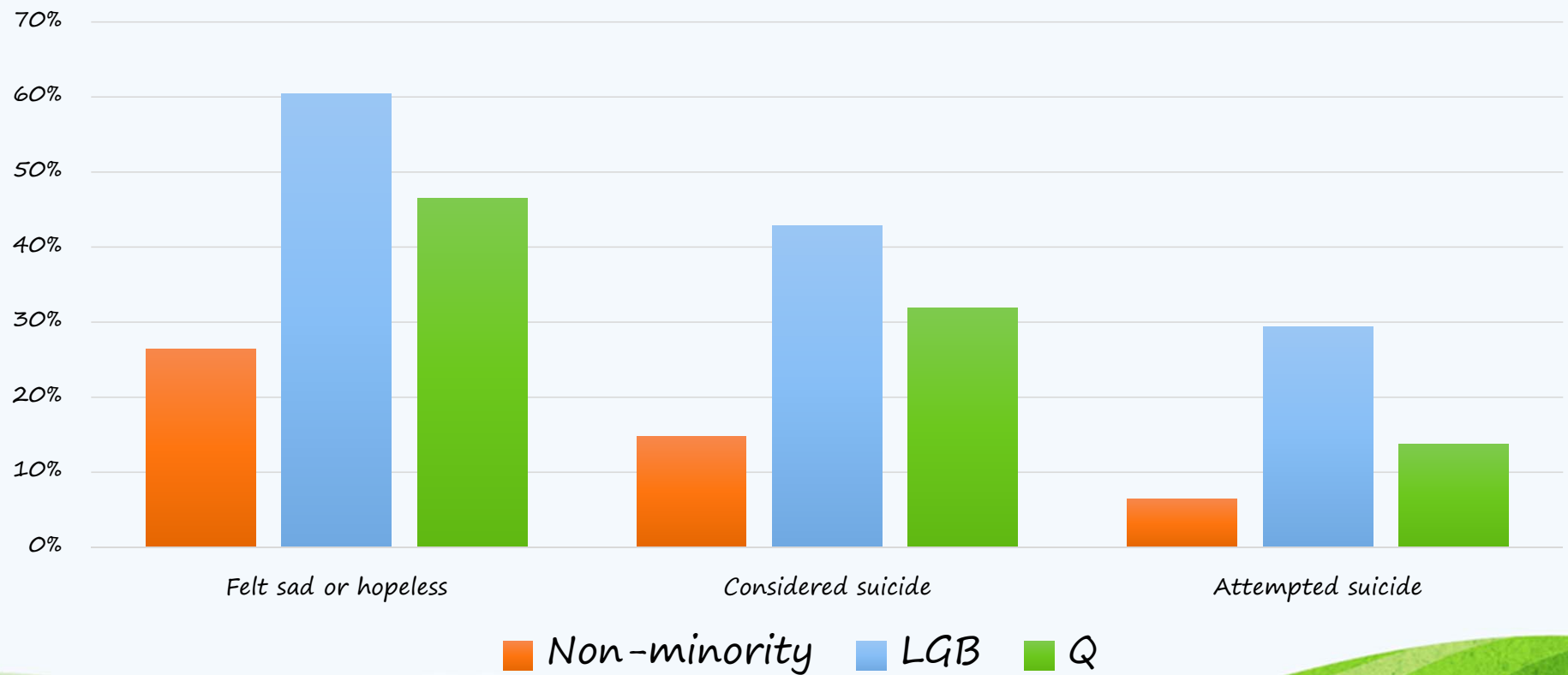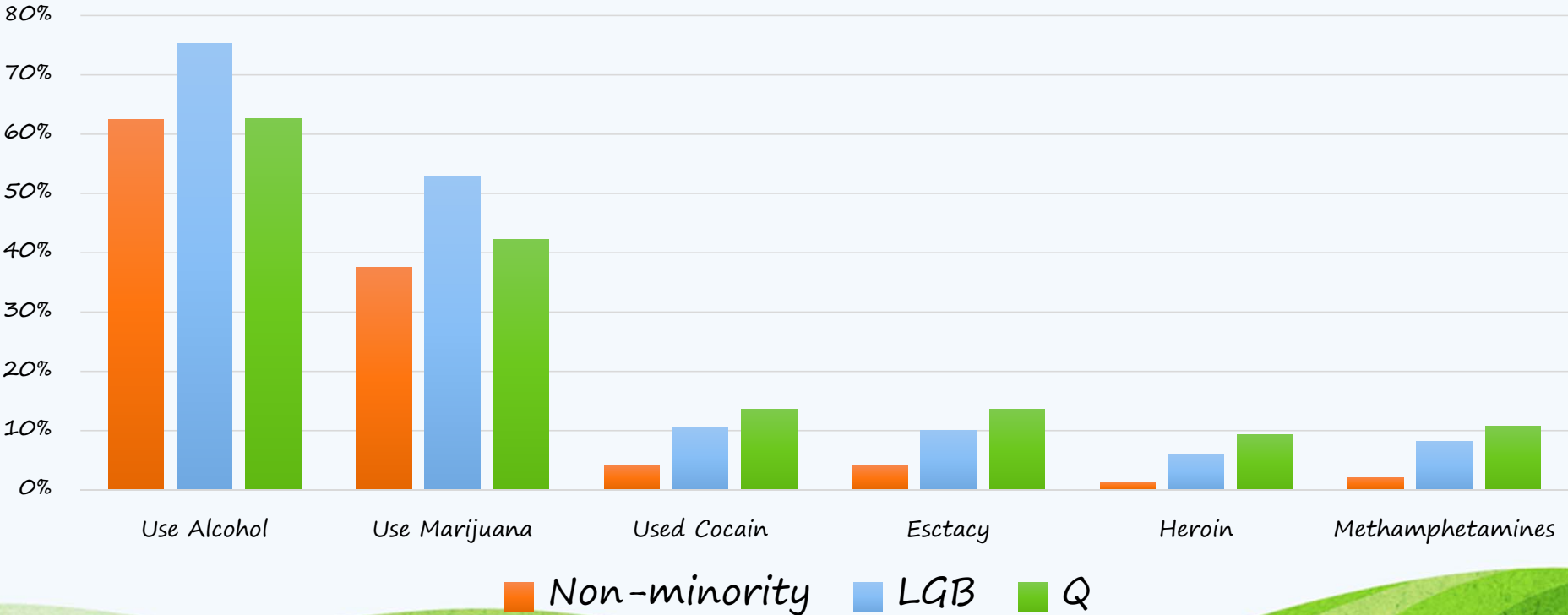
Stressors: Dating and Sexual Violence

Centers for Disease Control, 2016
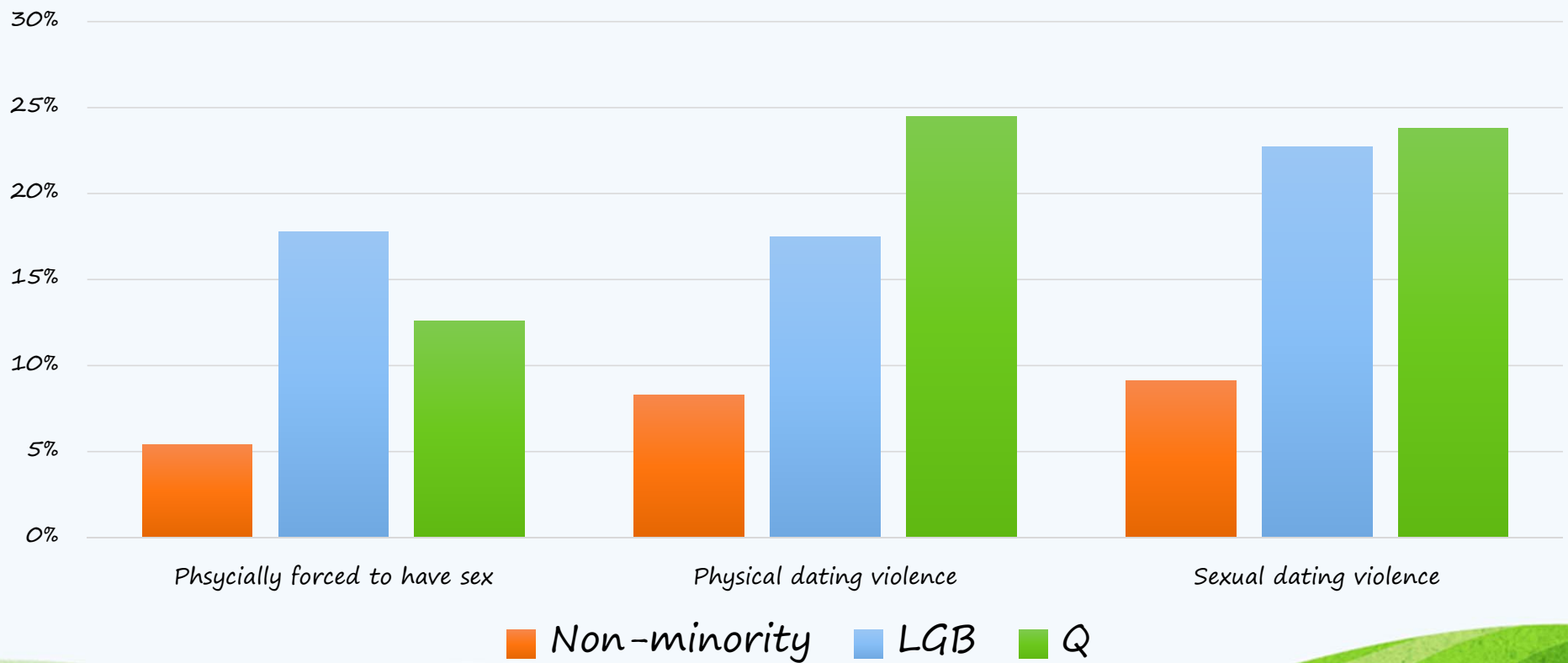
Stressors: Homelessness and Harassment

- Homelessness
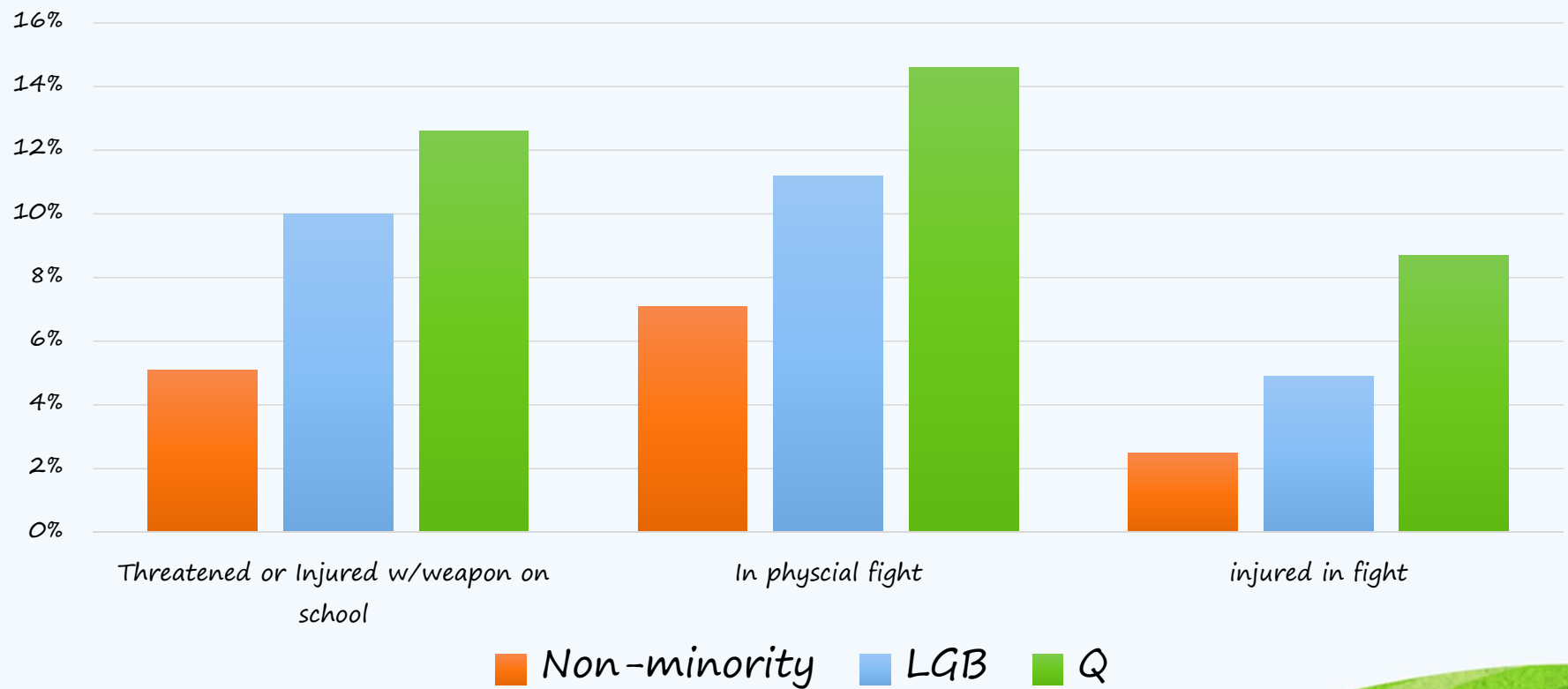 - 40% of homeless youth identify as LGBTQ+
  - 120% more likely to be homeless than heterosexual and cisgender youth
- Sexual Harassment
  - 81% of Trans students
  - 72% of Lesbian students
  - 66% of Gay and Bisexual students

True Colors Fund, 2017, Chapin Hall, 2017, p. 12, RTI International, 2017, p. 30

Identity development

- Body Image

  - High rates of eating disorders

- Lack of Mentors

  - Heteronormativity in the media

- Struggle to understand/explore sexual attitudes & behaviors safely

  - LGBTQ+ sex education not widely available

Family Support and Dynamics

- The Stress of coming out
  - Fear based on media and friends' experiences
  - Religiosity and Suicide
    - In Straight youth linked to 17% reduction in recent SI
    - In Lesbian and Gay youth linked to 38% increase in recent SI
  - Acceptance
- Being "outed"
  - Lack of control and preparedness
- Family Support
  - Financial, emotional support
  - Rejection and homelessness

Lytle, Blosnich, De Luca, & Brownson, 2018

Access to Supportive and Affirming Healthcare

- Perceived lack of competent providers
  - Medical model
  - Collective trauma

- Affordable Care Act

- Lack of Trans/GNC/Non-Binary Affirmative Healthcare
  - Planned Parenthood
  - Insurance coverage

- Regional Differences
  - Acceptance
  - Age of Consent

Sociopolitical Climate's Impact

- Russia's Anti-Propaganda Law

- Pulse Nightclub
  - Parkland: Emma Gonzalez

- LGBTQ+ information on census and discrimination in schools

- Transgender ban in the military

- TQPOC Homicide

- Publicized suicides
  - Leelah Alcorn

Sociopolitical Climate

- 50,000+ students surveyed 30 days Post-Election
  - Almost 50% of LGBTQ+ students report taking steps to hide who they are
  - Almost 50% of trans students reported feeling hopeless and worthless most or all of the time.
  - 70% of students reported witnessing bullying
    - 63% motivated by sexual orientation
    - 55% motivated by gender

Human Rights Campaign, 2017

Affirming Dialogue

Creating Affirming Dialogue

- Providers are often assumed unsafe until proven otherwise due to:
    - Client's past experiences with providers and/or adults in general
    - Regional differences in acceptance
    - Whether the client is "out"
    - Internalized shame
- Providers can create affirming dialogue through:
    - signaling awareness of concepts
    - utilizing "open" and nonbinary language
    - practicing unconditional positive regard in the therapeutic alliance

Concepts

- Demonstrate knowledge of the following concepts:
  - Sex vs. Gender
    - Biological vs. Social construct
    - Not a binary
  - Types of attraction
    - Sexual, romantic, physical, emotional, intellectual, aesthetic
  - Identities other than L,G,B,T,Q
    - Pansexual, Polyamorous, Genderqueer, Gender fluid, Asexual Spectrum, sexual subcultures, etc.
  - Pronouns
  - Remember, it's okay to ask your client for clarification

# Some Helpful Resources for Concepts:

- Comprehensive* List of LGBTQ+ Vocabulary Definitions (Killerman, 2013).

- Affirmative Counseling with LGBTQI+ People, Glossery of Terms (Ginicola, Smith, Filmore, 2017).
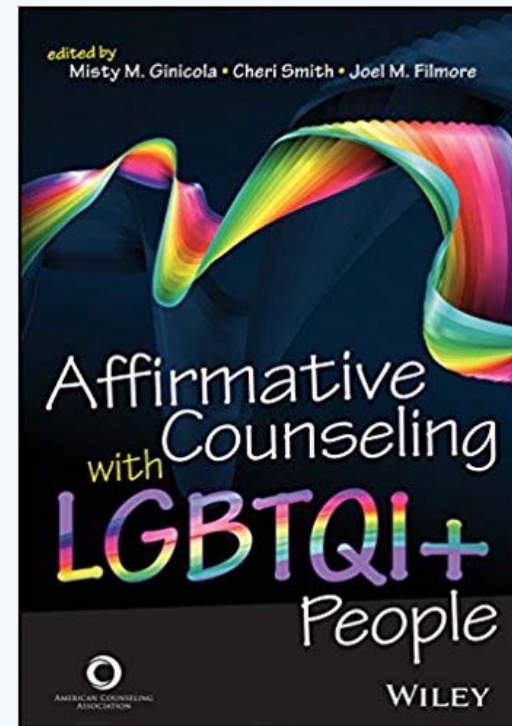
Signaling Awareness:

- Suggestions to signal you are affirming:
  - Safe Space Visual (sticker, plaque, posters)
  - Gender Unicorn from www.transstudent.org/gender
  - Updated forms
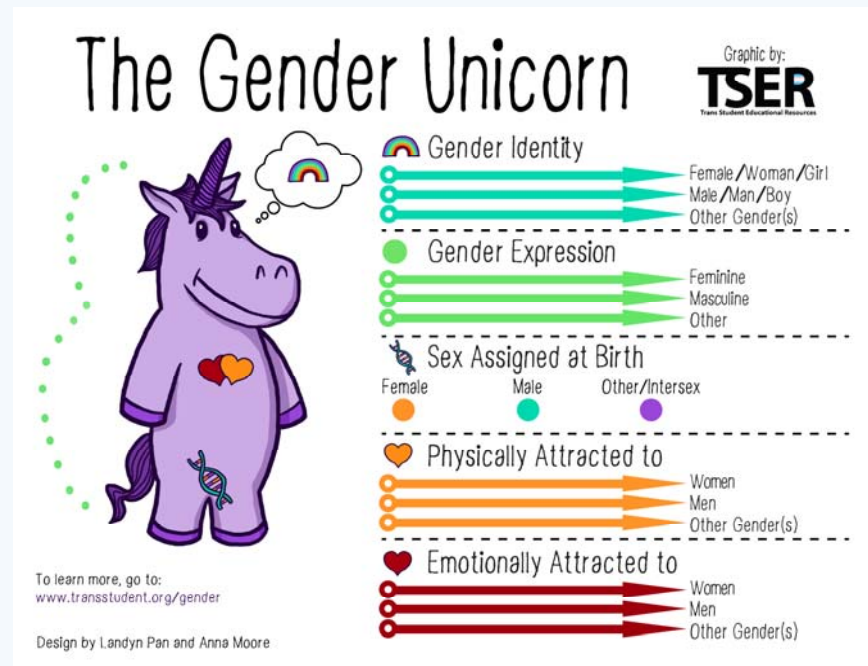
Language

- Pronouns
  - Consider including your own pronouns in introductions, and/or on business cards/email signatures, and/or forms
  - Ask your clients about their pronouns
  - Note: "Preferred Pronouns" carries a negative connotation
  - If you make a mistake, simply apologize and move on.

- Open and Nonbinary Language
  - Avoid signaling assumptions of orientation by using "they/them" or "partner/s"
  - E.g., "So you said you have a date tonight. What qualities do you like about them?"
  - Consider using: people, Individuals, siblings vs. men and women, he/she, brothers and sisters

Therapeutic Alliance

- Examine your own attitudes and values

- Build rapport
  - Trust and Confidentiality

- The Youth is the expert

- Approach with curiosity

- Allow for fluidity
  - Changing pronouns, names, and orientations

Hetrick-Martin Institute, 2014

Issues

- Lack of outcome research

- However, for transgender youth, when able to use a chosen name in multiple contexts:
  - 29% decrease in suicidal ideation
  - 56% decrease in suicidal behavior
  - Decrease on measures of depression

Russell, Pollitt, Li, & Grossman, 2018

Therapeutic Activities

Developmental
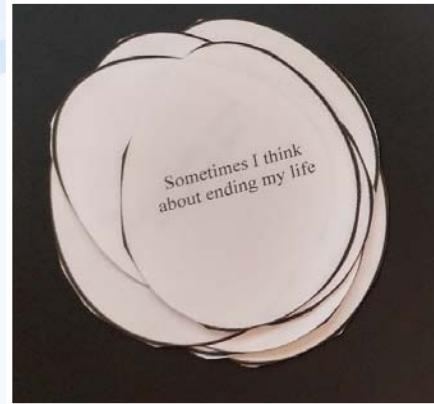
Eggs in Which Basket

Created by

Becky Rudd PhD, LMFT, LMHC

Set-Up

Pile of eggs with various statements of affective expression and experience

Create 3 baskets

Activity

Rainbows to Rainbows

Adapted from Apples to Apples

Created by

Becky Rudd PhD, LMFT, LMHC

Assertiveness Four Squares

Created by Becky Rudd PhD

Coming Out

Negative Reaction

https://www.youtube.com/watch?v=z3VHpciaTts

Neutral Reaction

https://www.youtube.com/watch?v=Dp1TgnUR2aU

Positive Reaction

https://www.youtube.com/watch?v=2NF6n9Z6ZA0

Safety Planning

Coming Out as LGBTQ+ Safety Plan

1) If I decide to leave home/shelter/friend's place for a short or long time, places where I feel safe are:

_____

_____

2) I will contact _____ and _____ (*trusted persons*) to let them know where I am.

3) I will contact _____, a trusted adult at my school. My school's phone number is _____.

Jeopardy

Thoughts	Behaviors	Feelings	Safer Sex	Situations
$100	$100	$100	$100	$100
$200	$200	$200	$200	$200
$300	$300	$300	$300	$300
$400	$400	$400	$400	$400
$500	$500	$500	$500	$500

Final Jeopardy

Jeopardy

Created by Carissa Voelker

Jeopardy template by Kapi'olani Community College Library

References

GLAAD. (2017). Accelerating Acceptance 2017: A Harris Poll survey of Americans' acceptance of LGBTQ people. Retrieved from http://www.glaad.org/files/aa/2017_GLAAD_Accelerating_Acceptance.pdf

Center for Anti-Violence Education. (n.d.). Safety Planning. Retrieved April 21, 2018, from http://safeandproud.org/self-defense-safety/safety-planning

Centers for Disease Control. (2016). Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9–12 — United States and Selected Sites, 2015. Retrieved from https://www.cdc.gov/mmwr/volumes/65/ss/pdfs/ss6509.pdf

Ginicola, M. M., Smith, C. & Filmore, J. M. (2017). Affirming with counseling LGBTQI+ people. American Counseling Association: Alexandria VA

GLSEN. (2015). The 2015 national school climate survey. Retrieved from https://www.glsen.org/sites/default/files/GLSEN%202015%20National%20School%20Climate%20Survey%20%28NSCS%29%20-%20Executive%20Summary.pdf

Harding, E. (2017). Third of 16 to 22-year olds say they are either gay or bisexual: Figure contrasts with 88% of baby boomers who say they are heterosexual. Daily Mail.com. Retrieved from http://www.dailymail.co.uk/news/article-4923650/Third-16-22-year-olds-say-gay-bisexual.htmlSubstance Abuse and Mental Health Services Administration (2015). Top issues for LGBT populations information & resource kit. https://store.samhsa.gov/shin/content/SMA12-4684/SMA12-4684.pdf

References

Human Rights Campaign. (2017, January 18). Survey of 50,000 Youth Reveals Post-Election Spike in Bullying. Retrieved April 23, 2018, from https://www.hrc.org/blog/new-survey-of-50000-young-people-reveals-troubling-post-election-spike-in-b

Hetrick-Martin Institute. (n.d.). *Best practices in working With lgbtq youth and families.* Lecture. Retrieved April 21, 2018, from http://events.adelphi.edu/files/2014/10/LGBTQ-Youth-and-Families.pdf

J. Walter Thompson Innovation Group. (2016, June 07). Gen Z goes beyond gender binaries in new Innovation Group data. Retrieved April 21, 2018, from https://www.jwtintelligence.com/2016/03/gen-z-goes-beyond-gender-binaries-in-new-innovation-group-data/

Lytle, M. C., Blosnich, J. R., Luca, S. M., & Brownson, C. (2018). Association of Religiosity With Sexual Minority Suicide Ideation and Attempt. *American Journal of Preventive Medicine, 54*(5), 644-651. doi:10.1016/j.amepre.2018.01.019

McKay, T., Misra, S., & Lindquist, C. (2017). *Violence and LGBTQ Communities What Do We Know, and What Do We Need to Know?* (pp. 1-56, Rep.). Research Triangle Park, NC: RTI International.

Missed Opportunities: Youth Homelessness in America. (n.d.). Retrieved April 21, 2018, from http://voicesofyouthcount.org/brief/national-estimates-of-youth-homelessness

Roberts, A.L., Rosario, M., Corliss, H.L., Koenen, K.C., & Austin, S.B. (2012). *Childhood gender nonconformity: a risk indicator for childhood abuse and posttraumatic stress in youth. Pediatrics, 129*(3), 410-417. doi: 10.1542/peds retrieved from https://www.ncbi.nlm.nih.gov/pubmed/22351893

References

•Roberts, A.L., Rosario, M., Corliss, H.L., Koenen, K.C., & Austin, S.B. (2012). Childhood gender nonconformity: a risk indicator for childhood abuse and posttraumatic stress in youth. *Pediatrics, 129*(3), 410-417. doi: 10.1542/peds retrieved from https://www.ncbi.nlm.nih.gov/pubmed/22351893

Russell, S. T., Pollitt, A. M., Li, G., & Grossman, A. H. (2018). Chosen name use is linked to reduced depressive symptoms, suicidal ideation, and suicidal behavior among transgender youth. *Journal of Adolescent Health.* doi:10.1016/j.jadohealth.2018.02.003

The Gender Unicorn. (n.d.). Retrieved March 06, 2018, from http://www.transstudent.org/genderU. (2017, July 17).

True Colors Fund. (n.d.). Our Issue. Retrieved April 21, 2018, from https://truecolorsfund.org/our-issue/