

ACTIVITY 9.2

Key Resources for LGBTQ-Affirmative Therapy

List local LGBTQ community centers, support groups, gathering places, and health providers for easy access

Useful national resources

Lambda Legal: <http://www.lambdalegal.org>
Human Rights Campaign: <http://www.hrc.org>
National Center for Transgender Equality: <http://www.transequality.org>
Affirming religious organizations and congregations: http://geneq.berkeley.edu/lgbt_resources_religion_and_spirituality
POZ (resource for HIV+ folks): <http://www.poz.com>
Mautner Project (lesbian health project): <http://www.mautnerproject.org>

Key affirmative therapy readings

American Psychological Association. (2012). Guidelines for psychological practice with lesbian, gay, and bisexual clients. *American Psychologist*, 67, 10–42.
Bieschke, K. J., Perez, R. M., & DeBord, K. A. (Eds.). (2007). *Handbook of counseling and psychotherapy with lesbian, gay, bisexual, and transgender clients* (2nd ed.). Washington, DC: American Psychological Association.
Meyer, I. H. (2003). Prejudice, social stress, and mental health in lesbian, gay, and bisexual populations: Conceptual issues and research evidence. *Psychological Bulletin*, 129, 674–697.
Moradi, B., DeBlaere, C., & Huang, Y. (2010). Centralizing the experiences of LGB people of color in counseling psychology [Special issue]. *The Counseling Psychologist*, 38(3).
Szymanski, D. M., Kashubeck-West, S., & Meyer, J. (2008). Internalized heterosexism [Special issue]. *The Counseling Psychologist*, 36(4).

Transgender and gender-expansive specific readings

Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling. (2009). *ALGBTIC Competencies for counseling transgender clients*. Available from http://www.counseling.org/docs/competencies/algbtic_competencies.pdf?sfvrsn=3
Nadal, K., Skolnik, A., & Wong, Y. (2012). Interpersonal and systemic microaggressions toward transgender people: Implications for counseling. *Journal of LGBT Issues in Counseling*, 6, 55–82.
Vanderburgh, R. (2009). Appropriate therapeutic care for families with pre-pubescent transgender/gender-dissonant children. *Child and Adolescent Social Work Journal*, 26, 135–154.
World Professional Association for Transgender Health (WPATH) Standards of Care: <http://www.wpath.org/>
Ariel, J., & McPherson, D. W. (2000). Therapy with lesbian and gay parents and their children. *Journal of Marital and Family Therapy*, 26, 421–432.

Couples and family therapy

(continued)

ACTIVITY 9.2 (Continued)

Religion and spirituality

- Green, R. J., & Mitchell, V. (2008). Gay and lesbian couples in therapy: Minority stress, relational ambiguity, and families of choice. In A. S. Gurman (Ed.), *Clinical handbook of couple therapy* (4th ed., pp. 662–680). New York, NY: Guilford Press.
- Sanders, G. L., & Kroll, I. T. (2000). Generating stories of resilience: Helping gay and lesbian youth and their families. *Journal of Marital and Family Therapy*, 26, 433–442.
- Bartoli, E., & Gillem, A. (2008). Continuing to depolarize the debate on sexual orientation and religion: Identity and the therapeutic process. *Professional Psychology: Research and Practice*, 39, 202–209.
- Bozard, R. L., Jr., & Sanders, C. J. (2011). Helping Christian lesbian, gay, and bisexual clients recover religion as a source of strength: Developing a model for assessment and integration of religious identity in counseling. *Journal of LGBT Issues in Counseling*, 5, 47–74.
-