



The LGBTQ+ Affirmative Psychotherapist Guild of Utah, Inc.

www.lgbtqtherapists.com

Regular Guild in-service meetings are held on the 3rd Thursday of each month – please check the listings and descriptions for the Plan-B shows and discussions, which are held on Saturdays. Typical agenda for our in-service meetings:

8:00 – 8:15 a.m. Networking
8:15 – 9:45 a.m. In-Service Program

Please note our meeting location: We are continuing to broadcast the in-service meetings over Zoom. You MUST pre-register to attend the meetings via Zoom. Please become a Guild member to receive emails about, and the Zoom links for, these meetings. Guild in-services meet the DOPL requirement of “in person” CEUs as they are performed synchronously (not pre-recorded). We do not record our meetings for later viewing. All meetings may only be viewed in real-time.

CEU's have been applied for all in-service programs through Rocky Mountain University and the Utah Psychological Association. CEU's are free for Guild members & \$5 for non-members, per meeting. CEUs for Plan-B events have been applied for via NASW.

Tickets for the Plan B performances must be purchased directly from Plan B AND you must preregister with us if you are requesting CEUs. Plan B has offered us discounted tickets when purchased in advance. A link for discounted tickets will be emailed upon registration for these events with the Guild.

September 21, 2023, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Anti-LGBTQ+ Legislation, Minority Stress, and Ethical Therapeutic Response

Speaker and Degree: Abigail Crouse, CMHC, PhD, Jess Shade, CMHC, MDiv, Robin Tracy, CMHC

Description: Legislation across the United States is negatively targeting the LGBTQ+ community. This presentation focuses on bringing awareness to these harmful efforts and their ramifications on an already marginalized population. We will focus on the counseling

communities' opportunities to provide multi-culturally appropriate care and resources for our LGBTQ+ clients.

Learning Objectives: Based on this presentation I...

- 1...will learn about the concept of minority stress within the LGBTQ+ community.
- 2...will have more awareness about the direct impact of current anti-LGBTQ+ legislation across the community.
- 3...will work in small groups to increase their clinical engagement & share solutions for our practice with clients.

October 19, 2023, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Embracing Queer Joy: Nurturing Resilience and Empowerment in Clinical Practice

Speaker and Degree: Colette Dalton, LCSW

Description: This in-service training will explore the concept of queer joy as an essential component of therapeutic work with queer clients. Participants will gain a deeper understanding of the unique challenges faced by queer individuals, explore strategies to foster resilience and empowerment, and learn how to cultivate affirming therapeutic spaces that celebrate the diverse expressions of queer joy.

Learning Objectives: Based on this presentation I...

- 1...have developed a comprehensive understanding of the concept of queer joy and its significance in therapeutic work with queer clients
- 2... can identify and explore the specific challenges and barriers to accessing joy within the queer community
- 3... can acquire practical tools and strategies to support and empower queer clients in cultivating joy, resilience, and self-acceptance in their lives

November 16, 2023, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Stressors and Strengths in Mixed Orientation Relationships

Speaker and Degree: Lisa Tensmeyer Hansen, PhD, LMFT

Description: Many people find themselves in mixed orientation relationships either by design or through developmental fluidity. How can mental health providers support self-determination and avoid causing harm when partners differ in relationship needs? How can each partner be strengthened? How can clinicians capitalize on a couple's strengths in these relationships?

Learning Objectives: Based on this presentation I can...

- 1... articulate unique stressors in mixed orientation relationships.
- 2... assess strengths in mixed orientation relationships.
- 3... identify three interventions to support partners in mixed orientation relationships.

December 14, 2023, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Systemic Solutions for the Silos in Suicide Prevention

Speaker and Degree: Quintin Hunt, PhD, LMFT

Description: Suicide poses significant systemic implications, requiring careful consideration in prevention, intervention, and postvention modalities. Yet, studies on treatment of suicide show most treatment for suicide-related thoughts and behaviors happens in silos—with the multiple systems around clients not working with one another. The session will identify several practical

(and evidence-based) principles for systemic treatment of suicide. Throughout the session, we will utilize experiential techniques and video clips to demonstrate and practice systemic assessment and treatment of suicidality.

Learning Objectives: Based on this presentation I...

- 1... can create documentation of competent care and treatment decisions around suicide
- 2... can integrate common factors of systemic treatment of suicide into my treatment
- 3... can identify my feelings around suicidality in session

January 18, 2024, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Impact of, and Treating, Sexual Shame

Speaker and Degree: Natasha Helfer, LCMFT, CSTS

Description: Our upbringings and educational resources often leave us unprepared to become sexually mature adults and leave people to gather knowledge about one of our strongest drives, our sex drive, from myriad, sometimes harmful, sources. More often than not these sources exacerbate shame and promote a fear-based approach to sexuality. Poorly informed or negatively biased resources have the potential to produce unintended emotional consequences and potential for long-lasting dysfunction. We will discuss how to approach sexual conversations with clients who hold varying comfort levels about sexual discussions, sexual education, and personal biases about healthy sexuality. We will discuss examining our own comfort levels with sex focused discussions and our internalized sexual shame that may interfere with these therapeutic conversations.

Learning Objectives: Based on this presentation I...

- 1... can encourage my clients to be their own authority on sexual matters and decide on their own interpretation of healthy sexuality.
- 2... can help my clients navigate their fears of “unnatural, impure, or unholy” practices.
- 3... can learn to have clear and direct conversations with clients about their sexual practices and beliefs that model an acceptance and comfort with the topic.

February 15, 2024, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Kink 101 For Mental Health Providers

Speaker and Degree: Mary A. Fisher, CMHC, CST

Description: We will discuss the basics of BDSM and examine our reactivity to topics such as power exchange, power dynamics, negotiating scenes, and most importantly consent.

Learning Objectives: Based on this presentation I...

- 1... can define kink sexuality and related terms
- 2... can discuss clinical considerations
- 3... can examine countertransference around kink

Saturday, February 17, 2024, 4:00 pm matinee Post performance discussion on this day only; offering 2 hours of CEUs. You must buy tickets directly from Plan B. A link for discounted tickets will be emailed upon registration with the Guild.

Title: Plan B Theater presents “BALTHAZAR” BY Debora Threedy

Description: What if Portia’s appearance as a male lawyer in court wasn’t the first—or last—time she dressed in drag? Portia is a noblewoman in 16th century Venice. She wants to be a lawyer, but that profession is reserved for men. Her cousin Bellario, a doctor of law, won’t teach

her. Her husband Bassanio is in serious legal trouble ... and he's in love with his best friend Antonio. Things are not going well. What's a girl to do? 1. Create an alter ego (enter Balthazar). 2. Trick Bellario. 3. Represent Antonio (and Bassanio) in court. This riff on Shakespeare's "The Merchant of Venice" is a life-and-death journey through the law, love, and gender identity.

March 21 2024, Thursday 8:15 am to 9:45 am, In-service Training

Title: Legislative and Legal Update

Speaker and Degree: Marina Lowe, Policy Director for Equality Utah

Description: Marina Lowe will provide us with details on the latest laws, bills and court cases that could affect the LGBTQ+ community, and our work with community members. Lowe will discuss the recent Utah legislative session, Federal actions, and cases moving through federal and state judiciaries.

Learning Objectives: Based on this presentation I...

1. ...am aware of the status of how the LGBTQ+ community is being affected by Utah legislation
2. ...am aware of the status of how the LGBTQ+ community is being affected by Federal legislation
3. ...am aware of the nationwide trends of legislation that affects the LGBTQ+ community

Saturday, April 13, 2024, 4:00 pm matinee Post performance discussion on this day only; offering 2 hours of CEUs. You must buy tickets directly from Plan B. A link for discounted tickets will be emailed upon registration with the Guild.

Title: Plan B Theater presents "BITTER LEMON" BY Melissa Leilani Larson

Description: What if Lady Macduff finally had her say beyond her 19 lines in The Scottish Play? Finlay Macbeth has done Lady Helen Macduff a terrible wrong. Now they are trapped, alone together, in a purgatorial waiting room. Sometimes the only escape is forgiving the unforgivable. This riff on Shakespeare's "Macbeth" is a life-after-death journey through the strange, the empty, and everything in-between.

April 18, 2024, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Unpacking Our Cultural Norms and Myths About Pleasure

Speaker and Degree: Dawn Serra, Body Trust Provider and Body Coach (she/her/hers)

Description: Pleasure is one of the most fundamental aspects of what makes our lives worth living, and yet pleasure is simultaneously vilified and hyper-performed at a cultural level. Too often pleasure is seen as something to earn after we have achieved a certain level of success, as something suspect, or as a reductive euphemism for sex. Pleasure can be incredibly complicated and foreign to those who have experienced trauma, eating disorders, or who live in marginalized bodies (queer, fat, disabled, trans, nonbinary, poor, BIPOC, etc). Yet, an embodied pleasure practice can not only support us in healing trauma, but help clients (and us) to connect with ourselves, our bodies, our lives, and our loved ones in more mindful, intentional, and meaningful ways. Join us as we unpack cultural norms and myths about pleasure and explore practical, simple strategies and concepts for helping clients to connect with pleasure on their journey towards more autonomy, freedom, and connection.

Learning Objectives: Based on this presentation I can...

- 1...explore embodied pleasure as a pathway toward presence, boundaries, and connection.

- 2...identify common barriers to pleasure and simple practices that make pleasure more accessible for clients.
- 3...learn how pleasure is a powerful tool for connecting with agency, dignity, and autonomy.
- 4...Understand the important parallels between pleasure practices and grief practices.

Friday, April 19, 2024 8:15 am to 4 pm Guild Ethics Conference

Title: From AWARENESS to ACTION - Ethical Guidelines for Mental Health Providers Serving LGBTQIA+ Communities

Presenter: Andre Larios Brown, MS, LMFT

Description: Research consistently indicates that LGBTQIA+ people are at increased risk of mental, emotional, and in some cases physical, distress due to a myriad of factors- including minority stress, socio/political climates, family rejection, etc. These risk factors are increased even more when there are multiple marginalized identities. For instance- LGBTQIA+ people from religious backgrounds may encounter additional stressors related to their sexual orientation or gender identity, as religious doctrines, cultural attitudes, and families/communities may not always be affirming. Affirmative therapeutic approaches that integrate cultural competence and self-of-the-therapist exploration have been shown to positively impact mental health outcomes for LGBTQIA+ individuals navigating religious contexts. Competent therapeutic care for ALL LGBTQIA+ individuals and communities is an essential part of ethical therapeutic practice. However, few comprehensive guidelines exist, leaving much of our work up to our own therapeutic wisdom and ethics. This conference aims to create spaces and conversations for us to foster intentional, ethical, and competent therapeutic practices- particularly in more conservative spaces.

Learning Objectives:

1. Increase Cultural Awareness:

Objective: Enhance participants' understanding of the unique cultural and psychological aspects of LGBTQIA+ identities, fostering cultural competence among mental health professionals. Emphasize the importance of self-of-the-therapist exploration in developing awareness and sensitivity.

2. Promote Inclusive Therapeutic Practices Knowledge and Competence:

Objective: Equip mental health practitioners with the knowledge and skills necessary to address the therapeutic needs of LGBTQIA+ communities. Integrate self-of-the-therapist exploration to enhance personal awareness and sensitivity.

3. Address Ethical Challenges and Considerations:

Objective: Provide a forum for discussing and addressing ethical challenges that may arise in the treatment of LGBTQIA+ individuals, including issues related to clinical competence, informed consent, Gender affirming practices for Gender Diverse youth, and the intersectionality of identities. Emphasize the role of self-of-the-therapist in ethical decision-making.

May 16, 2024, Thursday 8:15 am to 9:45 am, In-Service Training

Title: When Identities Collide: Best Practices for Family Therapy with LGBTQ+ Youth and Young Adults in Mormon Families

Speaker and Degree: Sami Simpson, PhD, LMFT

Description: This presentation will delve into pioneering research that establishes best-practice guidelines for family therapists working with LGBTQ+ youth and young adults from Latter-day Saint families. Employing a mixed-methods approach, including qualitative interviews and surveys, the study breaks new ground and fills a substantial gap in existing literature. Attendees will gain insight into how they can enhance their ability to provide self-aware, intersectional,

nuanced, culturally respectful, research-informed, meaningful, therapeutic support for these young people and their families.

Learning Objectives:

1. *Cultivate Self-Awareness:* Participants will engage in self-reflection activities to recognize their own intersecting identities, power dynamics, and privilege. This presentation will promote a deeper understanding of their use of self-disclosure in the therapeutic relationship, and its impact on their work with LGBTQ+ youth and young adults in Mormon families.
2. *Expand Knowledge:* Participants will learn about the unique knowledge needed to support them in conducting family sessions with LGBTQ+ youth and young adults in Mormon families. They will be equipped with research findings regarding cultural humility and respect, topics for family psychoeducation, and helpful therapeutic modalities.
3. *Enhance Skills:* Participants will acquire practical, research-based strategies to conduct effective, nuanced family therapy with LGBTQ+ youth and young adults in Mormon families. They will be able to apply these strategies in their practice to facilitate improved mental health outcomes and family relationships.

June 20, 2024, Thursday 8:15 am to 9:45 am, In-Service Training

Title: Current Medical Procedures in Gender Affirming Care

Speaker and Degree: Nicholas Kim, MD

Description: Dr. Kim completed his medical education at the University of Minnesota. He was awarded a plastic surgery residency and hand surgery fellowship, both at the Medical College of Wisconsin. Dr. Kim completed a gender surgery fellowship at Gent University Hospital in Belgium under the direction of Stan Monstrey and a facial feminization fellowship at the Marbella International Hospital in Spain with Dr. Luis Capitan. His clinical interests include phalloplasty, vaginoplasty, microsurgery, and hand surgery. Measuring patient reported outcomes in gender surgery is one of his primary areas of research. Dr. Kim will be presenting on current gender affirming medical procedures and answering questions regarding what our clients can expect on their journey through various gender affirming surgeries and recoveries.

Learning Objectives: Based on this presentation I...

- 1... am aware of the surgical options available for clients seeking gender affirming genital surgeries.
- 2... can better counsel my clients on what to expect in regards to staged procedures and expectations for postoperative outcomes.
- 3... am aware of the new WPATH Standards of Care Guidelines that applies to gender affirming genital surgeries.