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TODAY'S SCHEDULE

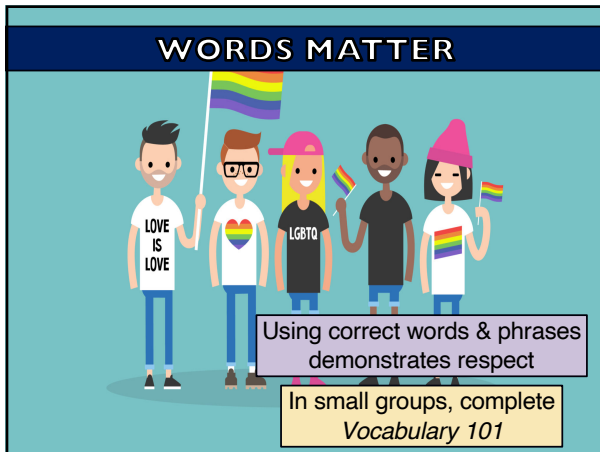
- This workshop runs 9:00am to 4:30pm
- We're not going to end early
- Break about 10:30am
- Hour lunch about 12:00pm
- Break about 2:30pm
- To get CEUs for today, you must be present the entire time

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FIRST THINGS FIRST

- We're talking about youth 13 to 18ish
- It's convenient to generalize, but teens aren't all the same
- LGBTQ+ teens don't inherently warrant mental health services
- Nobody chooses orientation or gender
- We're all learning

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MICROAGRESSIONS

A comment or action that subtly, perhaps unconsciously or unintentionally, expresses a prejudiced attitude toward a member of a marginalized group

A FEW EXAMPLES

“You don’t look queer”
 “I thought you were a real man”
 “Lesbians are hot”
 “That’s so gay”

ONE MORE EXAMPLE

The phrase *preferred pronoun*

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PRONOUNS

She/her
Typically used by someone who identifies as female

He/him
Typically used by someone who identifies as male

They/them
Typically used by someone who identifies as non-binary or non-conforming

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SHARING PRONOUNS

You're facilitating a skills-building group for teens at an agency with a policy of sharing pronouns during introductions. How would you respond?

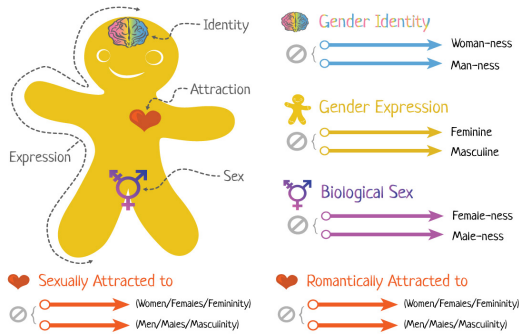
A new client joins the group and declines to share pronouns during introductions.

A cisgender male in the group states, "My bro-noun is he, obviously."

A client who has been sharing "she/her" during introductions, reports "he/him."

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The Genderbread Person v3.3 by its pronounced ~~MeTR~~osexual



www.genderbread.org

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TRANSGENDER TEENS



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DEFINITION

- Assigned female, identifies as male *or* assigned male, identifies as female
- Can be used more broadly to include non-binary individuals
- Defining trans as *only* AFAB or AMAB keeps us stuck in a binary perspective on gender

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A FEW MORE TERMS

- Trans-feminine / trans-masculine
- Dead name
- Misgender
- Stealth / pass
- Gender affirming hormones / surgery

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TRANSITIONING**Social Transitioning**

Might include: name, pronouns, hair style, clothes, binders & other "visual cues"

Legal Transitioning

Might include: legally changing name &/or sex designation on birth certificate, state issued IDs & elsewhere

Medical Transitioning

Might include: blockers, hormones, birth control & surgeries

Not everyone wants or
does everything on this list

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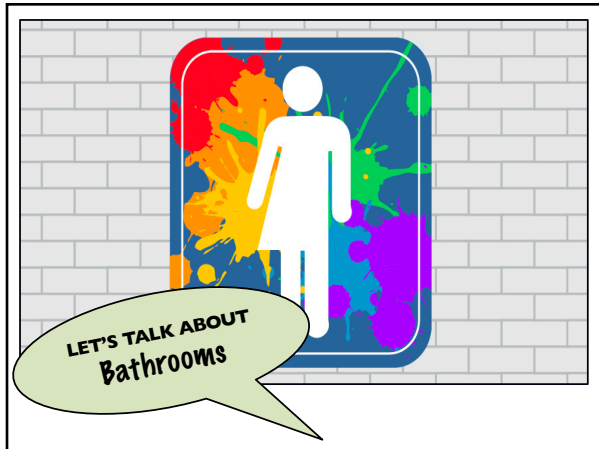
GENDER DYSPHORIA

- Incongruence between experienced or expressed gender & assigned gender
- Clinically significant distress or impairment
- Insistent, persistent & consistent

DSM-5 INCLUDES:

Gender Dysphoria in Adolescents & Adults (302.85)
 Gender Dysphoria in Children (302.6)
 Other Specified Gender Dysphoria (302.6)
 Unspecified Gender Dysphoria (302.6)

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AND THEN THERE'S...

- It isn't a phase, although identity can evolve over time
- Corollary between neurodiversity & trans/non-binary identities
- Are the numbers of transgender teens increasing?

LET'S TALK ABOUT
The Letter

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INCREASED RATES OF...

- **Bullying** 70% of LGBTQ+ h.s. students in the past year
- **Homelessness** 40% of homeless teens in Seattle
- **Discrimination** School, work and hiring, community
- **Mental health issues** Depression 6 times more likely
- **Substance-related problems**
- **Suicidality**

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SUBSTANCE USE DISORDERS

- **Nearly 200% higher among LGBTQ+ teens**
- **340% higher among bisexual teens**
- **400% higher among cisgender females who identify as lesbian or bisexual**
- **No studies on trans teens**

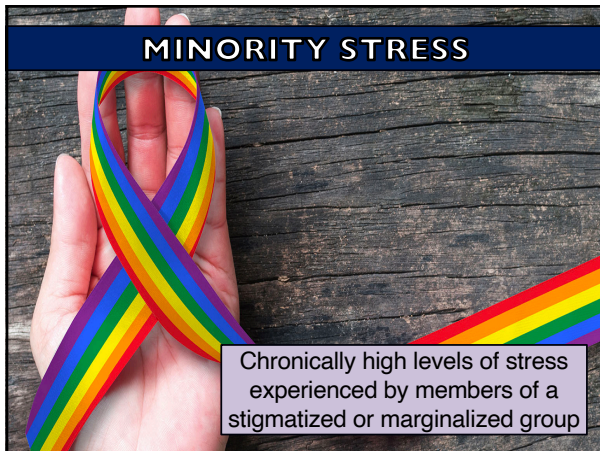
Why so much higher?

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SUICIDALITY

- 2nd leading cause of death among all teens
- LGBTQ+ teens 4 times more likely to attempt suicide than peers
- LGBTQ+ teens rejected by family 8 times more likely to attempt
- About 60% of trans teens from *unsupportive* families report ideation

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DEFINING MINORITY STRESS

- Ethnic, sexual & religious minorities
- Can result in a variety of mental health & physical health impacts
- Intersectional identities exacerbate this further
- Tends to magnify other challenges a person might be experiencing

In small groups, complete
Case Study: Kamal

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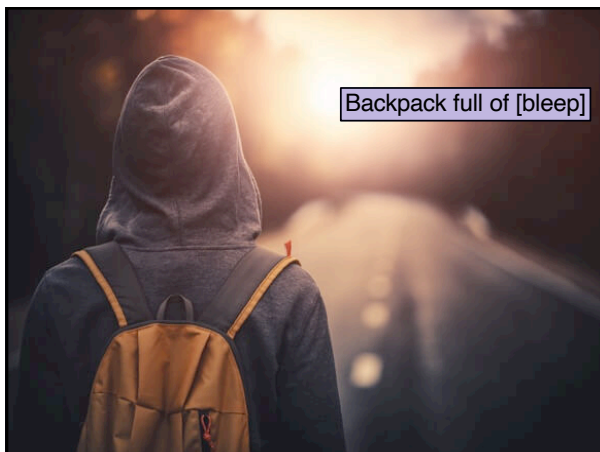
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TRAUMA AMONG QUEER TEENS

- Significantly higher than cis-het peers
- Trauma leads to more trauma
- **Short term impacts**
Overwhelmed, emotional extremes, can't process experience
- **Longer term impacts**
Hypervigilance, intrusion, constriction

LET'S TALK ABOUT
"Little T" Trauma

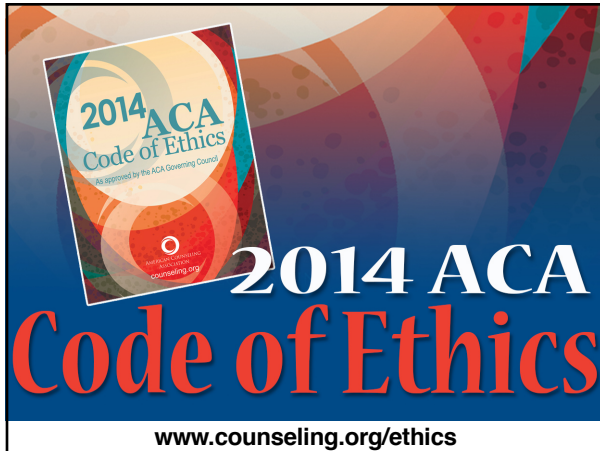
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ACA PRINCIPLES

Autonomy
Respect for independence & self-determination

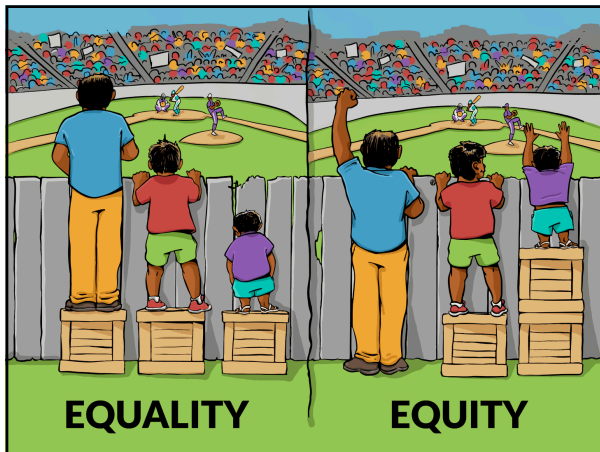
Beneficence
Do good, be proactive, prevent harm when possible

Non-maleficence
Don't make things worse

Fidelity
Be trustworthy and reliable

Justice
Treat others equitably

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GETTING CLINICAL

- Unconditional positive regard
- Increased focus on resiliency, alliance & self-efficacy
- Decreased focus on symptom reduction
- Address social justice
- Create a welcoming, trauma-informed & culturally competent space

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LGBTQ-AFFIRMING THERAPY

- Embraces a positive view of LGBTQ+ identities & relationships
- *Actively* addresses the impacts of homophobia, transphobia & heterosexism in the lives of LGBTQ+ clients

Friendly vs. Affirming

In small groups, complete
Specialist or Not

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HOW TO BE MORE AFFIRMING

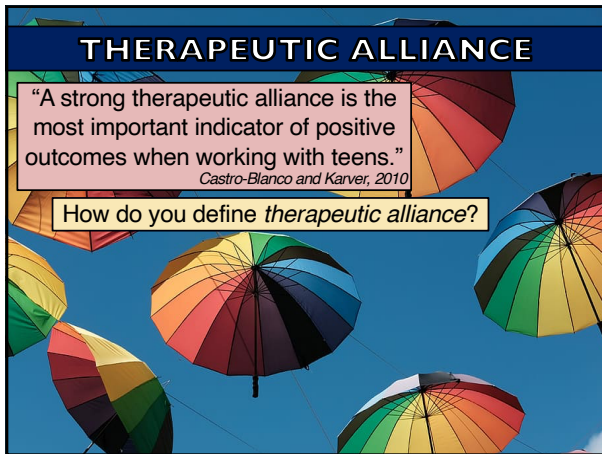
- Self-reflection
- Get involved
- Create a welcoming environment
- Be open about your commitment to affirmative therapy with all clients & colleagues – not just LGBTQ+ ones
- Challenge heterosexism & the gender binary

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THERAPEUTIC ALLIANCE

"A strong therapeutic alliance is the most important indicator of positive outcomes when working with teens."
Castro-Blanco and Karver, 2010

How do you define *therapeutic alliance*?



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BE TRUSTWORTHY



We must demonstrate that we're trustworthy

"Trust is built one marble at a time."
Brené Brown, 2010

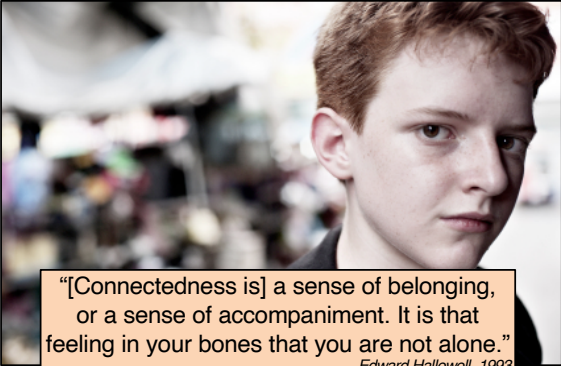
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THE MARBLES
Authentic
Consistent
Non-judgmental
Useful
Transparent



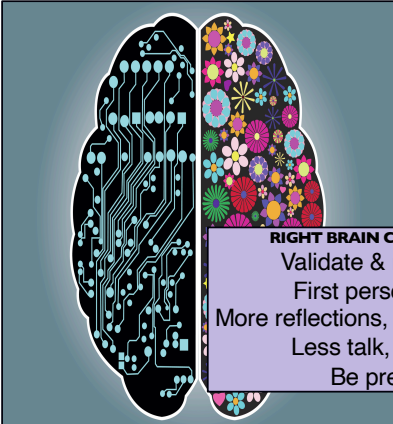
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INCREASE CONNECTEDNESS



"[Connectedness is] a sense of belonging, or a sense of accompaniment. It is that feeling in your bones that you are not alone."
Edward Hallowell, 1993


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RIGHT BRAIN CONNECTIONS
 Validate & normalize
 First person plural
 More reflections, fewer questions
 Less talk, more do
 Be present

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RESILIENCY

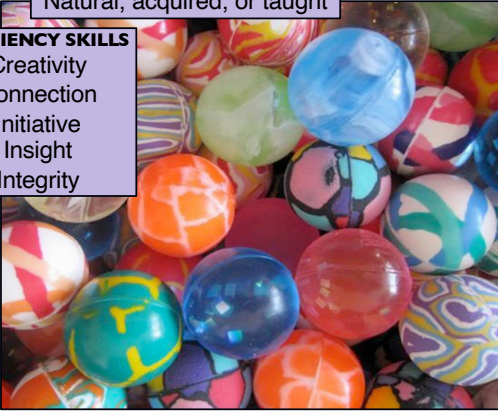


The ability to bounce back from adverse experiences
 An antidote to minority stress

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Natural, acquired, or taught

RESILIENCY SKILLS
 Creativity
 Connection
 Initiative
 Insight
 Integrity



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FOSTERING RESILIENCY

- Intentionally integrate resiliency skills into your work with LGBTQ+ teens
- Provide opportunities for youth to use natural resiliencies & develop new ones
- Without ignoring real challenges that might exist, focus on strengths
- Create opportunities for meaningful contributions
- Help teens improve self-efficacy

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WORKING WITH FAMILIES



All therapy is family therapy

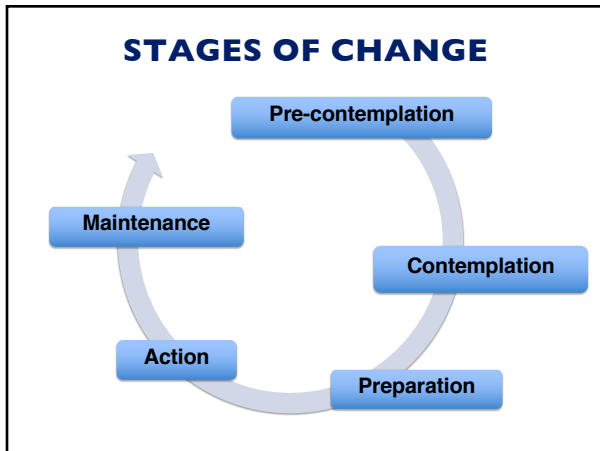
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PARENTS MIGHT BE...
 Supportive & Knowledgeable
 Supportive & Not Knowledgeable
 Covertly Unsupportive
 Overtly Unsupportive

Meet parents where they're at

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In small groups, complete
Case Study: Kamal Revisited

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HELP PARENTS TO...

- Explore their beliefs about sexuality & gender
- Learn more about LGBTQ+ issues
- Understand the role acceptance plays in assuring healthy, happy LGBTQ+ teens
- Use youth identified names & pronouns
- Acknowledge their grief, when relevant

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SHAMELESS SELF-PROMOTION

Ethical & Legal Considerations When Counseling Teens

April 2, 2021 • Zoom

Teens & the Pandemic Blues

April 23, 2021 • Zoom

Beyond the Stuckness: Addressing Substance Use & Trauma in Teens

June 18, 2021 • Zoom

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