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TODAY'S SCHEDULE

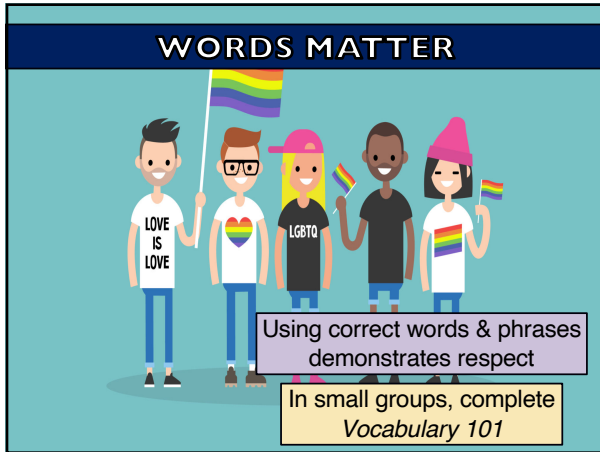
- This workshop runs 9:00am to 4:30pm
- We're not going to end early
- Break about 10:30am
- Hour lunch about 12:00pm
- Break about 2:30pm
- To get CEUs for today, you must be present the entire time

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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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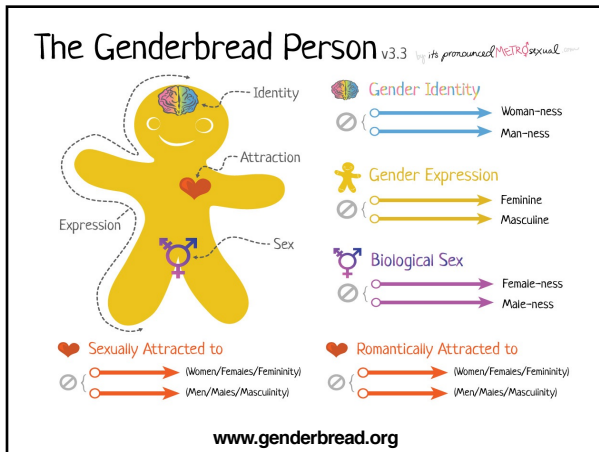
PRONOUNS

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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DEFINITION

- Assigned female at birth, identifies as male *or* assigned male at birth, 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, or other "visual cues"

Legal Transitioning

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

Medical Transitioning

Might include: blockers, hormones, birth control, or surgeries

There's no "right way" to be trans

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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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THE LETTER

Doctors & insurance companies typically require a *support letter* from a therapist for any medical transitioning of a minor

LETTERS TYPICALLY INCLUDES:

- Therapist's qualifications for diagnosing GD
- Length of time therapist has met with client & focus of treatment (if relevant)
- Client meets diagnostic criteria for GD
- Client has taken less invasive transitioning steps & these haven't provided adequate decrease of GD symptoms
- Proposed medical intervention will likely provide additional symptom reduction
- Client is capable of making an informed decision

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AND THEN THERE'S...

- What if it's just a phase?
- Is there a corollary between trans identities & neurodiversity?
- Are the numbers of transgender teens increasing?

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THE RELENTLESS CYCLE

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INCREASED RATES OF...

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

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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

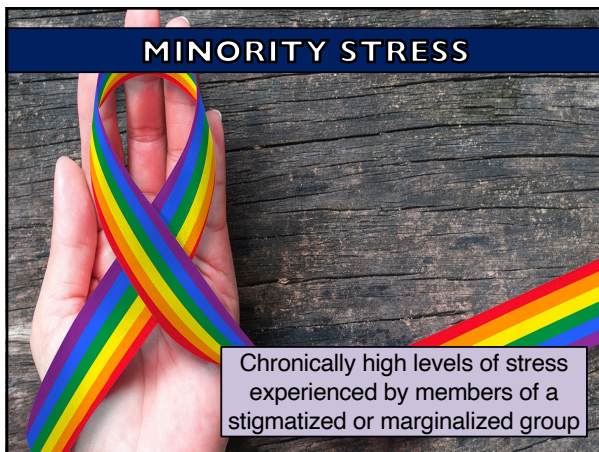
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SUBSTANCE USE DISORDERS

- 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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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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CLINICAL APPROACHES

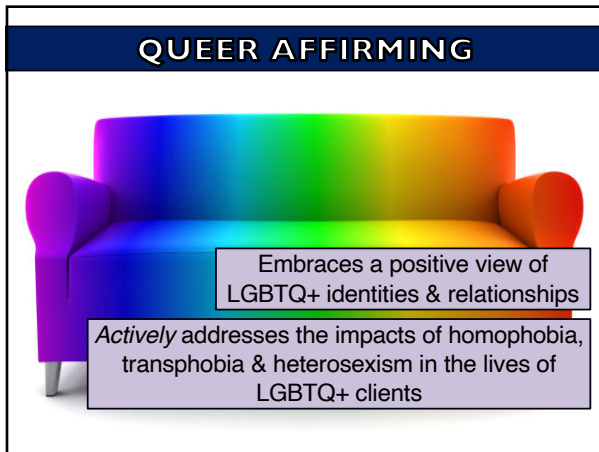
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GETTING CLINICAL

- Unconditional positive regard
- Increased focus on resiliency, alliance & self-efficacy
- Decreased focus on symptom reduction
- Address social justice

STRIVE TO BE:
Queer affirming
Trauma informed
Culturally competent

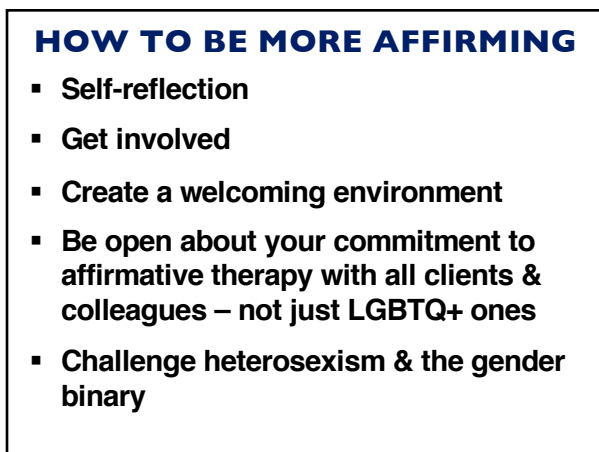
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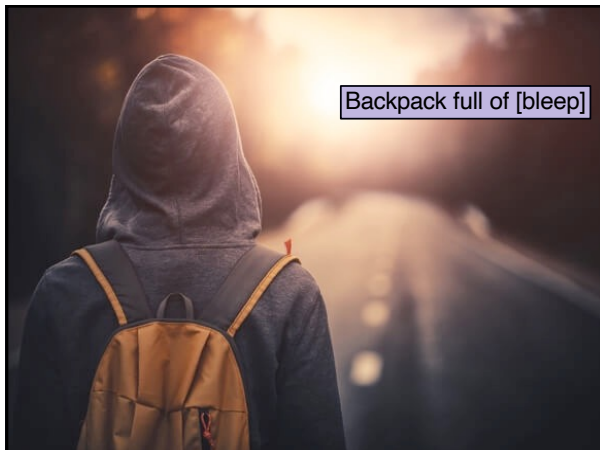
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TRAUMA AMONG QUEER TEENS

- 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

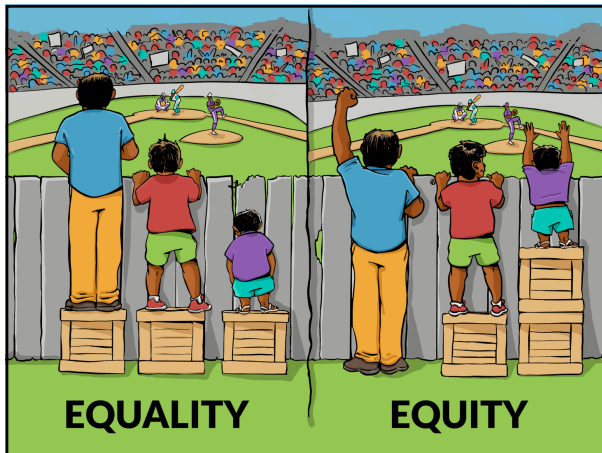
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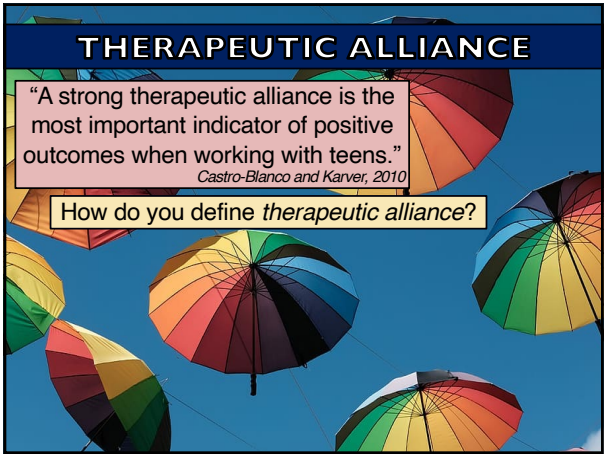


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THERAPEUTIC ALLIANCE

"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

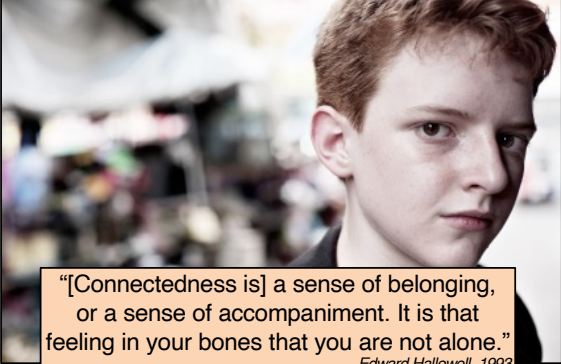
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THE MARBLES
Authentic
Consistent
Non-judgmental
Useful
Transparent



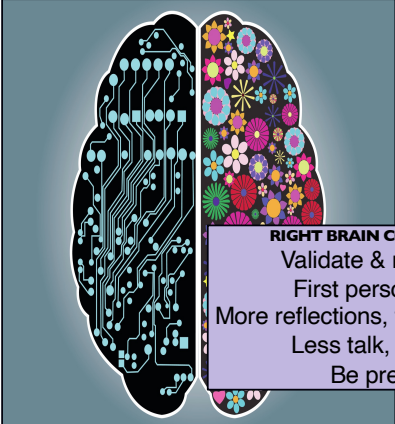
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INCREASE CONNECTEDNESS



"[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

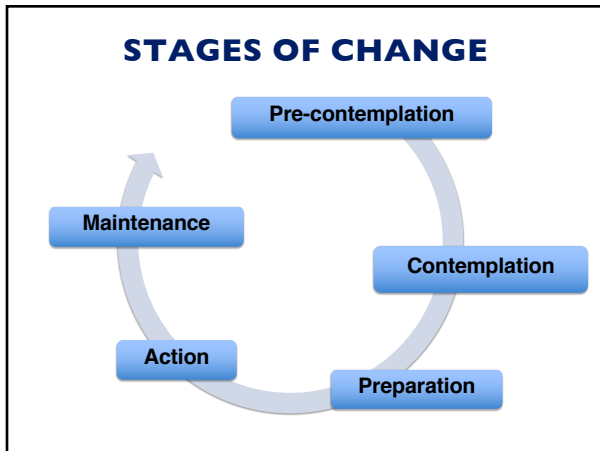
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PARENTS MIGHT BE...
 Supportive & Knowledgeable
 Supportive & Not Knowledgeable
 Covertly Unsupportive
 Overtly Unsupportive

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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COMING SOON

Behind the Mask: Depression in Adolescent Males

12/03/21 • 9am to 4:30pm • In-person & via Zoom

Transforming Teen Therapy: An Online Series

Cultivating Rapport • 1/13/22 • 9am to 12pm

Facilitating Change • 2/17/22 • 9am to 12pm

Beyond Resistance • 3/24/22 • 9am to 12pm

Ethical & Legal Considerations When Counseling Teens

4/15/22 • 9am to 4:30pm • In-person & via Zoom

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