

**WYOMING COUNSELING ASSOCIATION AND THE WYOMING  
NATIONAL ASSOCIATION OF SOCIAL WORKERS.**



**RESPONDING EFFECTIVELY TO  
LGGTQQA+ PERSONS WHO LIVE IN  
RURAL SETTINGS**

**SATURDAY 8-9:30 OCTOBER 8, 2016**



Private | Non-Profit | Regionally Accredited

Saybrook University is an affiliate of [TCS Education System](#), a nonprofit system of colleges advancing student success and community impact.



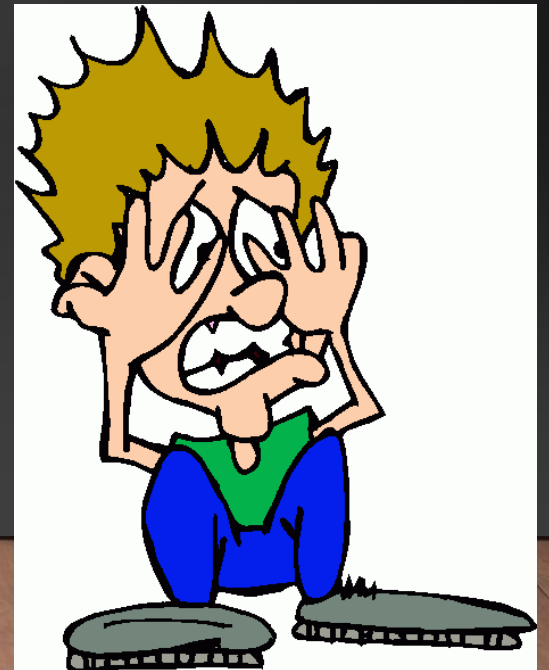
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MA Counseling Program-Faculty  
Saybrook University

# GOALS

- Identify any stigmas, roadblocks, or values that might interfere with being a helping professional.
- Recognize issues faced and gain by LBGTQQA+ persons in rural settings (Wyoming).
- Consider ways to intervene and offer support in schools, community settings or treatment facilities.

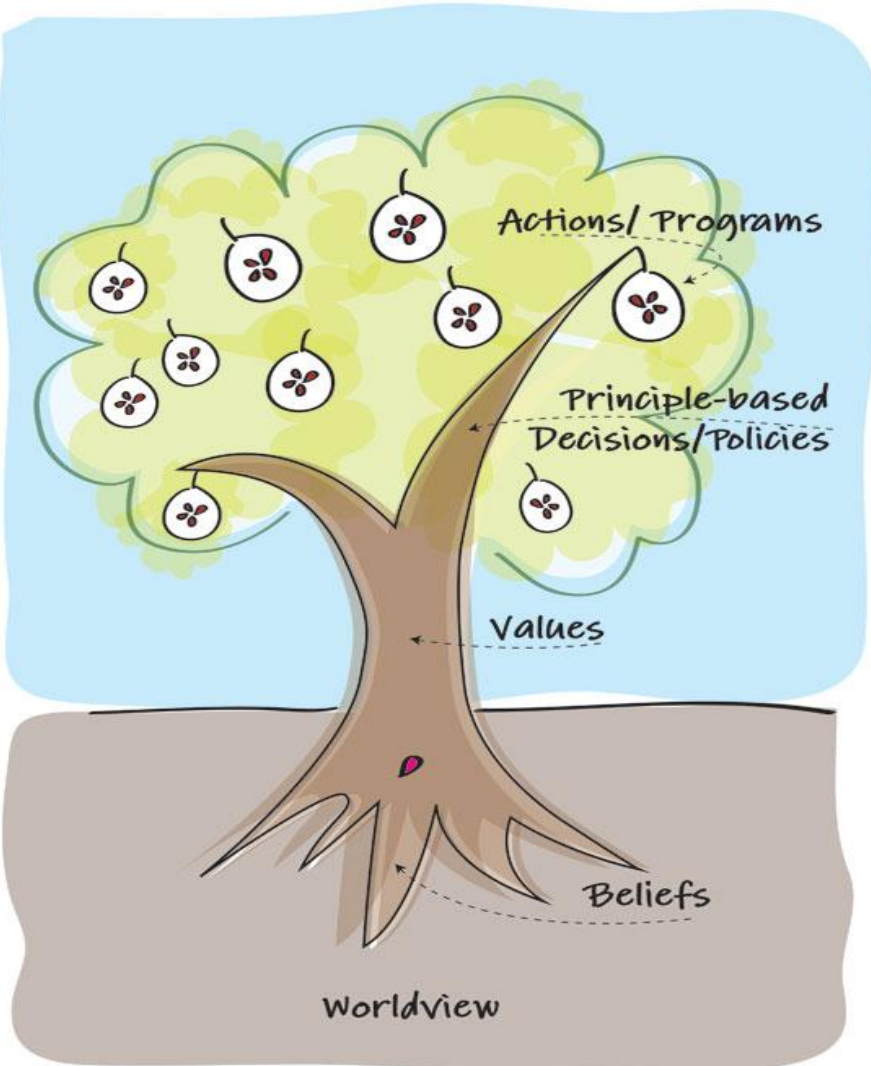
# YOU...

- Identify any area in which you currently feel a sense of negativity or value conflict—there is no wrong answer!!





# Belief Tree



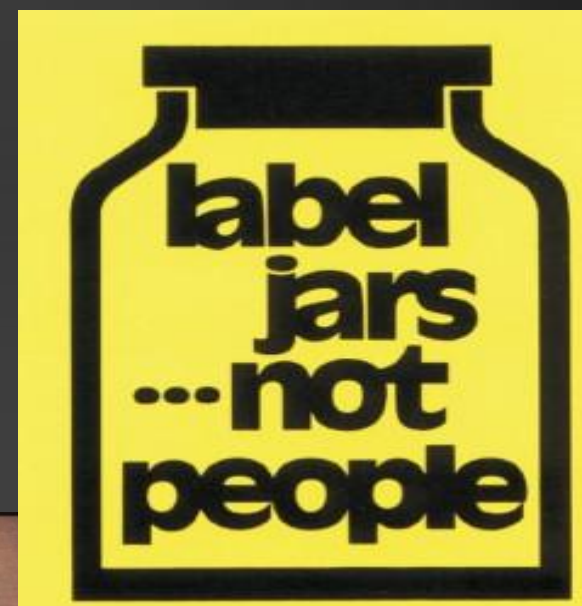
# DIALOGUE



## WELLNESS

Back in 2005 - Study on Wellness in Adult Gay Males..

- 217 gay males from rural and urban North Carolina



# FINDINGS -2005

- the strongest predictor of total wellness: internalization of negative societal beliefs --negative affect on overall mental health and wellness (depressive and psychosomatic symptoms; higher levels of loneliness, guilt, shame, and anxiety...etc. )
- generalized self-disclosure positively related to overall wellness



# TODAY-REALITY

(LGBTQ)\* youth would be fine (except):

- Negative attitudes
- Bullying
- Violence
- Homophobic victimization
- Depression, Substance Abuse---suicide
- Etc.

# WHAT WORKS

- Therapeutic bond



# RURAL ISSUES

But rural mental health settings and services are challenged:

- poor access to new information
- isolation
- lack of services
- homophobia
- community discrimination
- Lack of experience
- Other....

## YOUR EXPERIENCES

- What challenges have you had in general and with LGBTQQ+ issues?  
(you can be honest)

(Your beliefs, fears, competency, religion, your job, your supervisor, your community, your family.....)

# OUR STUDY

- 6 Participants-Qualitative story: Coming out— all youth from Wyoming

**What's**  
Your  
**Story?**





# PARTICIPANTS

- IRB approval
- Interviewed 17 persons (ages 19-23)
- Six representative stories were used: (3 Gay; 1 TG(Straight); 1 Pan, 1 Straight)
- Douglas, Cheyenne, Laramie, Afton, Casper (2)

# FINDINGS-7 THEMES

- 1. Family Challenges (Secrecy, shame, rejection...)
- 2. Isolation (I am alone...)
- 3. Self-Harm (Cutting, Substance use/abuse ...suicide)
- 4. Religious Conflict (Church not ok...)

## FINDINGS -7 THEMES

- 5. Societal Expectations (No grandkids...)
- 6. A Split-Self (Home versus university...)
- 7. A Safe Place (GSA, etc.)

# RECOMMENDATIONS

- 1. Be Humanistic (Regard, holistic, present...safe)
- 2. Families come in many forms
- 3. Learn about dialectics and self-integration
- 4. Address issues of spirituality and religion

## RECOMMENDATIONS

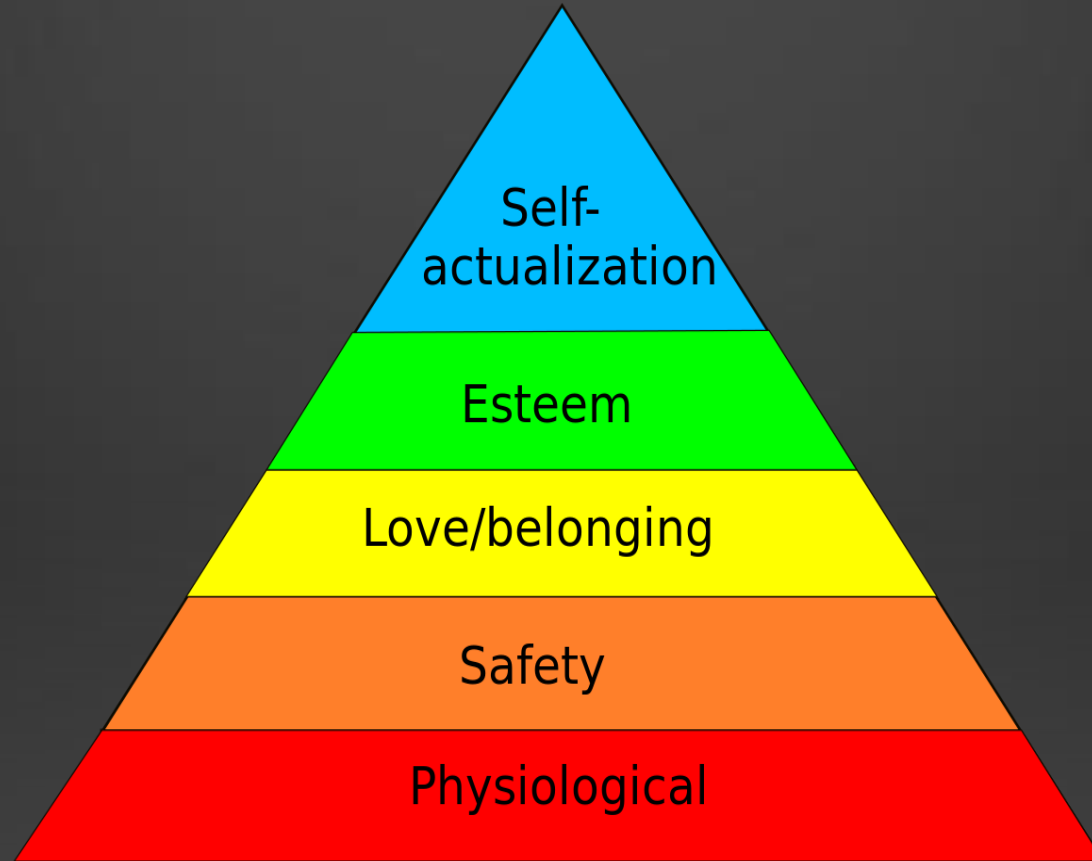
- 5. Take a more assertive and active role
- 6. Actively develop, support, and mentor programs for LBGTQQA+ youth
- 7. Be very aware and promote dialogue



# RECOMMENDATIONS

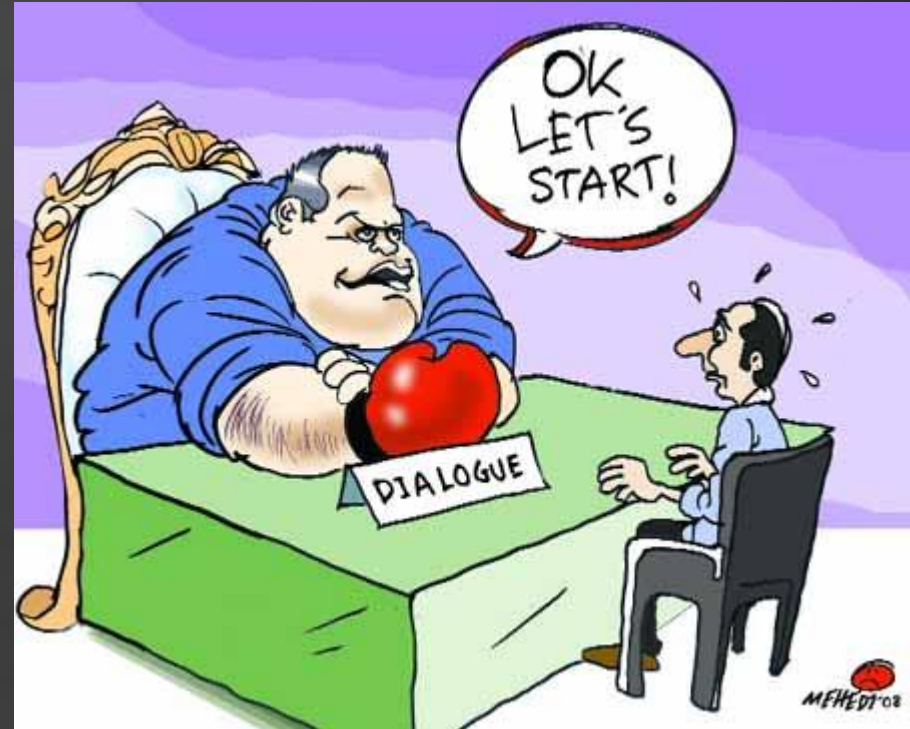
- 8. A self-care and wellness program
- 9. Not over diagnose and pathologize
- 10. Be aware of your language use and limitations
- 11. Never stop learning (Talk, Read, Watch movies, train...)

# RECOMMENDATIONS



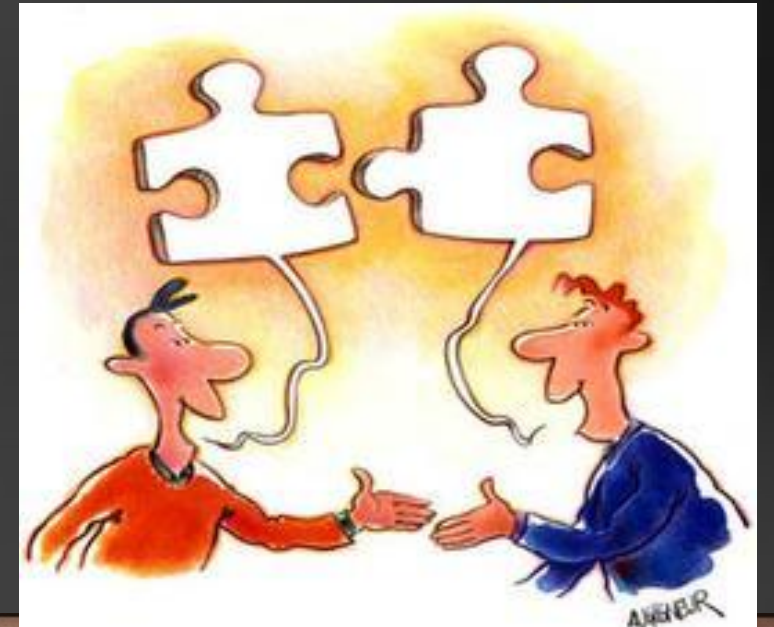
# YOUR EXPERIENCE

- Let's talk (NO)



# YOUR EXPERIENCE

- Let's Talk with Safety....What can you do...?



# QUESTIONS





# RESOURCES

- **Growing Up LGBT in America: View Statistics** Source: Human Rights Campaign website: [www.hrc.org/youth/view-statistics](http://www.hrc.org/youth/view-statistics)
- Risk factors for LGBTQ Youth/CDC  
<http://www.cdc.gov/lgbthealth/youth.htm>

## American Counseling Association - Official Site

- <https://www.counseling.org> (Free Online Course on LGBTQ-affirmative Counseling Content developed through a partnership with the HRC Foundation)

# RESOURCES

## Data on LGBT Mental Health/Health

- <http://www.apa.org/monitor/feb02/newdata.aspx>
- <https://www.healthypeople.gov/2020/topics-objectives/topic/lesbian-gay-bisexual-and-transgender-health#.V7XlQz89HpA.email>

## RESOURCES

- “I Am My Own Gender”: Resilience Strategies of Trans Youth

By Anneliese A. Singh, Sarah E. Meng, and Anthony W. Hansen

*Journal of Counseling & Development* ■ April 2014 ■ Volume 92

DOI: [10.1002/j.1556-6676.2014.00150.x](https://doi.org/10.1002/j.1556-6676.2014.00150.x)

# RESOURCES

- **(ALGBTIC Competencies for Counseling Transgender Clients** Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) *Approved by ALGBTIC Board - September 18, 2009 Approved by American Counseling Association Governing Council - November 7, 2009)*

# RESOURCES

- NASW (2008) *Code of Ethics* stipulates that “social workers should not practice, condone, facilitate, or collaborate with any form of discrimination on the basis of . . . religion” (p. 4.2).
- ACA (2014) *Code of Ethics* –Not refer due to values..



# FURTHER DISCUSSION

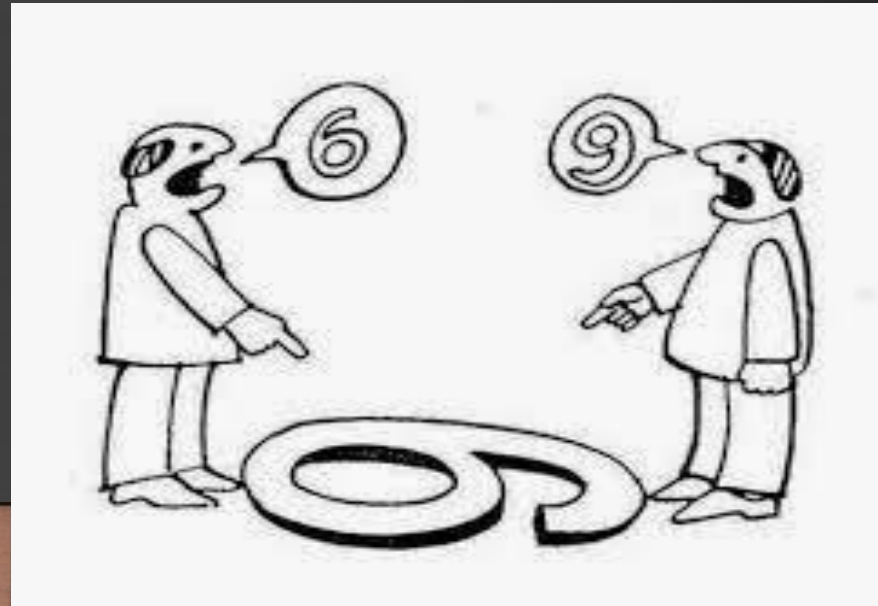


## AND TODAY....THERE IS CONFLICT

- Evangelicals believe in a theistic, transcendent authority that determines right and wrong
- Evangelicals derive their truth from a transcendent source while progressives believe that truth is relative. This clash of perspectives in how these groups see reality
- Traditional Christians are regularly labeled in scornful and stereotypical terms such as intolerant, untrustworthy, narrow-minded, and hostile to women. ...

# BUT...TODAY

Evangelical Christian Students' Experiences in Secular Counselor-Training Programs..... conflicts in issues such as creationism versus evolution, religious multiculturalism, abortion, LGBT issues, and sexual expression outside marriage, among others



## BUT TODAY....FINDINGS

- generally positive experiences, some resistance and unfriendliness pertaining to certain aspects of their values and beliefs
- reframed as challenges to encourage them to work harder and excel and considered their faith as a great source of strength and support.



## QUOTE-DIALECTIC THINKING

- “ Name-calling tends to signal the exhaustion of thought, and insults and labelling produce no benefit in this matter. Evangelicals would do well to refrain from presenting themselves as sanctimonious. Non-evangelicals would do well to refrain from labelling evangelicals as bigoted, intolerant, and narrow-minded (Hodge, 2002; Rosik & Smith, 2009), or archaic, radical, judgmental, and crazy, among other . . . terms ....“



## REFERENCES

- Dew, B. J., Myers, J. E., & Wightman, L. F. (2005). Wellness in adult gay males: Examining the impact of internalized homophobia, self-disclosure, and self-disclosure to parents. *Journal of LGBT Issues in Counseling, 1*, 23-40.
- Umuna , C. D. , Suroina, J. S.,& Chabau, M. (2016). Evangelical Christian students' experiences in secular counselor-training programs. *The Practitioner Scholar: The Journal of Counseling and Professional Psychology, 5*, 122-140.