# Nineteenth Annual LGBTIQ Psychotherapy Conference





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The LGBT Specialization in Clinical Psychology

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# Keynote Speaker: Robert Weiss, LCSW, CSAT-S



#### From "gay marriage??" to "Gay Marriage!!" One clinicians' insight into our 180-degree cultural reversal.

A mere twenty years or so ago most LGBTQ people considered talked and wrote about *the institution of marriage* as being "an archaic, misogynistic, heterosexual model of human oppression, nothing less than a notion still seeping out from centuries of Judeo-Christian (and earlier) faulty belief systems." And for those too young to know or too old to remember – in the not so distant past, most gay and lesbian people wanted nothing to do with the concept marriage-period. Today, a mere two decades later, on every front (legal, professional, financial, political, sociological etc.,) GL and BTQ people are on the front lines fighting to ensure that we can get married ... just like all those straight people do. So what has happened and why? Is this progress, assimilation, both or neither? This brief talk will take a playful psycho-sociological look at the issue of 'gay marriage' from where we were to where we are and where we may be going and along with the potential clinical challenges that accompany our hard won rights.

Robert Weiss, LCSW, CSAT-S, is an international sexual addiction expert, renowned author and

educator, and founder of the Sexual Recovery Institute. He has authored many books, including: *Cruise Control: Understanding Sex Addiction in Gay Men; Sex Addiction 101: A Basic Guide to Healing from Sex, Porn, and Love Addiction; Untangling the Web: Sex, Porn, and Fantasy Obsession in the Internet Age;* and *Closer Together, Further Apart: The Effect of Technology and the Internet on Parenting, Work, and Relationships.* He is a regular contributor to *Psychology Today, The Huffington Post,* and *CounselorMagazine.com,* writing primarily about the intersection of technology with sex and intimacy.

# 19th Annual LGBTIQ Psychotherapy Conference

The Nineteenth Annual LGBTIQ Psychotherapy Conference presented by LAGPA presents academic research and expertise on LGBTIQ issues and concerns to professionals working with these clients in their psychotherapy practices. This one-day Conference meets the educational needs of psychiatrists, psychologists, LCSW's, MSW's, MFT's, CAADAC Certified and Registered addiction professionals, interns, and students of psychology. LAGPA, as a continuing education provider, meets the requirements established through the American Psychological Association (APA) and Board of Behavioral Sciences (BBS). The American Psychological Association approved LAPGA to sponsor continuing education for psychologists, and LAGPA maintains responsibility for this program and its content. California Association of Alcoholism and Drug Abuse Counselors (CAADAC) CEU's provided through the HIV Drug and Alcohol Task Force (HIV DATF) for LAGPA. LAGPA is the only organization to offer APA CE's on LGBTIQ issues.

### ----- Conference Sponsors -----

Antioch University Los Angeles is a progressive, learner-centered university, a place where individual spirit thrives and community grows. Our core values of social justice, service to community, and lifelong learning comprise the heart of our undergraduate and graduate degree programs. The Master of Arts in Clinical Psychology's LGBT Specialization is an innovative program designed to provide comprehensive theoretical and practical preparation for students who wish to provide effective and compassionate treatment to lesbian, gay, bisexual, and transgender clients. Through community partnerships, the LGBT Specialization has launched Colors, a free counseling center for LGBTQ youth under 25, and Antioch Alive, which provides counseling and other services to those living with HIV/AIDS. The LGBT Specialization has founded two clinics, Antioch Alive, to target the HIV community, and Colors LGBTQ Youth Center (www.colorsyouth.org), the LGBTQ Youth Community. For more information, Contact Director Dr. Douglas Sadownick (dsadownick@antioch.edu).

Since 1995, **The Sexual Recovery Institute** has helped thousands of men and women turn despair, shame, and secrecy into hope, intimacy and recovery. SRI's clear and compassionate methods have been time tested and reflect the most current research and best practices in the field. Our work is an eclectic mix that incorporates Psycho-education, individual and group therapies, along with relapse prevention work. We utilize Mindfulness Exercises, Attachment Theory, Family Systems, Cognitive Restructuring, Object Relations, and Gestalt Therapy along with extensive Trauma Analysis and 12-Step integration. SRI uses the Trauma Model Approach when working with spouses and partners.

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, **The Trevor Project** is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Every day, The Trevor Project saves young lives through its free and confidential phone, instant message and text messaging crisis intervention services. A leader and innovator in suicide prevention, The Trevor Project offers the largest safe social networking community for LGBTQ youth, as well as best practice suicide prevention educational trainings, resources for youth and adults, and advocacy initiatives. Learn more at TheTrevorProject.org.

(See Page 12 for additional Conference Sponsors)

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# **Conference at a Glance**

8:00-8:30	Registration	10:45-12:15	<b>SESSION TWO</b> (see below)
8:30-9:00	Morning Mingle	12:15-2:15	Keynote and Luncheon
9:00-10:30	SESSION ONE (see below)	2:15-4:15	<b>SESSION THREE</b> (see below
10:30-10:45	Comfort and Networking Break		

CE certificates will be distributed immediately after last session.

# 9:00-10:30 | Concurrent Workshops 1A, 1B, 1C, 1D

#### 1A. Love, Sex, and Attachment Among the LGBT Young Adult Population

In this workshop I will explore the concept of Love and Sex Addiction among the population LGBT, break down the attachment process, and look at the prevalence of love and sex addiction in a social media world. I will address the added shame attached to the additional labels that affect the LGBT community, and the difficulty of breaking thru this shame. I will further address the breakdown in the ability to establish intimate connections with themselves and others. I will use the work of Pia Melody to explain the process of developmental immaturity and where LGBT clients tend to get stuck. I will utilize the research of Dr. Patrick Carnes and Robert Weiss, LCSW, CSAT-S to share the development of Love and Sex addition along with the added pressures and connections of social media. Further, I will utilize the work of Dr. Brene` Brown to help examine what role shame plays in the development of an LGBT client.



Joni Ogle, LCSW and Certified Sex Addiction Therapist, and is the Director of Young Adult Treatment Programs at Promises Treatment Centers, has more than 25 years of clinical experience working with children, adolescents and adults in addiction, trauma and co-occurring mental health disorders in both a treatment center environment as well as in private practice. She is a licensed clinical social worker and a certified sex addiction therapist with a master's degree in social work from the University of Houston. She has additional training in Recreational Therapy, Post Induction Therapy and Dr. Brené Brown's The Daring Way<sup>™</sup> Shame Resilience Curriculum.

#### 1B. Suicidal ideation in LGBT populations: finding hope

Increasing evidence demonstrates LGBT populations are at greater risk for suicide and self-harm. LGBT victimization, impulsivity, and poor social support are predictive of suicidal ideation. In addition to impulsivity, sensation seeking and gender non-conformity contribute to risk of self-harm. This workshop will review risk factors and analyze recommended approaches to decrease suicidality in LGBT individuals, including: development of positive social support, improvement of self-worth, religious acceptance and strategies to manage impulsivity.



**Adam Metcalf**, LISW--Lead Behavioral Health Therapist, UNM Truman Health Services, Albuquerque, NM. Adam is a psychotherapist in an urban HIV primary care setting with a majority LGBT population ages 16-66. Also a consultant for the University of New Mexico's Project ECHO telehealth program, Adam has worked to improve prevention and intervention of suicide in the integrated primary care setting.

# 1C. The Gay Divorce Mediation: What a therapist needs to know to help their clients navigate this new concept

The Gay Divorce Mediation will educate and inform mental health professionals on the complexities and differences between traditional divorces and LGBTQI divorces and the value of mediation as an option for their divorcing clients. By the end of the session the LAGPA member will be familiar with the various nuances of the LGBTQI divorce, the effects the court system could have on their clients, the challenges their clients may face, and the options that are available to their clients.



*Bill Ferguson* is a professional California State Family Law Mediator who understands the complexities of gay and lesbian relationships and the unique issues that arise when these relationships end. His mediation practice offers divorcing gay and lesbian couples a way to resolve conflicts and create a legal divorce agreement that meets both of their needs. He is a graduate from California State University Northridge with a Bachelors of Arts Degree in Business Law and is a member of the Los Angeles County Bar Association, the Southern California Mediation Association, Lesbian & Gay Lawyers Association and the Association of Professional Family Mediators. More information on Bill can be found at www.GayDivorceMediator.com.

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# 1D. "Battered Libidos:"Contemporary Sex Therapy Concepts, Interventions & Techniques for the Doubly-Oppressed in a Sex-Negative Culture



This informative presentation and workshop will present contemporary treatment concepts and issues specific to sex therapy with LGBTI populations. Material presented will include (a) subject literature review, (b) specific techniques and their applications, (c) prevalence of specific presenting issues among LGBTI populations, (d) case studies and (e) consultation and recommended intervention techniques from presenter based upon inquiry from attendees on client issues.

**Dr. Martin McCombs** received his Ph.D. in Clinical Psychology in 1989 from the APA-accredited doctoral program at the California School of Professional Psychology / Los Angeles, where his dissertation received the Rhodes Research Award for Excellence for research relating to LGBT issues. Dr. McCombs' career in Clinical Sexology has spanned 30 years of clinical focus on human sexuality and sex therapy issues specific to LGBTI populations.



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#### QUESTIONS? PLEASE EMAIL: INFO@THETREVORPROJECT.ORG

The Trevor Project provides crisis intervention and suicide prevention services TREVOR



# 10:45-12:15 | Concurrent Workshops 2A, 2B, 2C, 2D

#### 2A. LGBTQ Orthodox and ex-Orthodox Jews – Oy vey – how do I work with this population?

The purpose of this workshop is to understand what is Orthodox Judaism and clarifying what is the difference between modern orthodox, ultraorthodox and Chassidic groups. What are some of the core beliefs and practices. What are the attitudes towards LGBTQ people, changes that are taking place in this culture and what to keep in mind when working with this population. I will discuss clinical



interventions and relevant treatment approaches.

Yisraela Hayman, MA – LMFT. I am a licensed Marriage and Family Therapist, AACAST Certified Sex Therapist & Life Coach. I have a practice in Beverly Hills where I work with predominantly LGBTQ individuals & couples. I have given several presentations on LGBTQ Sexuality, Lesbian Sexuality & LGBTQ Affirmative Psychotherapy

#### 2B. Transference/Countertransference: The dilemma of the Gay/Lesbian therapist to self-reveal to a client who assumes they are straight.

The workshop explores the intersubjective experience between THERAPIST and PATIENT. What is implied and perpetuated when the therapist supports the patient heterosexual assumption of them and withholds sharing their sexual orientation. is this in the best interest of the client if the therapeutic experience aim is to provide safe and honest intimate interactions with the client. Or will the withhold lay ground for future narcissistic wounding of the patient should they realize at a later date that his/her therapist never was what they thought. Also, does this clinical "withhold" reinforce the "in the closet" experience for the therapist as well as communicate nonverbally "There is something wrong with being gay" to the patient.



Price Marshall, LMFT, works in private practice in Santa Monica CA. She specializes in addiction recovery and trauma. She is a Master Trainer for The Trauma Resource Institute for their Community Resilience Trainings, is trained in EMDR, and former Adjunct Professor for the Antioch University MAP.



Christine Logan, LMFT, has worked in private practice and on Staff at a variety of Drug and Alcohol Treatment facilities for over 15 years. She has worked with the LGBT community throughout her licensure specializing in working with the coming out process of women coming from straight marriages.

#### 2C. Sexual Pleasure in Light of Intersubjectivity, Neuroscience, Infant Research, Relational **Psychoanalysis, and Recognition Theory**

Contemporary neuroscience demonstrates that the foundations of sexual pleasure are laid down in earliest infancy as the brain and neurological systems actually organize themselves according to available interpersonal experiences. Right-brain to right-brain mutual affect regulation between infant and caregiver organizes the early pleasuring centers while the polyvagel nerves set limits on what is safe and dangerous. Further, infant research demonstrates that intersubjectivity is innate and genetically driven. Thus early development sets the stage for the cultivation of sexual pleasure in later life by couples as an intersubjective psychological experience that can be meaningfully distinguished from other forms of sexual experience--from sexual stimulation, arousal, preoccupation, satisfaction, gratification and other forms



of sexual fulfillment.

Dr. Lawrence E. Hedges is director of the Listening Perspectives Study Center, in Orange, California where he specializes in supervision and training of Mental Health Professionals. He is author of Sex in Psychotherapy (Routledge). This presentation is based on his plenary address to the World Congress for Sexual Health in Porto Alegre, Brazil, September 2013.

#### 2D. Gay Male #Selfie Phenomenon: Utilizing Clients' Social Media as Psychological Ingredients to Symptomology & Diagnostic Criteria

The #Selfie phenomenon provides insight into gay male perspectives on beauty, body image, self-psychology, vanity, validation, toxic shame, internalized homophobia, exhibitionism, voyeurism, sex and sexuality. This presentation seeks to unravel and expose the variations that exist in the LGBT digital world. From a therapeutic perspective, additional explorations will look at the clinical utility of social media with clients, including its relationship to symptomology, self-perception, congruence, and other diagnostic criteria - and perhaps most importantly, how can we tell if clients' social media behavior is positive or negative, functional or dysfunctional? (ADVISORY NOTE: This presentation will contain images that include nudity and implied nudity.)



Andrew Oldershaw is currently in the Masters of Clinical Psychology program at AULA, in the LGBT Specialization, currently engaged in Clinical Training at APLA. With expertise in social media, Oldershaw was the Director of the LGBT and Philanthropy Divisions of a Los Angeles PR firm for five years. Oldershaw is also currently a Commissioner for the City of West Hollywood, elected by City Council to the Human Services Commission.

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# 2:15-4:15 | Concurrent Workshops 3A, 3B, 3C

#### 3A. Sexual Addiction in Gay Men: Caught in the Cycle

Sexual addiction affects individuals, couples and families in very destructive ways. In this presentation, we will be focusing specifically on the role of compulsive sexual behavior in gay men. Sexual addiction itself is inherently an Intimacy Disorder – we will look at barriers to intimacy, the impact of heteronormative society, the influence of the broader gay culture, technology, and the political landscape. Clinicians will gain understanding about the Sexual Acting-Out Cycle and "sex positive" ways to intervene to help their patients to develop more satisfying sexual lives.



**Joseph Verrone**, LCSW, CSAT candidate is an Addictions Specialist at the Sexual Recovery Institute in Los Angeles. Joseph treats a wide range of clientele who seek to better understand their sexual behaviors, utilizing both a psychodynamic and cognitivebehavioral approach. Joseph is a graduate of CUNY-Hunter College in New York City and is in private

practice in Santa Monica.



*Marty A. Simpson*, LMFT, CSAT, is an Addiction Specialist at Sexual Recovery Institute in Los Angeles. She is a graduate of Antioch University, where she trained in LGBT Affirmative Psychotherapy. She sees addicts, partners and recovering couples in outpatient therapy, and presented at the national conference for the Society

for the Advancement of Sexual Health (SASH) in 2012, 2013 & 2014, LA WAAT in 2013, writes blogs and was recently interviewed about female sex addiction on Breakthruradio.com.

#### 3B. "I Bury My Heart in the Wounding Decades:" Is there a Gay Male HIV Survivors Syndrome?

This workshop is intended as an exploration of and an opportunity for clinicians to discuss and catalogue (a) subject literature review, (b) symptomology prevalence, (c) pertinent clinical experience(s), (d) insights, and (e) treatment options of what may be a developing sociocultural manifestation of mental health impact across a group of specific people. Is there a collection of symptomologies unique to the gay male survivor of a pandemic emerging on the cusp of significant changes in our experience of the AIDS pandemic?



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# 3C. Sex Addiction 101- Understanding the assessment, diagnosis and treatment of sex, porn and 'love' addiction in the digital age.

The talk provides an overview into the history and clinical debate surrounding the treatment and etiology of sex, porn and love/relationship addictions and the challenges faced by spouses and couples that presenting with these concerns. The talk will provide an introduction to assessment, treatment and referral of sex and related process addictions along with diagnostic tools and insight into differential diagnosis/co-occurring addictions. The training will make available further training and referral resources for those clients and clinicians motivated to gain knowledge, help and experience in the treatment of sexual addicts.



**Robert Weiss**, LCSW, CSAT-S, is an international sexual addiction expert, renowned author and educator, and founder of the Sexual Recovery Institute. He has authored may books, including: *Cruise Control: Understanding Sex Addiction in Gay Men; Sex Addiction 101: A Basic Guide to Healing from Sex, Porn, and Love Addiction; Untangling the Web: Sex, Porn, and Fantasy Obsession in the Internet Age; and Closer Together, Further Apart: The Effect of Technology and the Internet on Parenting, Work, and Relationships.* He is a regular contributor to *Psychology Today, The Huffington Post,* and *CounselorMagazine.com*, writing primarily about the intersection of technology with sex and intimacy.

## ------ Conference Sponsors (cont.) ------

In 1976 Adele and Larry Starr started a group for families–parents and their LGBTQ children–where people could tell their stories and receive the support that comes from shared experience. **PFLAG** Los Angeles soon came to include education and advocacy in its mission. For 38 years monthly meetings have continued to provide safe spaces for sharing, growth and learning. Our all-volunteer organization maintains four monthly meetings (two in English, two in Spanish); a Speakers Bureau serving schools, universities, and businesses; and two websites (www.pflagLA.org andpflagEspanolSoCal.org) with 3500 page requests per week. PFLAG Los Angeles members act from a deep commitment to the well-being of LGBTQ persons.

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#### CONTINUING EDUCATION CE CREDIT: 6 Hours

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#### **CONFERENCE LOCATION & PARKING**

Conference will be held at Antioch University LA, 400 Corporate Point, Culver City, CA 90230. Parking vouchers will be given at the end of the conference to pay for parking.

#### **EXHIBIT SPACE**

Those individuals, organizations, and businesses who would like an opportunity to exhibit or advertise at the conference should contact the LAGPA office at: LAGPA@sbcglobal.net

#### **REGISTRATION REFUND POLICY**

All requests for refund must be made in writing and sent to: LAGPA, PO Box 34142, Los Angeles, CA 90034. Requests postmarked by October 30 will receive a full refund, minus a \$25.00 administrative fee. No refunds will be made after October 30, 2013.

#### **CONFERENCE DISCOUNTS FOR LAGPA MEMBERS**

Current LAGPA members will save up to 25% on the cost of the Conference. Non-Members can receive these same benefits by becoming a member before the Conference. Simply visit LAGPA.org and become a member.

#### PERSONAL RECORDING

Personal video or audio recording is prohibited.

#### ACCESSIBILITY

#### Restrooms

All restrooms located within the proximity of our conference activities will be open to all persons regardless of gender identity. The gender-neutral restrooms may also function as a family restroom or as a restroom for disabled persons. Information on the location of these facilities may be found in the final program materials.

#### Gender and pronouns

Please be aware that some participants at our conference may present in different ways. Some people prefer gendered pronouns for themselves, an affirmation of their correct gender. Not everyone, however, identifies strongly (or at all) as masculine/male or feminine/female, or, their gender identify or expression may fluctuate. What is the appropriate pronoun to use? Using someone's name in lieu of gender pronoun can get tiresome and awkward, though that is how some individuals circumvent pronouns. Gender-neutral pronouns may be used in the same way as other pronouns, but do not imply a gender as "he" or "she" might. In any case, respect the other person's preference, regardless of presentation.

#### Scent-Aware Policy

We at LAGPA want to create an environment in which everyone experiences the Conference as comfortably as possible. In keeping with this goal, we would like to keep the Conference space scentaware to reduce the level of toxins for those with Multiple Chemical Sensitivities. Minimize your use of strongly fragranced products. Avoid adding unnecessary fragrances. If possible, use fragrance-free products. Be understanding if someone asks you to move, or if they get up and move. It may not be you, but the fragrance on your person.

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# Did you know? LAGPA is the ONLY organization to offer APA CE Credits on LGBTIQ issues.

# About LAGPA

The Lesbian and Gay Psychotherapy Association of Southern California, Inc., (LAGPA), was established in 1992 as an organization of mental health professionals interested in the psychological well-being of lesbian, gay, bisexual, transgender, intersex, queer and/or questioning individuals.

#### **MEMBERSHIP INFORMATION**

LAGPA membership benefits include discounts to all LAGPA events, including academic forums, social events, professional women's events, queer events, and the annual LGBTIQ Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTIQ resource directory, membership listing on the LAGPA website (www.lagpa.org), and the online LAGPA membership directory. LAGPA is an accredited provider of continuing education for psychologists, licensed clinical social workers, and marriage and family therapists.

#### **ANNUAL MEMBERSHIP FEES**

\$120	Regular:	A currently licensed mental health professional		
\$120	Associate:	Individuals interested in the field of psychotherapy but who are neither students nor interns nor licensed		
		professionals		
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Name (print): Degree / License: Address:				WORKSHOP SELECTION For each concurrent session, please identify your first and second choice for each session by writing the workshop number in the spaces below. This information is for conference planning only— you may attend whichever workshops you would like on the day of the conference.			
				Session 1	Session 2	Session 3	
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License or Intern Registration number:				METHOD OF PAYMENT □ A check in the amount of \$ made payable to LAGPA			
*Registration will be confirmed via email. Please print your email clearly.			l clearly.	OR			
The cost of CE, breakfast, lunch, and parking for each attended workshop is included in the registration fee.			Charge my:  VISA  Master Card  American Express (Check appropriate box) Name of Cardholder (as it appears on card)				
CONFERENCE PRE-REGISTRATION				Please Print:			
Check Your Category				Credit Card Number (print clearly):			
Member (already a memb	er?)						
	ular/Associate Member		\$ 155				
Current LAGPA Stud	dent/Intern/Retiree Memb		\$ 100				
If you are not a current member, simply visit our website at www.LAGPA.org and register as a member. Being a member gives you significant discount.         Non-Member         Non-Member/Non-Associate Member         \$ 185			Exp. DateCode on back of cardZip:      Authorizing Signature:      Total Amount To Be Charged \$				
□ Non-Member Stude	nt/Intern/Retiree						
REGISTERING THE DAY	OF THE CONFERENCE			MAIL COMPLETED R	EGISTRATION FORMS	WITH PAYMENT TO:	

Yes, you may register at the door. You save considerable money, however, by pre-registering.

# Member (already a member?) Current LAGPA Regular/Associate Member Current LAGPA Student/Intern/Retiree Member Non-Member Non-Member/Non-Associate Member Non-Member Student/Intern/Retiree Non-Member Student/Intern/Retiree

LAGPA Conference Registration PO Box 34142, Los Angeles, CA 90034

OR, <u>FAX</u> To: 310-838-6247

OR, Scan and email to: LAGPA@sbcglobal.net

OR, register online at www.LAGPA.org

Note: All Students must be unlicensed and must include documentation of full time student status. Please enclose a copy of your current student ID with your registration form