

Eighteenth Annual LGBTIQ Psychotherapy Conference



Senator Ted Lieu
Keynote Speaker
Sponsor SB1172 banning sexual-orientation "therapy" for children



Year of Milestones

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Sunday, November 3, 2013

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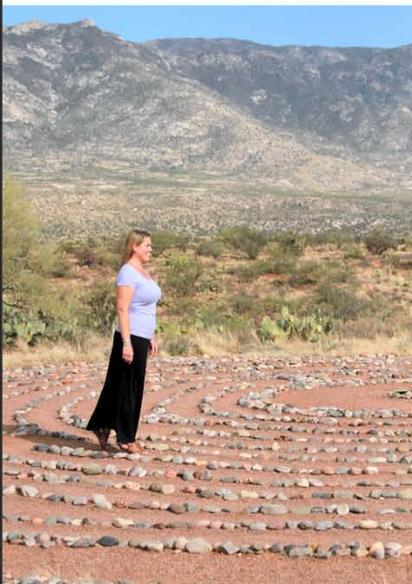
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Senator Ted W. Lieu — Keynote Speaker

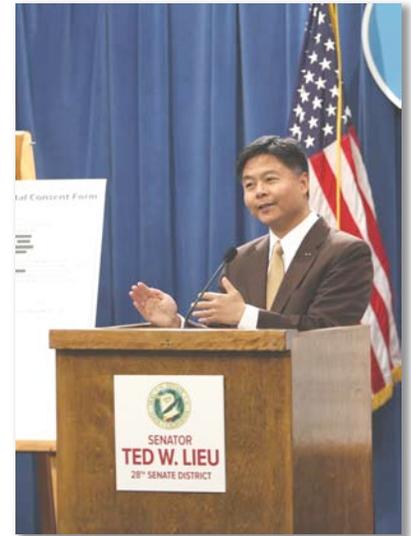
Sen. Ted W. Lieu has served more than 11 years as an elected public servant: Torrance City Council... state Assembly... and, for the past two years, in the state Senate. Before public service, Sen. Lieu served four years on active duty as an officer in the Air Force. He remains in the Air Force Reserves. He is a graduate of Stanford University and Georgetown Law School.

Among his legislative accomplishments are a first-in-the-nation law ban on sexual orientation conversion therapy for children and a halt on the use by teens of cancer causing tanning salons.

He didn't stop there. On Jan. 1, 2013 a whopping 13 new laws took effect that he authored last year. These include laws on protecting bears and bobcats from being hunted by packs of hounds, a job-training bill labeled a job creator by the California Chamber of Commerce, and putting an end to disruptive protests at military and private funerals. For these reasons and more, Governing Magazine in 2012 named Ted Lieu, for the second consecutive year, one of 12 lawmakers nationwide – and the only lawmaker from California – as 'worth watching.' Sen. Lieu and his wife and two sons call Torrance home.

For more, please visit Lieu's Web site at the address below.

Ted W. Lieu represents nearly 1.3 million residents of Senate District 28, which includes the cities of Carson, El Segundo, Hermosa Beach, Lomita, Manhattan Beach, Redondo Beach and Torrance, as well as portions of Long Beach, Los Angeles and San Pedro. With redistricting, Lieu also is responsible for constituents in Santa Monica, Beverly Hills, Pacific Palisades, Palos Verdes Peninsula, West Hollywood, West Los Angeles, and portions of Hollywood. For more, visit www.senate.ca.gov/lieu



18th Annual LGBTIQ Psychotherapy Conference

The Eighteenth 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 LAGPA 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 Coordinators

We would like to thank the following individuals for all their hard work in creating this conference:

Alexander Yoo, Co-President, LAGPA; Conference Committee Chairperson * **Chuck Stewart, Ph.D.**, Executive Director, LAGPA

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Conference at a Glance

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

CE certificates will be distributed immediately after last session.

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

1A. The Perfect Storm: Crystal Meth and LGBT Domestic Violence

The Perfect Storms looks at the relationship among crystal meth, the depletion of dopamine and the potential for increased domestic violence in LGBT relationships. The presentation will give an overview of crystal meth, LGBT domestic violence, the effects on how dopamine depletion increases the potential for violence in meth users. Finally the presentation discusses treatment strategies for both LGBT domestic violence and crystal meth, and the importance for treating them concurrently.



Mike Rizzo, IMFT, CSAC is Manager of Crystal Meth Recovery Services and Addiction Recovery Services L.A. Gay and Lesbian Center. Mike received his certification as a Drug & Alcohol Counselor from LA City College and received his Master's in Psychology from Antioch University. Mike serves on several crystal meth work groups and advisory boards and has been both a featured speaker and panelist in various town hall meetings throughout the country. Mike's own crystal meth recovery and his work within the gay recovery community have been featured in various mainstream publications, including *GQ Magazine*, *The Advocate* and an Emmy Award Winning episode of KCET's "Life & Times" television series.

1B. How Transitioning as a Therapist on the Job

Therapists have to maintain personal privacy, yet transition often makes this impossible. Kendall Evans, who successfully navigated transition as a practicing therapist, will facilitate this panel of trans therapists (FTM, MTF, and gender diverse). The Panel will explore questions about the implications of transitioning for therapeutic issues such as relationship boundaries, privacy, and the effect of the therapist as a person in the room.



Kendall Evans MA, MFT, has specialized in working with perpetrators and survivors of relationship abuse and violence since 1987 when she co-founded Another Way. She also provides general psychotherapy at Open Paths Counseling Center. Kendall trains and supervises interns at Open Paths, as well as presenting workshops for therapists on domestic violence dynamics and treatment and other topics at various agencies and at The Phillips Graduate Institute. She is an active member of the Association for Batterer's Intervention Programs working as co-chair. Kendall has authored two book chapters and a Journal article on domestic violence and related topics.

1C. Using Meditation and Mindfulness to Address Internalized Homophobia

How do clients love, honor and celebrate themselves in a world that oppresses and disenfranchises them? Buddhist teachings offer a way to meet oneself with kindness, compassion and friendliness. Acceptance of sexuality, gender identity and authentic self is central to achieving the goal of living with ease, without judgment, in the present moment. This workshop will discuss recent empirical evidence on meditation and explore how mindfulness techniques can specifically address the negative effects of homophobia on health, self-acceptance and the experience of wholeness. Two relevant meditations will be demonstrated and participants will be invited to share their experiences of these practices.



Jan Aura, Ph.D. is a clinical psychologist in private practice in Culver City and Pasadena. She teaches Introduction to Sport Psychology at Santa Monica City College. She emphasizes the importance of mind body connections when approaching well-being and peak performance.



Alisa Dennis, Ph.D., is a clinical psychologist in private practice in Los Angeles. She does clinical supervision locally, and consultants around the country. Alisa utilizes mindful awareness to promote body-mind-spirit integration and relief from suffering and draws from Buddhist, as well as other contemplative traditions.



P. Philip Tan, Ph.D. has been on faculty at California State University, Long Beach, School of Social Work since 2001. He leads a meditation club for social workers and therapists that utilize the "loving-kindness" and "insight" meditation techniques. He is currently researching on the issue of suffering and on the issue of self-compassion and how it influences well-being.



Ross Harpold, MFT is a private practice psychotherapist and coach. He combines his problem solving skills, honed in many years of working in the entertainment industry, with his core belief in mindfulness practices to help individuals and couples achieve satisfaction and contentment on their life's journey.

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

2A. Mapping the Dreamscape: Engaging the Complexity of LGBTIQ Dreams, Bodies, and Identity

In this session, we will explore the convergence between gender identity, the physical body, and the subtle body of the psyche as they interact in the world of dreams. How can therapists differentiate between the dreamer's personal gender and body image explorations, and the psyche's engagement of the body as a symbol? When is it most appropriate to regard a dream as expressing both? These questions are nuanced when working with clients of transgender experience. Two clinicians, one experienced in dream work and the other in transgender issues, will provide didactic material, reflections on case studies, and practical techniques for clinicians to apply in this rich but often neglected subject.



Rev. Alexander Dmitri Roberto Jose Sims-Zaraspe-Yoo, M.Div., M.A. works with trans and gender-gifted populations in general medical wellness and mental health. As a psychotherapist, his interests go beyond queer and gender issues and include a wide range of vulnerable, marginalized and/or exploited people. Alexander founded GenderQueer Revolution (www.genderqueerrevolution.org), a national organization celebrating genderqueer, gender-gifted, individuals and communities worldwide. Through GQR, he helped create Tuesday Nights for T, a medical clinic for the gender-gifted community in Los Angeles.



Douglas Thomas, PhD, LCSW has a private therapy practice in Pasadena and he works as adjunct faculty at Pacifica Graduate Institute in Carpinteria. He is also a Program Director for Pacific Clinics in Covina, California. With over thirteen years of experience as a practicing therapist, he has supervised and trained clinicians for the past ten years. He is a popular presenter of workshops and talks throughout the state of California on LGBTQ issues and on dream therapy, his two areas of specialization. Dr. Thomas holds a masters degree from the USC School of Social Work, and a PhD in depth psychotherapy from Pacifica Graduate Institute.

2B. Extremely Quiet and Incredibly Close: The Unspoken Sexual Challenges for Culturally Diverse Same-Sex Couples

With “marriage equality” on the current political landscape, increased attention has been given to same-sex couples. However, little attention has been given to the stresses that individuals from culturally and ethnically diverse populations experience on a daily basis, as they look for romantic, sexual, and long-term partners. What stereotypes do they face? How do they balance multiple expectations both within and outside of their relationships? How do they negotiate potential minefields as they explore avenues toward sexual pleasure? This workshop will present recent literature and clinical narratives on individuals as they date and partner with people of the same minority status or of a cultural status different from their own.



Daniel J. Alonzo, Psy.D., is both a Licensed Clinical Psychologist and a Licensed Marriage and Family Therapist in Los Angeles. In addition to his private practice, Dr. Alonzo is a Professor at Phillips Graduate Institute as well as a member of the Adjunct Faculty of Pepperdine University. He has been a member of LAGPA since its inception and was the recipient of the LAGPA Outstanding Community Service Award in 2006.

2C. The Art of Living Every Minute — Contemplative Practices and Transformation

Inspired by the stories of 20 LGBTIQ individuals who have incorporated contemplative practices, this workshop acquaints participants with some essential aspects of Buddhist psychology that can be used with clients to deal with internalized homophobia and liberate them from other difficult emotions. Two meditations derived from the Buddhist tradition (different from the meditations presented in the previous workshop) will be demonstrated. Participants will be invited to share their reflections of the concepts that have been introduced, their experiences with these practices and how they can be used with clients.



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2D. Utilizing Client God-image in Psychotherapy With Christian LGBTQ Identified Students

This workshop will focus on the role of god-image in identity formation for LGBTQ university students. A brief overview of the formation and role of god-image will be provided. Specific attention will be given to showing the importance of utilizing Christian LGBTQ client's god-image as they navigate through this identity-forming period. LGBTQ affirmative clinical techniques for working with Christian client's god-image within psychotherapy will be discussed, as well as brief case studies.



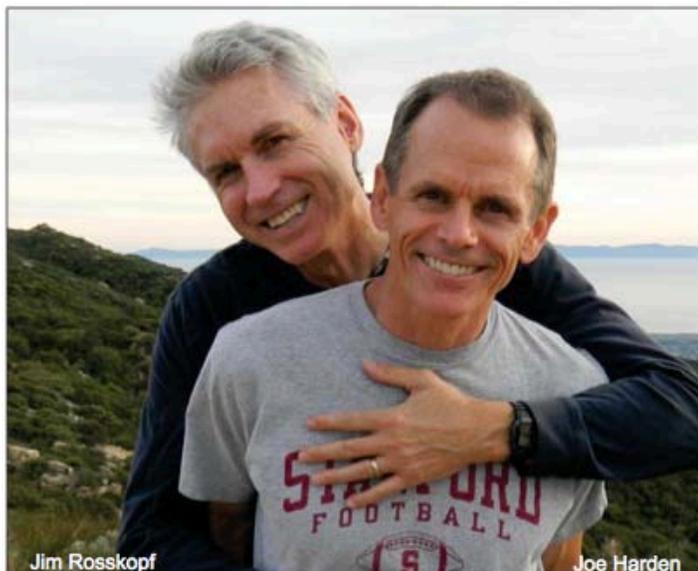
Caroline Carter, M.A. is a doctoral student in Clinical Psychology (Psy.D.), Azusa Pacific University besides holding a Masters in Women's Studies in Religion, Claremont Graduate University. She works at the Los Angeles Gender Center under Marie Keller, LMFT.



Ashley Wickliffe, M.A. is a doctoral student in Clinical Psychology (Psy.D.), Azusa Pacific University. Her current interests include identity formation, mood disorders, and religion and spirituality.

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2:30-4:00 | Concurrent Workshops 3A, 3B, 3C

3A. Self-Identifying as Lesbian in Midlife

The transition into self-identifying as lesbian in midlife impacts various aspects of a woman's identity, as well as her relationships within her personal, social, and professional life. A group therapy manual entitled, *The Transition into Self-Identifying as Lesbian in Midlife*, was created in order to assist mental health professionals in providing affirmative services for women who self-identify as lesbian in midlife and to provide support for women making this transition. This workshop and manual addresses topics such as disclosing one's lesbian identity, managing the positive and negative psychological effects of disclosure, and integrating one's identity into one's values and relationship with oneself.



Dr. Denise Gallonio has a passion for diversity as evidenced in her doctoral project entitled— *The Transition into Self-Identifying as Lesbian in Midlife*— in which she developed a group therapy manual to address the unique needs of women who identify as lesbian in midlife. She is currently a Postdoctoral Fellow at Tarzana Treatment Centers and has worked with a diverse range of clients in both residential as well as outpatient treatment settings.



Dr. Sepida Sazgar is a licensed psychologist and a Core Faculty at the Chicago School of Professional Psychology. In addition, Dr. Sazgar is actively involved in providing supervision and training for graduate students.

3B. Therapist and Human Being: An Affirmative Approach to Navigating Client Boundary Spaces with LGBTIQ

Working affirmatively with LGBTQ clients involves consideration of the complex lived experiences of LGBTQ Clients. At the intersection of sexual identity, race, class, gender identity lies the uniquely evolving self understanding of both client and therapist; who together, create a therapeutic alliance that can be both challenging and affirming. This workshop will challenge you to consider the complexities of our clinical work as LGBTQIA therapists and the manner in which our own evolving identities can influence countertransference and transference while serving as a catalyst for change in ourselves and our clients. Case discussion will demonstrate affirmative approaches using an affirmative therapeutic approach with LGBTQ clients and family systems.



Lisa Maurel, MFT, has worked in private practice for over 18 years in Newport Beach, CA. Lisa specializes in affirmative therapy with LGBTQ clients in Orange County and is a frequent lecturer, speaker on LGBTQ mental health and relationship topics, as well as a CEU provider. She is a former LAGPA board member.

3C. Making Love Last: What Helps “Trans-Couples” Stay Together

This workshop will focus on both the joys and challenges experienced by many couples in which one partner is trans, and the unique opportunities for emotional growth, intimacy, and satisfaction that these relationships can offer to both partners. Attendees will become familiar with literature pertaining to relationship longevity for same-sex and other-sex couples, as well as literature about transgender relationships specifically. Presenters will highlight implications for clinical practice, utilizing vignettes to illustrate issues that typically come up in the context of mental health practice. Attendees will also participate in large-group discussions and share their own experiences working with this population.



Cristina Magalhaes, PhD, is a licensed clinical psychologist and associate professor at Alliant International University, Los Angeles. Areas of interests include sexual and gender fluidity, immigrant/sojourner experiences, stress/anxiety/trauma, and health promotion.



Naomi Jackson, PsyD, is a post-doctoral mental health practitioner who graduated from Alliant International University, Los Angeles. She completed the Rockway Certificate for LGBT psychology at Alliant and did her dissertation on clinical issues pertaining to the experiences of couples of color in which one partner is trans.

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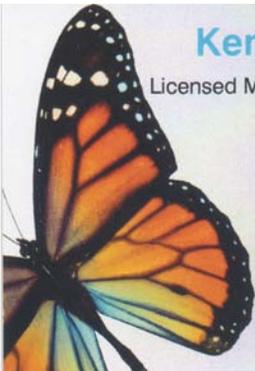
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Conference will be held at Phillips Graduate Institute, 19900 Plummer St., Chatsworth, CA 91311. Parking is free in parking lot surrounding the building.

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.

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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 scent-aware 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.

More info:

<http://www.mcsrr.org> || <http://bit.ly/fragrancefreeBSG>

<http://vanessahuang.com/fragrance-free>

WWW.LAGPA.ORG

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 quarterly 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
\$60	Student:	Unlicensed students and/or interns earning less than \$ 20,000 annual income
\$60	Retiree:	Individuals who were once practicing mental health professionals, now retired and no longer working
\$400	Institutional:	Organizations interested in the mission of LAGPA and wanting to support that mission through financial sponsorship

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The Institute for
Sexual Health

ISH wishes to thank LAGPA for hosting educational conferences for the past 18 years in support of the LGBTIQ psychotherapy community.

The Institute for Sexual Health
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COLORS LGBTQ Youth Counseling and Community Center is an initiative of Antioch University Los Angeles' LGBT Specialization, training the next generation of LGBT-Affirmative therapists and activists in LGBT-Affirmative psychotherapeutic healing while enriching cultural life in greater Los Angeles.



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www.genderqueerrevolution.org
www.ftmi.org

Registration Form

18th Annual LGBTIQ Psychotherapy Conference

Sunday, November 3, 2013

Phillips Graduate Institute, 1990 Plummer St., Chatsworth, CA 91311

REGISTRATION DEADLINE: This form and payment must be returned by October 30, 2013.

Name (<i>print</i>):		
Degree / License:		
Address:		
City:	State:	Zip:
Phone:		
Email*:		
License or Intern Registration number:		

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
1A, 1B, 1C	2A, 2B, 2C, 2D	3A, 3B, 3C
1 st Choice:	1 st Choice:	1 st Choice:
2 nd Choice:	2 nd Choice:	2 nd Choice:

If you are a presenter or volunteer, please check this box.
 If you are seeking CAADAC CEUs please check this box.

METHOD OF PAYMENT

A check in the amount of \$ _____ made payable to **LAGPA**

OR

Charge my: VISA Master Card American Express (Check appropriate box)

Name of Cardholder (as it appears on card)

Please Print: _____

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Total Amount To Be Charged \$ _____

***Registration will be confirmed via email. Please print your email clearly.**

The cost of CE, breakfast, lunch, and parking for each attended workshop is included in the registration fee.

CONFERENCE PRE-REGISTRATION

Check Your Category

Member (already a member?)

<input type="checkbox"/>	Current LAGPA Regular/Associate Member	\$ 155
<input type="checkbox"/>	Current LAGPA Student/Intern/Retiree Member	\$ 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

<input type="checkbox"/>	Non-Member/Non-Associate Member	\$ 185
<input type="checkbox"/>	Non-Member Student/Intern/Retiree	\$ 130

REGISTERING THE DAY OF THE CONFERENCE

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

Member (already a member?)

<input type="checkbox"/>	Current LAGPA Regular/Associate Member	\$ 185
<input type="checkbox"/>	Current LAGPA Student/Intern/Retiree Member	\$ 130

Non-Member

<input type="checkbox"/>	Non-Member/Non-Associate Member	\$ 215
<input type="checkbox"/>	Non-Member Student/Intern/Retiree	\$ 155

MAIL COMPLETED REGISTRATION FORMS WITH PAYMENT TO:

LAGPA Conference Registration

PO Box 34142, Los Angeles, CA 90034

OR, FAX To: 310-838-6769

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

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