

LAGPA

Twenty-Third Annual LGBTQI Psychotherapy Conference

**Lesbian and Gay Psychotherapy
Association of Southern California, Inc.**

LAGPA 1992 — 2017



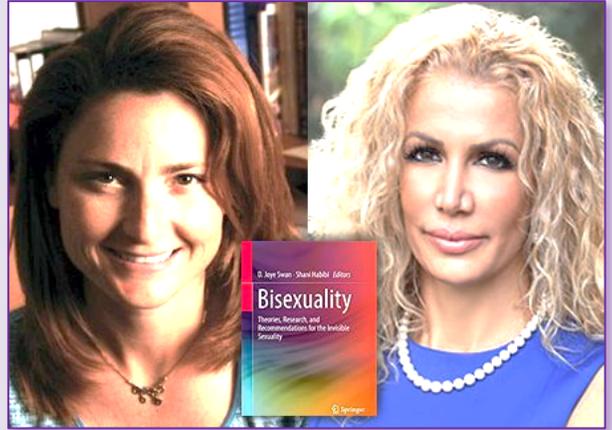
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Keynote Speakers D. Joye Swan and Shani Habibi



D. Joye Swan and Shani Habibi will be the co-keynote speakers. They are the editors of *Bisexuality: Theories, Research, and Recommendations for the Invisible Sexuality* (Springer, 2018 ISBN 978-3-319-71535-3) and recognized authorities in their field.

6CE
CREDITS



LAGPA is approved by the American Psychological Association to sponsor continuing education for psychologists. LAGPA maintains responsibility for this program and its content.

Sunday, November 11, 2018
Hosted and Co-Sponsored by:
Antioch University Los Angeles
and the **LGBT Specialization**

Lesbian and Gay Psychotherapy Association of Southern California, Inc.



Acceptance.

NO EXCEPTION.

Antioch University Los Angeles and the LGBT Specialization are proud to co-sponsor the LAGPA 23rd LGBTQI Psychotherapy Conference

The LGBT Specialization offers pioneering masters-level training to the next generation of LGBT-Affirmative psychotherapists and activists.

The LGBT Specialization:

Offers a one-of-a-kind curriculum focused on the provision of culturally competent LGBT-Affirmative psychotherapy for LGBTQIA+ people.

Educates therapists in helping their LGBTQIA+ clients realize their true contributive and intimate potentials.

Supports the application of learning in clinical training programs and in community activism.

Created and oversees Colors LGBTQ Youth Counseling Services serving LGBTQIA+ youth under age 25 and their families at the Antioch University Counseling Center.

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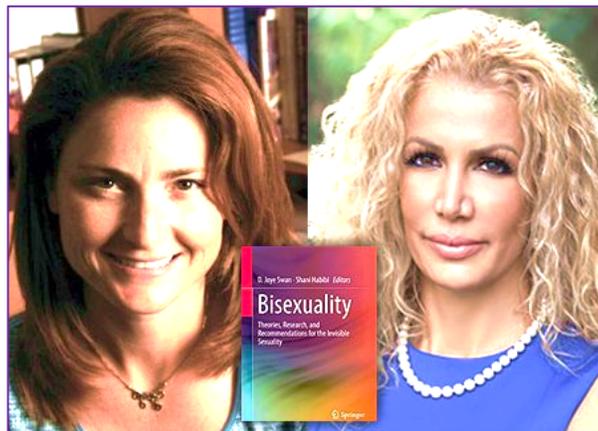
**The LGBT Specialization
in Clinical Psychology**

antioch.edu/los-angeles/lgbt

Keynote Speaker: D. Joye Swan and Shani Habibi

We are pleased to have D. Joye Swan and Shani Habibi as keynote speakers for LAGPA's 23rd Annual LGBTQI Psychotherapy Conference. They are the editors of *Bisexuality: Theories, Research, and Recommendations for the Invisible Sexuality* (Springer, 2018 ISBN 978-3-319-71535-3) and recognized authorities in their field. Written by some of the most renowned researchers in bisexuality studies, this groundbreaking volume brings together a diverse body of sexual, behavioral, and social science research on bisexuality. Arguing for a clear, evidence-based definition of bisexuality and standardized measures for assessing sexual orientation, it spotlights challenges that need to be addressed toward attaining these goals.

The book's deep trove of findings illuminates the experiences of bisexual men and women in key aspects of life, as well as common mental health issues in the face of stigma, prejudice, and outright denial from the heterosexual and homosexual communities. Throughout, contributors examine the paradoxical invisibility of bisexuality even as society and science have become more inclusive of lesbians and gay men, and emphasize the critical role of thoughtful, respectful support across societal and mental health domains. *Bisexuality* is a substantial reference for scholars and undergraduate and graduate students in LGBTQIA+ studies, and clinicians seeking both theoretical and applied perspectives on the research into bisexuality. It also offers instructors a supplemental research-based textbook option for teaching courses related to sexuality and bisexuality. To learn more about this book please visit, <http://www.springer.com/us/book/9783319715346> If you would be interested in sample materials to create a bisexuality course for your university, please send an email of interest to joye.swan@woodbury.edu



23rd Annual LGBTQI Psychotherapy Conference

The Twenty-Third Annual LGBTQI Psychotherapy Conference presented by LAGPA presents academic research and expertise on LGBTQI issues and concerns to professionals working with these clients in their psychotherapy practices. This one-day Conference meets the educational needs of psychiatrists, psychologists, LCSWs, MSWs, MFTs, LPCCS, interns, students of psychology, and others. As a continuing education provider, LAGPA meets the requirements established through the American Psychological Association (APA). LAGPA is approved by the American Psychological Association to sponsor continuing education for psychologists. LAGPA maintains responsibility for this program and its content. LAGPA is the only organization to offer APA CEs on LGBTQI issues. Please check with your agency about acceptance of APA CEs.

----- Conference Sponsors -----

Antioch University Los Angeles is a progressive, learner-centered university, where social justice, service to community, and lifelong learning comprise the heart of our undergraduate and graduate degree programs. The Queer Studies minor concentration in the undergraduate program advances an understanding of queer as a point of resistance to dominant paradigms in history, culture, and society. It combines a range of interdisciplinary courses and independent studies with opportunities for internships at pioneering organizations as well as a chance to earn academic credit for previous queer experience, activism, and scholarship. The Master of Arts in Clinical Psychology's LGBT Specialization is designed to provide comprehensive theoretical and practical preparation for students to provide affirmative treatment to LGBTQIA+ clients by training students to address the impact of minority stress (e.g., both institutionalized and internalized homo/bi/transphobia) that can be seen as underlying causes for the depression, anxiety, substance abuse, unsafe sex, and other psychic challenges faced by many LGBTQIA+ individuals. The LGBT Specialization launched Colors LGBTQ Youth Counseling Services, a free counseling center for LGBTQ youth under 25 and their families.

Corporate Table Sponsors: ABC-CLIO Publishers; Michael's House; California Association of Marriage and Family Therapists (CAMFT); EEG Education & Research; USC Suzanne Dworak-Peck School of Social Work. **Sponsors:** The Soldier's Project; Twin Town Treatment Centers; Los Angeles County Psychological Association (LACPA); Susan Leviton; Alexander Yoo.

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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)	2:15-4:15	SESSION THREE (see below)
10:30-10:45	Comfort and Networking Break		Pick up CE certificates

CE certificates will be distributed immediately after last session.

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

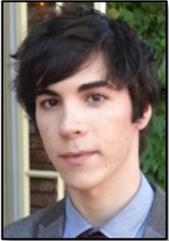
1A. Balancing Personal and Professional – Social Media & Dating App Dilemmas



Are there any ethical dilemmas for clinicians who use social media and dating apps? How can clinicians honor their intersecting identities around these social tools while maintaining professional integrity? These unresolved questions impact students and seasoned clinicians alike. Join us for an interactive dialogue in learning from our personal experiences as we examine our ethics code and theoretical orientations for guidance in assisting with the navigation of these ubiquitous technologies.

Presenter(s):

Marcos Briano, MFT, PhD is Mexican-American, bilingual, cisgender, gay male. He is currently the ECP postgraduate representative on the LACPA Ethics Information & Education Committee and Adjunct Faculty at Pasadena City College and USC MFT program. Dr. Briano clinical experiences span from community centers to working for diverse and multicultural college students.



Paul-Roy Taylor, PhD, LCP is a Caucasian, bilingual, cisgender, gay male. He is the substance abuse and mental health specialist at APLA Health, which serves the LGBTQ community and community at large. Dr. Taylor has conducted multiple research projects examining the impact of technology on the dating and romantic lives of LGBTQ individuals.

1B. Body Image Issues among Gay Men and Transgender Women: Clinical Issues and Interventions

Gay male and transgender female communities are disproportionately impacted by a variety of body image issues that can challenge self-worth and foster various clinical outcomes including anxiety and depressive symptoms. This presentation will establish a clinical rationale for the disparities in body image issues by drawing upon concepts of heterosexual masculinity, heterosexism, internalized homonegativity and transnegativity, sexual objectification, and minority stress theories. Common negative core-beliefs and clinical outcomes for gay men will be highlighted including eating disorders, broader patterns of disordered eating, body/muscle dysmorphia, and links between substance use and risky sexual behavior. For transwomen, the presenters will discuss a combination of psychological (e.g., body dysphoria, internalized transnegativity) and environmental factors (e.g., social stigma, sexism) that can have an impact on body image, and address related clinical issues, such as social anxiety, eating disturbances, self-image issues, and depression. The presentation will end by focusing on LGBTQ-affirming, strengths-focused and empowerment-based interventions.



Presenter(s):

Peter S. Theodore, PhD, Associate Professor and Rockway Fellow, Alliant International University, Los Angeles. Peter is a licensed, practicing clinical psychologist in California with expertise in the fields of HIV-prevention, substance abuse treatment, and LGBTQ affirmative therapy. His clinical and research interests include addressing health and healthcare disparities impacting various sexual minority and gender diverse communities.



Cristina Magalhaes, PhD, is Associate Professor of Clinical Psychology and Coordinator of the Certificate in LGBTQ studies at Alliant International University, Los Angeles. She is also a licensed clinician in independent practice in Pasadena; and has expertise in anxiety and trauma-related disorders, health promotion, and LGBTQ affirmative psychotherapy.

Did you know?

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APA CE Credits on LGBTQI issues.

1C. Somatic Aliveness, a Body Awareness Approach to Work with LGBTQ Clients



Inspired by the work of pioneers such as Peter Levine, Stephen Porges, Bessel van der Kolk, and others in the field of somatic therapy, Dr. Payam Ghassemlou MFT, Ph.D. will discuss his psychotherapy work, and how he utilizes a body awareness approach with LGBTQ clients. Using somatic psychotherapy, this work can help LGBTQ clients who were traumatized growing up to “find a voice that does not use words” and can support their movement toward healing and aliveness.

Presenter: **Payam Ghassemlou**, MFT, PhD has provided psychotherapy for over 20 years with a focus on serving the LGBTQ community. His research and training include somatic psychotherapy, Polyvagal Theory, Jungian psychology, mindfulness, attachment theory, and Eastern psychology. As a writer, speaker, and activist, Dr. Payam addresses concerns such as climate justice, women’s rights, and LGBTQ+ liberation. To learn more about him, please visit his web site: www.DrPayam.com.

1D. Practical Tools for Channeling the Fear, Rage and Unease of the LGBTQ community in the Trump Era

Coping with the pain and distress of this President and his administration’s destruction of progressive measures and socially aware ideals is a continuing struggle for many of us. This workshop introduces three tools of Contribution Training, a transformative synthesis of psychodynamic, behavioral and humanistic methods. Contribution Training looks at how we can survive and thrive despite difficult circumstances. The tools are; the Life Forces – how to understand our opponents’ spiteful use of power and how to be successfully different; The Pendulum of Emotions – how to combat fear and depression and use our positive emotions; and Positive Callousing – how to create useful protection.



Presenter: **Mary Guillermin**, MFT, Senior Pellin/CT Practitioner and co-president of LAGPA. Mary is a long-time practitioner of Contribution Training, the tools of which are responsible for the complete healing of her earlier “manic-depressive” mood swings. As editor of the LAGPA Newsletter, she has expressed her dismay and pain about the Trump administration’s LGBTQI policies and is always on the lookout for coping and thriving strategies.

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

2A. More than 'gay for pay': New psychologies, understandings, and interventions in LGBTQ sex work



Although psychological literature has problematized sex work, recent mental health data have highlighted that there is an increase in sex workers who are presenting for mental health services and who also identify as LGBTQ. This workshop will focus on cultural humility with respect to LGBTQ-identified sex workers. Attendees will gain updated information on clinical services with LGBTQ sex workers: (a) knowledge about current understandings of treatment with sex works, (b) skill in navigating intersections between sex work, sexual orientation, and gender identity in clinical contexts. Implications for clinical practice, supervision of pre-licensed mental health workers, and sexology will be discussed.

Presenter: **Theodore R. Burnes**, PhD, HSPP, LPCC, is an Affiliate faculty at Antioch University and is in private practice in Westwood and South Pasadena, CA. He is a fellow of the APA and has published extensively on sex-positivity. His professional interest includes: sex-positivity in psychology; clinical supervision; and social justice within mental health fields.

2B. Clinical Awareness in Transgender Care



Accessing mental health services is an anxiety producing experience for many LGBTQ people. When you add in the minority stress and associated stigma of being transgender/GNC/GNB accessing therapy services becomes even more daunting. Creating a safe space for the transgender/GNB/GNC community starts from the very first points of contact and needs to be practiced to the very highest levels of any organization. This highly interactive workshop will build on the OASIS model of community care using lecture, discussion, and skill building exercises.

Presenter: **John Sovec**, MA, LMFT is a nationally recognized expert on the topic of creating affirmative support for the LGBTQ community with his work featured on The Riki Lake Show, OWN, FOX, The Advocate, YHTV, LA Talk Radio, Broad Topics and regular columns for Huffington Post and Good Therapy. In addition, John offers trainings to organizations, schools, non-profits, and professional consultation on how to successfully support the LGBTQ community. John is an advocate and educator in the HIV/AIDS community and is the Clinical Consultant for The Life Group LA as well as adjunct faculty at Phillips Graduate University.

2C. "Excuse me Sir": Deconstructing the layers of internalized toxic shame in masculine presenting Lesbians.



"Are you a male or a female? You're Butch? You're a Soft butch!" Well, what are you then?!" In a society that loves to label, how does one keep their identity and also belong? In this workshop we will focus on issues specific to cisgender female lesbians whose presentation is considered masculine leaning, in western society. Example topics that will be discussed are issues of internalized homophobia, toxic masculinity, collective trauma, domestic violence, substance abuse and social stigma within and outside of the LGBTQI community. This workshop will conclude with a group discussion on possible interventions for clinicians and clients.

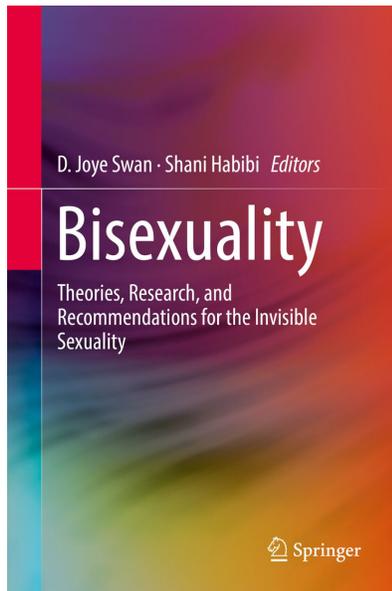
Presenter: **Kristi Starnes**, MA, AMFT holds an MA in Clinical Psychology from Antioch University. She considers herself an integrative clinician who focuses on spirituality and depth psychology. Kristi has done previous talks, most recently on the topic of self-care for activists on WBAI Radio- NYC. She self identifies as a cisgender female, lesbian and pronouns are she/her.

2D. LGBT Adoption: What You Need To Know



While only 2-3% of the population is adopted, they represent over 30-40% of the people in residential treatment centers, psychiatric hospitals, outpatient settings and drug and alcohol treatment centers. Alarming 70% of all inmates in California have spent time in foster care or have been adopted. Gay and lesbian parents are raising 4 % of all adopted children in the United States. As clinicians we need to be equipped to treat these families, know how to help them have healthy outcomes, be able to recognize the inherent psychological issues as well as to understand the normal and predictable developmental milestones for families that come together through adoption and surrogacy.

Presenter: **Tracy I. Carlis**, PhD is a licensed clinical psychologist in private practice specializing in all areas of adoption with children and adults in both international and domestic adoptions. Experienced forensic expert witness in capitol murder cases involving adoptee parricides and murder. She is a member of the adoption constellation.


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Social Sciences : Gender and Sexuality

Swan, D. Joye, Habibi, Shani (Eds.), Woodbury University, Burbank, CA, USA

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- Addresses the invisibility of bisexuality in the contexts of society and the academy, gender and sex, intimate relationships, and mental health.
- Calls for a unifying definition of bisexuality as a way to advance research on and the understanding of bisexuality.
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This pathbreaking volume brings together a diverse body of sexual, behavioral, and social science research on bisexuality. Arguing for a clear, evidence-based definition of bisexuality and standardized measures for assessing sexual orientation, it spotlights challenges that need to be addressed toward attaining these goals. The book's deep trove of findings illuminates the experiences of bisexual men and women in key aspects of life, as well as common mental health issues in the face of stigma, prejudice, and outright denial from the heterosexual and homosexual communities. Throughout, contributors examine the paradoxical invisibility of bisexuality even as society and science have become more inclusive of lesbians and gay men, and emphasize the critical role of thoughtful, respectful support across societal and mental health domains. Among the topics covered: Defining bisexuality: challenges and importance of and toward a unifying definition. Plurisexual identity labels and the marking of bisexual desire. Binegativity: attitudes toward and stereotypes about bisexuals. Female bisexuality: identity, fluidity, and cultural expectations. Romantic and sexual relationship experiences among bisexual individuals. Bisexuality is a substantial reference for psychologists, scholars and graduate students in LGBTQIA+ studies, and clinicians seeking both theoretical and applied perspectives on the research into bisexuality.

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 Part of **SPRINGER NATURE**

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

3A. Meth, Compulsive Sex and Trauma: An Affirmative Approach to Treating Gay Men with ChemSex Addiction

For many gay men, the irresistible, combustible combination of meth and sex (“ChemSex”) can often lead to an intractable form of addiction that general principles of recovery treatment fail to sufficiently address. This workshop is designed to explore new possible healing methods, beginning by deepening our understanding of how a wounded autonomic nervous system, unresolved trauma, internalized homophobia, marginalization, and shame can fuel the addictive cycle, and all-too-often lead to relapse. Working with the lens of trauma-informed care, combined with a deep appreciation for practical aspects of containment and care during early and later stages of recovery, we will identify both theoretical and practical solutions for ChemSex addiction, sourced in an LGBTQI-affirmative and sex-positive perspective that helps clients redefine boundaries and behaviors without reshaping them about their natural desires.



Presenter(s):

Mellissa McCracken, CADCI, CSAT-C, Primary ChemSex Counselor, Breathe Life Healing Center, West Hollywood CA. Mellissa is currently employed at Breathe Life Healing Center, a trauma informed treatment facility specializing in treatment of eating disorders, mental health, substance abuse. As a seasoned primary substance abuse counselor, a person in recovery and an active member of the LGBTQI community, she specializes in the treatment of gay men, sexual compulsion, and methamphetamine use.



Dinko Zidarich, MA (LMFT, CSAT-C-II), Licensed Marriage and Family Therapist in Private Practice, Los Angeles, CA. Dinko Zidarich, MA (LMFT, CSAT-C-II) is a licensed psychotherapist in private practice in Los Angeles, CA. He has an extensive background in addiction treatment, and with particular focus on the compassionate treatment of gay men struggling with meth use and compulsive sexual behaviors. Dinko also has substantial experience with self-help groups, providing a unique blend of professional training and personal understanding.

3B. The Transgender and Queer Experience: Personal and Professional Perspectives



Being culturally-competent to assist the communication and navigation of relational changes can be a challenge, especially for clinicians who are triggered by their own countertransference when considering the impact of these choices in one’s own life

Presenter(s):

Mary Andres, PhD is a clinical psychologist and co-director of the USC Marriage and Family Therapy program. She specializes in couples therapy both in teaching and training, and has a practice in Venice, CA.



Scottie Jeanette Madden, speaker, author, screenwriter, and adventure documentary/reality showrunner. Her memoir “Getting Back To Me” – *from girl to boy to woman in just fifty years*, is on Amazon LGBTQ biography bestseller list, and being optioned as a TV series. Married to Marcy, 29 years, they speak throughout the US.

Marcy M. Madden, speaker, director, producer, and owner of her own production companies. Her book, “Just Because my Husband is a Woman...” will be released Fall, 2017. Co-Founder of Zuzubean Press, an independent Publishing Company dedicated to creating a safer more loving world for LGBTQIA+ people and their families.



Roxanne Cherry, PhD has been an MFT in private practice for 30 years. She specializes in working with families in which an individual is dealing with gender identity issues. These clients often have co-occurring conditions including LGB concerns, addiction, anxiety, depression and family relations. Dr. Cherry is a speaker, consultant and certified supervisor.



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3C. The Call of Darkness: Suicidality in the LBGtQ community

The White House has declared a suicide epidemic and mandated suicide prevention for all health and mental health professionals. Studies demonstrate a significantly higher rate of suicides and attempted suicides in the LBGtQ community—especially among young people. The rates escalate when bullying is involved. A series of general concerns, risks, and interventions will be surveyed in the specific context of LBGtQ community concerns. A developmental perspective will be offered that accounts for the differences between completed suicides, attempted suicides, suicidal gestures, ideation and high-risk behaviors. Dr. Hedges will discuss how psychotherapists can move forward respecting the life choices of clients while at the same time offering support for the helplessness, hopelessness, and despair that set off suicidal impulses.



Presenter: **Lawrence E. Hedges**, PhD, PsyD, ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute in Tustin, California where he is a supervising and training psychoanalyst. He has been awarded honorary membership in the American Psychoanalytic Association. Dr. Hedges is author of numerous papers and books. To learn more about Dr. Hedges and his work, go to www.listeningperspectives.com

3D. #MeToo Confronts Masterpiece Cakeshop: How an Empowered LBGtQI Community Copes with Challenges to Their Legal Rights

With the advent of the #MeToo Movement, many people, including many within the LBGtQI community, feel more empowered to stand up for themselves and their legal rights. Concurrently, the U.S. Supreme Court's recent decision in Masterpiece Cakeshop may undercut, perhaps significantly, the legal rights of the LBGtQI community. Many within the clinical community will be called upon to serve clients who while wanting to feel increasingly empowered must also confront various legal and social limitations. This workshop will allow clinicians to gain a better understanding of potential legal impacts of both the #MeToo Movement and Masterpiece Cakeshop on the LBGtQI community, with a particular emphasis on the legal impact in the workplace.



Presenter: **Stuart Leviton**, Esq., is a California-licensed attorney with 25 years of experience providing legal advice and counsel to small and mid-size companies in the areas of business and employment law. Stuart is a former Vice-Chair of the California Fair Employment and Housing Commission. Along with his business partner, Robert Weiss, LCSW, CSAT-S, Stuart is COO of Seeking Integrity LLC, whose mission is to form and nurture accessible, comprehensive, interactive communities for people seeking to understand, address, and redress with integrity behavioral health challenges wherever and however they manifest.

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Registration Information

CONTINUING EDUCATION **CE CREDIT: 6 Hours**

LAGPA is approved to provide Continuing Education Credits for Psychologists, Marriage and Family Therapists, Social Workers, and Nurses. The exact number of credits awarded is equal to the number of contact hours for each event and is specified on the Syllabus and the Registration Form.

• APA CE Credits — LAGPA is approved by the American Psychological Association to sponsor continuing education for psychologists. LAGPA maintains responsibility for this program and its content. Other certifying agencies (such as BBS, CAADAC) usually accept APA credits. Please check with your agency.

CONFERENCE LOCATION & PARKING

Locations for registration, parking, and classroom will be sent to you in your registration acknowledgement.

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

CATERING

Both breakfast and lunch are provided as part of participating in the conference. Every effort is made to meet the dietary needs of vegetarians and vegans.

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, 2018.

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.

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 LGBTQI Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTQI 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

\$140	Regular:	A currently licensed mental health professional
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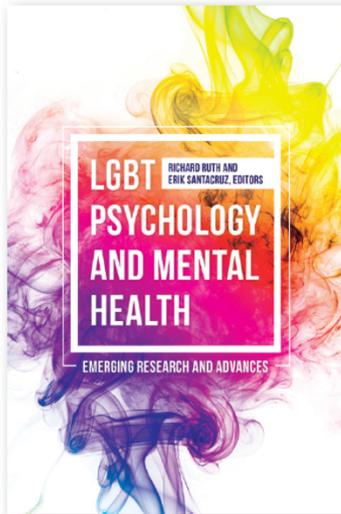
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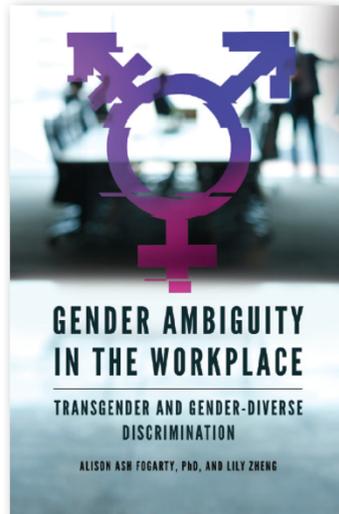
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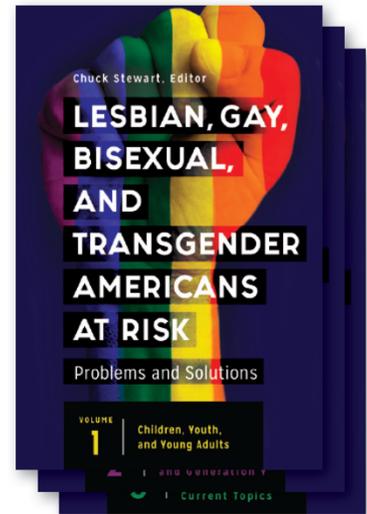
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For each concurrent session, please identify your first and second choice for each session by writing the workshop number in the spaces below. This information is for conference planning only—you may attend whichever workshops you would like on the day of the conference.

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