

LAGPA

24th Annual LGBTQI Psychotherapy Conference

**Sunday
November 17, 2019**
Hosted and Co-Sponsored by:
**Mount St. Mary's
University**



Keynote Speaker

David Fawcett PhD, LCSW



Dr. Fawcett is author of *Lust, Men and Meth: A Gay Man's Guide to Sex and Recovery* (Healing Path Press 2015) and is the Vice President for Clinical Programming for Seeking Integrity, LLC.

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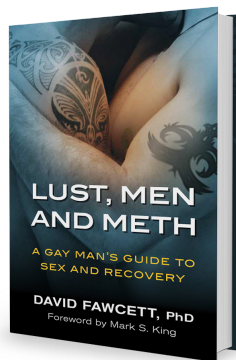


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Keynote Speaker: Dr. David Fawcett, PhD, LCSW

We are honored to have David Fawcett PhD, LCSW as our keynote speaker. He is a social worker and sex therapist specializing in gay men's health. He is the author of *Lust, Men, and Meth: A Gay Man's Guide to Sex and Recovery* (Healing Path Press 2015) which explores the intersection of gay men, drug use, and high-risk



sexual behavior. The book was named "2016 Best Nonfiction Literature" by POZ magazine. He is also Vice President for Clinical Programming at Seeking Integrity LLC (www.seekingintegrity.com) which develops and operates treatment programs for fused drug and sex behaviors (chemsex), sex addiction and other intimacy disorders. His work with crystal meth has led to invited presentations and consultations in France, the Netherlands and the UK. In 2018 he was instrumental in advocating for the creation of a methamphetamine forum co-sponsored by the NYC Health Department and ACT UP NY which highlighted concerns about chemsex in minority MSM communities. He frequently presents workshops on LGBT health, addiction, HIV, and co-occurring disorders both in the US and internationally and is well-known for his work with persons living with HIV, especially mental health concerns of aging long-term survivors. He is a regular contributor to TheBody.com and TheBodyPRO.com, writing about HIV, mental health and substance abuse and he has been published in Huffington Post, Positively Aware, and other journals. Most recently he co-produced *Crystal City*, a 90-minute documentary that follows the struggles and successes of eight gay men in recovery from crystal meth in New York and which is currently premiering at film festivals around the US before general distribution.



24th Annual LGBTQI Psychotherapy Conference

The Twenty-Fourth 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 -----

Mount Saint Mary's University, host and co-sponsor, is the only women's university in Los Angeles and one of the most diverse in the nation. The University is known nationally for its research on gender equality, its innovative health and science programs, and its commitment to community service. As a leading liberal arts institution, Mount Saint Mary's provides year-round, flexible and online programs at the undergraduate and graduate level. Weekend, evening and graduate programs are offered to both women and men. Mount alums are engaged, active global citizens who use their knowledge and skills to better themselves, their communities and the world. www.msmu.edu

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The **Renewed Freedom Center** was established in 2008 to help those suffering from OCD and anxiety disorders by providing the most advanced treatment available. Our multi-disciplinary team of experts are dedicated to helping patients and their families improve their lives by overcoming OCD and anxiety.

Paradigm Treatment Centers, Conference Program & Keynote Address Sponsor, provides tailored, evidence-based services for LGBTQ+ youth 12-18 struggling with anxiety, depression, trauma, disordered eating, body dysmorphia, substance abuse and related mental health issues as they gain a greater understanding of their sexuality and gender identities. Paradigm provides short-term, strength-based residential care for LGBTQ+ teens and their families in a safe, affirming environment. To learn more about our innovative programs, please call 855-755-TEEN or come visit one of our premier locations in Malibu or San Francisco.

CAMFT (California Association of Marriage and Family Therapists) is an independent professional organization of approximately 32,000 members representing the interests of licensed marriage and family therapists. It is dedicated to advancing the profession as an art and a science, to maintaining high standards of professional ethics, to upholding the qualifications for the profession, and to expanding the recognition and awareness of the profession. www.camft.org

Alliant University is a private university accredited by the WASC Senior College and University Commission (WSCUC) which offers programs in psychology, education, business management, forensic studies, and law. Alliant's mission is to prepare students for professional careers of service and leadership, and to promote the discovery and application of knowledge to improve the lives of people in diverse cultures and communities around the world. Alliant's vision: An Inclusive World Empowered by Alliant Alumni.

Reel Recovery Film Festival is a multi-day event is a celebration of film, the arts, and creativity. We showcase filmmakers who make honest films about addiction, behavioral disorders, treatment and recovery. Slated for screening is an eclectic lineup of contemporary and classic films, documentaries and shorts from American and international, emerging filmmakers and industry veterans.

Corporate Table Sponsors: Michaels House; L.A. Care; Twin Town Treatment Centers; Los Angeles County Psychological Association (LACPA)

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Los Angeles County Psychological Association
31st Annual Convention



Featured speaker:
Scott D. Miller, Ph.D.

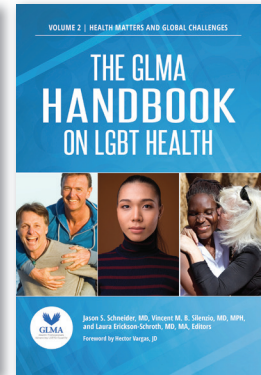
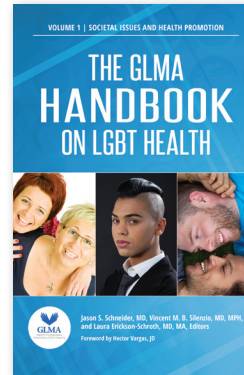
Dr. Miller's topic:
***Achieving Clinical Excellence:
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Conference at a Glance

8:00-8:30 Registration
 8:30-9:00 Morning Mingle
 9:00-10:30 **SESSION ONE** (see below)
 10:30-10:45 Comfort and Networking Break

10:45-12:15 **SESSION TWO** (see below)
 12:15-2:15 Keynote and Luncheon
 2:15-4:15 **SESSION THREE** (see below)
 Pick up CE certificates

CE certificates will be distributed immediately after last session.

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

1A. The Role of Therapy in the LGBTQI Divorce: What a therapist needs to know to help their clients navigate their LGBTQI Divorce in California

The LGBTQI Divorce 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, the options that are available to their clients and the role the therapist plays before, during and after in this process.



Presenter:

Bill Ferguson is a professional California State Family Law Mediator who understands the complexities of LGBTQI relationships and the unique issues that arise when these relationships end. His mediation practice offers LGBTQI 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.

1B. Is “Coming Out” Still Relevant? Socio-Political Shifts and LGB Identity



This presentation will examine emerging constructs regarding LGB identity development, coming out in today's social-political climate, and the generational contexts that inform LGB client narratives. As coming out was once considered a primary goal of treatment, new research and new models challenge assumptions about the unfolding of this process. Assessment and treatment strategies that incorporate intersectionality, internalization, flexibility, and cultural humility will be addressed.

Presenters:

Daniel J. Alonzo, Psy.D., is a Licensed Psychologist and Licensed Marriage and Family Therapist, specializing in LGBTQI mental health and sex therapy. Daniel works as a staff psychologist in University Counseling Services at California State University, Northridge, specializing in men's concerns. He has presented at national APA, AAMFT, AASECT conferences.



Deborah J. Buttitta, Psy.D., is a Licensed Marriage and Family Therapist. Deborah's clinical specializations include LGBTQI mental health, LGBTQI couples and families, treatment of adult ADHD, anxiety, and depression. Deborah is the Director of the Mitchell Family Counseling Clinic, and she is also an adjunct professor in the at California State University, Northridge.

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Deborah Buttitta, Psy.D.

Licensed Marriage and Family Therapist
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DB

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Lic# PSY24562



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Los Angeles, CA 90036

1C. Gay men, Meth, Compulsive Sex, and Trauma: A Trauma Informed Approach to Treating Gay Men with Chem-sex Addiction

This workshop is designed to deepen our understanding how a wounded autonomic nervous system and trauma impact gay men suffering from Chem-Sex addiction. We will discuss and dissect the neurology of trauma and its relationship to Chem-sex addiction, sex-app usage, and methamphetamine use. This psycho-educational workshop is intended to explore how the effects of unresolved trauma, internalized homophobia, marginalization, and toxic shame fuel the Chem-sex cycle and lend to skyrocketing relapse rates among gay men. This intensive discussion will also outline the roles and rituals of Chem-sex addiction, relapse/recovery/rebuild cycles, and offer practical, applicable tools for treatment.



Presenter:

Mellissa McCracken, CADCI, CSAT-Candidate. Primary Chem-Sex Counselor, Group Facilitator at 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 is a sex positive drug and alcohol counselor that specializes in the treatment of gay men, sexual compulsion, and methamphetamine use. She identifies as a member of the LGBTQI and is a passionate impressive advocate for substance abuse recovery among those in the LGBTQI community. Mellissa strives to bring experience, expertise, compassion, and clarity to the counseling process in order to maximize outcomes and provide genuine healing and wholeness to the individuals she counsels.

1D. Becoming Our Own Protective Container

The current sociopolitical circumstances in the United States, and the dismantling of LGBTQ+ rights by homophobic and transphobic politicians can make many people feel unsafe. Since the mental health of individuals and sociopolitical factors are deeply intertwined, it's not surprising we are seeing more anxiety, depression, panic attacks, and suicide than ever before. During such times, we need to learn to become our own protective container. A vessel in which to settle ourselves and access our sense of safety. In this presentation, Payam Ghassemloo,



MFT, Ph.D., will discuss his somatic psychotherapy work with LGBTQ+ clients and how accessing our somatic resources can contain us during turbulent times. By learning how to work with touch, breath, movement, gesture, form, and their accompanying sensations, he explains how we can turn our bodies into a protective container.

Presenter:

Payam Ghassemloo, MFT, Ph.D. 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.

Payam Ghassemloo, MFT, Ph.D.
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10:45-12:15 | Concurrent Workshops 2A, 2B, 2C, 2D

2A. HSP and Queer: Understanding and Treating Highly Sensitive Persons in the LGBTQ+ Community

High sensitivity is an innate, biological trait found in over 100 species, including humans. Deeply thinking and feeling, easily overstimulated, and sensitive to the environment, research demonstrates that Highly Sensitive Persons (HSPs) make up 20% of the population. This workshop will explore what it means to be a highly sensitive person in the broader queer community (HSQ). Attendees will gain information about working with HSQ clients: (a) knowledge on how to identify HSPs in the LGBTQ+ community, (b) skills for navigating treatment, and (c) self-care interventions tailored to the HSQ experience.



Presenter:

Brian Torres, MA, AMFT is an Associate Marriage Family Therapist practicing at Narrative Counseling Center in Los Angeles. He is a former mental health and crisis counselor at the Los Angeles LGBT Center and The Trevor Project. Brian specializes in the treatment of Highly Sensitive Persons and the LGBTQ+ community.

2B. Love Thy Neighbor: The Harmful Juxtaposition of Religion and LGBTQI Individuals

The pain endured by the LGBTQI community at the hands of the Religious Right is not a new experience. Current climate is not exhibiting a trajectory toward acceptance but instead there is a renewal of religious judgment. This workshop will review the traditional Christian rationale and biblical interpretation of homosexuality. Reconciliation of one's religious beliefs with their sexual orientation, along with relief from shame and isolation is crucial for therapeutic professionals to embrace. Additionally, an understanding of religious confliction and trauma and the impact on LGBTQI individuals and families is paramount for treatment.



Presenter:

Cristine Chastain, MSW, LCSW, Psychotherapist, received her MSW from USC and undergraduate degree from Houston Baptist where she minored in Religion. She grew up in the "bible belt" and later came out in older adulthood. Currently in private practice in Orange County, near a "mega" Christian church, she works with LGBTQI clients amidst this conservative climate.

2C. Hooked on Hooking Up – A Sex-Positive Approach to Treatment of Hypersexual Behaviors in Gay and Trans Men

For gay and trans men contending with compulsive sexual behaviors, general principles of heteronormative sex addiction treatment are unlikely to sufficiently address the particular challenges being faced. This workshop will present an LGBT-affirmative and sex-positive approach that helps clients redefine boundaries and behaviors without re-shaming them about their natural desires. Although the focus will be on gay and trans male psychology, contrasts and comparisons will be offered for other individuals in the larger queer community. Participants will learn both theoretical concepts and practical interventions to help move toward successful healing for their clients.



Presenter:

Dinko Zidarich, MA (LMFT, CSAT) is a licensed psychotherapist in private practice in West Hollywood, CA and a Certified Sex Addiction Therapist (CSAT). He has an extensive background in addiction treatment in residential, intensive outpatient, and private practice settings. In particular, Dinko's focus has been on the compassionate treatment of gay men struggling with meth use and compulsive sexual behaviors, whether in early stages of treatment or in long-term recovery. Dinko also has substantial experience with self-help groups, providing a unique blend of professional training and personal understanding.

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, and drug and alcohol treatment centers. A shocking 70% of all inmates in California have spent time in foster care or have been adopted. Today gay and lesbian parents are raising four percent of all adopted children in the United States. Clinicians need to be able to effectively treat and recognize the inherent dangers to understand the normal and predictable developmental milestones for families that come together through adoption and surrogacy.



Presenter:

Tracy L Carlis, PhD, Licensed Clinical Psychologist specializes in all areas of adoption and surrogacy with children and adults in both international and domestic adoptions. Dr. Carlis also has a forensic practice where she is an expert witness in capitol murder cases involving adoptee parricides. As member of the adoption constellation herself, she has specialized in the field of adoption for over twenty-five years.

Did you know?

LAGPA is one of the few organizations to offer APA CE Credits for LGBTQI educational workshops

cristi chastain. lcsw
psychotherapist



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Why the graffiti art?
"Life can appear messy on the surface but upon further
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2:15-4:15 | Concurrent Workshops 3A, 3B, 3C, 3D

3A. Affirming Spaces: Creating Transgender Affirming Practices



With more agencies and healthcare providers responding to the needs of the transgender GNC/NB communities it is difficult to understand the needs of clients and how small details can be perceived as offensive or dismissive. Creating a safe space for the transgender community starts from the first points of contact and needs to be practiced to the highest levels of any organization. This highly interactive workshop presented from clinical knowledge and personal experience will build on the OASIS model of community care using lecture, discussion, and skill building exercises.

Presenters:

John Sovec, LMFT is a nationally recognized expert on the topic of creating affirmative support for the transgender/GNC/NB community. He is the clinical consultant for The Life Group LA, adjunct faculty at Phillips Graduate Institute and guest lecturer at Alliant University and USC School of Social Work.



Jacob Rostovsky, AMFT is an associate marriage and family therapist practicing in Los Angeles. Jacob primarily works within the LGBT+ community and has spent the first half of his training working directly with the HIV positive and transgender communities. Jacob is self identified as transgender and has been an out and proud activist for 15 years.

3B. The Erotic Countertransference and The Erotization of Otherness

LGBTQ communities, perhaps more than other gender and sexual identity groups, have tended to develop and value interpersonal erotics--ways of being with and relating to others that are erotically stimulating. LGBTQ individuals are often keenly aware of erotic stimulation provided by people from diverse cultural, ethnic, economic, age, and racial groups. This "Erotization of Otherness" is often an important part of the psychotherapeutic encounter and both therapists and clients need to be prepared to deal with erotic interactions that arise in the transference-countertransference exchange.



Presenter:

Lawrence E. Hedges, Ph.D., Psy.D., ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of mental health professionals. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute in Tustin, California. Dr. Hedges is author of twenty-one books on different topics of interest to psychotherapists including Sex In Psychotherapy (Routledge, 2011). He has been awarded honorary membership in the American Psychoanalytic Association.



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3C. Cultivating Empowerment: Preventing Suicide in the LGBTQ+ Community using Affirmative Therapy

With a suicide death every 11 minutes and over a million attempts in the United States every year, suicide impacts every community. This is especially true for the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning communities. Research has shown elevated risk factors specific to these communities due to heterosexist & transphobic abuse. LGBTQ+ Affirmative Therapy is based on the understanding that LGBTQ+ people are not just tolerated but instead celebrated for their value in any culture. Mental health clinicians trained in LGBTQ+ Affirmative Therapy and Suicide Prevention can improve their effectiveness for helping LGBTQ+ clients increase protective factors and resilience while decreasing risk of suicide attempts and death.



Presenter:

Rick Grant-Coons, PsyD, first received his master's in clinical psychology from Antioch University and specialized in LGBTQ+ Affirmative Therapy. He then went on to complete his doctorate in clinical psychology from the California School of Professional Psychology. Dr. Grant-Coons has been in private practice since 2009 providing individual, couples, family and group psychotherapy. Before relocating to Sacramento, Dr. Grant-Coons was the Lead Clinical Supervisor at Didi Hirsch Mental Health Services-Suicide Prevention Center developing and facilitating support groups for Suicide Attempt Survivors. Currently, Dr. Grant-Coons has his private practice, Empowered Living Therapy, in Sacramento.


3D. Introduction to Body Psychotherapy for LGBTQ Clients

If your body could speak, what would it say? For our LGBTQ clients, their bodies often hold unresolved developmental trauma related to growing up in a homophobic family and society. Body Psychotherapy integrates the mind and the body, each having its own role in resolving depression, anxiety and trauma. This course will offer specific somatic interventions such as breath, posture, stillness, touch, and the development of the "felt sense," as well as a focus on the observing ego as a cornerstone for effective psychotherapy. Experiential learning will allow attendees to identify somatic approaches they can integrate into their practice.




Presenter:

Rick Lepore, MFT, RSMT is both a licensed MFT and a Registered Somatic Movement Therapist (ISMETA) who has worked with LGBTQ clients for the past 20 years. His work focuses on somatic and body awareness interventions as ways to resolve developmental trauma and integrates touch in his therapeutic work. He has a private practice in Los Angeles.



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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, 2019.

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.

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\$75	Retiree:	Individuals who were once practicing mental health professionals, now retired and no longer working
\$500	Institutional:	Organizations interested in the mission of LAGPA and wanting to support that mission through financial sponsorship

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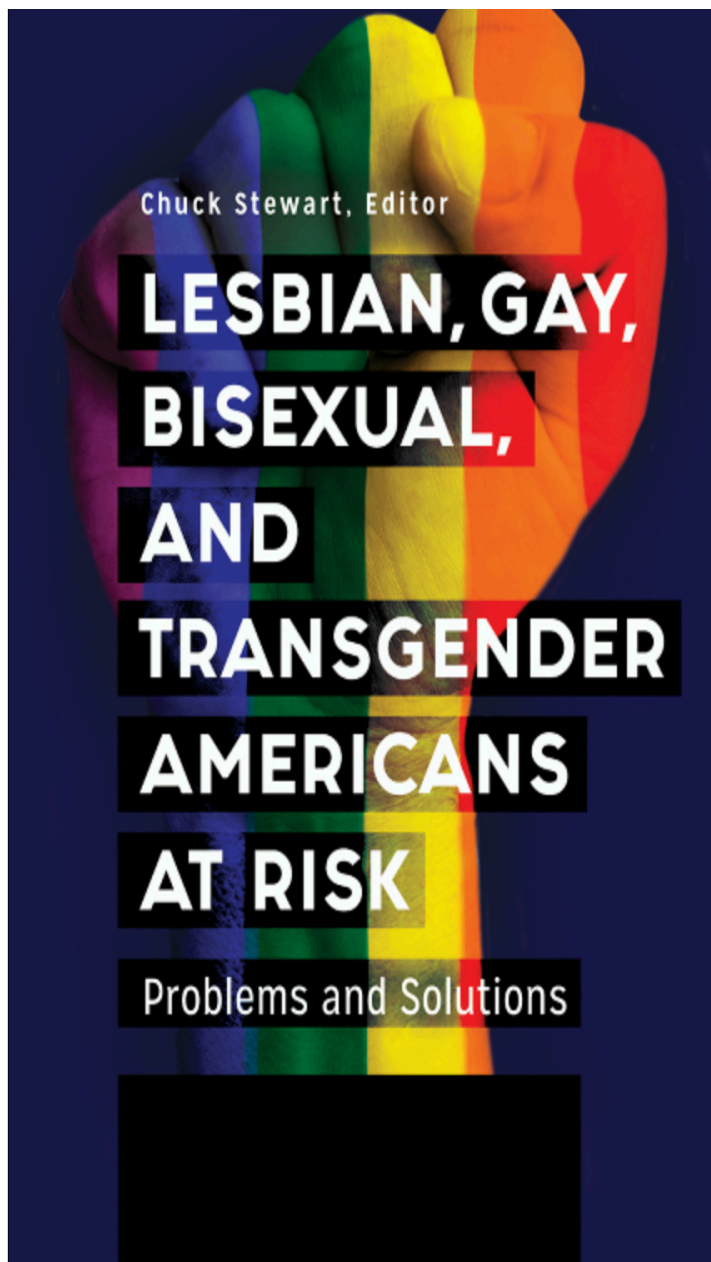
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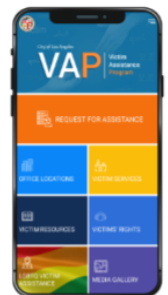
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