



# Treating LGBTQ Clients: Addressing Sexual Orientation & Gender Identity Diversity

**Arlene (Ari) Istar Lev, LCSW-R, CASAC**

## Seminar Description

Arlene Istar Lev presents an in-depth overview of the therapeutic issues impacting lesbian, gay, bisexual, and transgender people and their families. She outlines definitions and language within the context of cultural communities, the process of identity development, and the role of discrimination and bias in the psychological experience of LGBTQ people.

She focuses on gay men and lesbians as individuals and couples. This includes discussing issues involving youth who are first coming out, couple development, and family-building. Additionally, she describes specific concerns of transgender and gender non-conforming clients and their families.

Arlene also discusses the role of psychotherapists in evaluating transgender clients for medical treatment, couple and family issues when a spouse comes out, and issues in treating gender nonconforming children and youth., and a review of the new DSM-5 and Standards of Care developed by the World Professional Association for Transgender Health.

## Objectives: Participants will be able to describe

- The components of sexual identity
- Identity development and the coming out experience for LGBTQ people
- The impact of discrimination and bias on the developmental lifecycle and psychological health of LGBTQ people
- The heterogeneity of LGBTQ lifestyles across cultural, class, age, race, ethnic, religious and political cohorts and communities
- How to encourage cultural competence regarding diverse sexual minorities
- Issues related to family of origin, family of choice, and family-building issues in treating LGBTQ clients
- Different ways clients express their gender identity
- Issues impacting families with gender-variant or gender non-conforming members
- Issues impacting gender nonconforming children and transgender adolescents and their families.
- How to provide comprehensive, respectful, strength-based WPATH Standard of Care assessments

**12 hours CE Credit, including 6 hours Diversity CE**

### LGBT Identities in Context

#### Understanding Terminology

- Understanding Sexual Orientation and Gender Identity
- Coming out, Discrimination, and Shame
- Family of Origin and Family of Choice

#### LBTQ Families

- Queer Families
- Clinical Issues in Family-Building

#### Working with Youth

- Adolescent Challenges
- Case Examples: Adolescent Coming-Out

#### Clinical Challenges

- Couple and Family Issues
- Case Examples: Family Invisibility

### Affirmative Treatment of Transgender and Gender Nonconforming Clients

#### Overview of Transgender Identity

- Gatekeeping and Affirmative Treatment
- DSM-5 and The WPATH Standards of Care

#### Trans-Health Issues

- Family-Centered Treatment
- Assessment for Medical Treatment

#### Working with Children, Youth, and Families

- Working with Children and Youth
- Family-Centered Care

#### Clinical Challenges

- Clinical Issues in Affirmative Transgender Care

## Arlene Istar Lev LCSW, CASAC

Arlene (Ari) Istar Lev is a social worker, family therapist, educator, and writer whose work addresses the unique therapeutic needs of lesbian, gay, bisexual, and transgender people. She is the Founder and Clinical Director of Choices Counseling and Consulting ([www.choicesconsulting.com](http://www.choicesconsulting.com)) where she has provided individual and family therapy in Albany, NY for nearly 30 years. She is also the Director of the Training Institute for Gender, Relationships, Identity, and Sexuality ([www.TIGRISinstitute.com](http://www.TIGRISinstitute.com)), a professional training program in Albany, N.Y. She is a Credentialed Alcoholism Counselor and a Certified Sex Therapist (ASSET).

Arlene is a part-time lecturer at S.U.N.Y at Albany, School of Social Welfare where she is the Project Director of the Sexual Orientation and Gender Identity (SOGI) project. She has lectured around the world on issues related to sex and gender, and has

taught at Smith College School for Social Work, Empire College, Vermont College, Union Institute and University, and the California School of Professional Psychology.

Arlene has authored over 30 journal articles and book chapters and wrote two books: *The Complete Lesbian and Gay Parenting Guide* and *Transgender Emergence*, which won the American Psychological Association (Division 44) Distinguished Book Award, 2006.

Arlene has served on the Board of Directors of many non-profit organizations, and is the Founder and Board President of Rainbow Access Initiative. She also served as a committee member of the World Professional Association for Transgender Standards of Care, 7th edition.

Arlene presented for J&K in 2010 and received excellent reviews.

**12 CE Hours Approved Home Study for Psychologists, Counselors, Social Workers, Nurses, AOTA, and Others**

**Exam Enclosed Participant Practice Level—Intermediate**

## Accreditations

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**American Occupational Therapy Association (AOTA)** – 1.2 CEUs The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

**Pennsylvania Department of Education – Act 48** approved for 12 hours, includes 6 hours diversity

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*This course is approved by the Association of Social Work Boards – **ASWB NJ** CE Course Approval Program. Provider 88 Course #1806 from 04/06/2018 to 04/06/2020 Social workers will receive the following type and number of credits: Clinical Social Work Practice 6, Social and Cultural Competence 6*

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