

LGBT Specialization Curriculum

The following courses make an effort to take into account the APA's 16 Guidelines for Psychotherapy with Lesbian, Gay and Bisexual Clients and their "four" modules which include: (1) Attitudes Toward Homosexuality and Bisexuality; (2) Relationships and Family; (3) Issues of Diversity; and (4) Education.

Human Sexuality (3 units)

As the Initial gateway course for specialization, this course introduces students to an affirmative view of human sexuality and sexual liberation for all individuals. The course also aims to introduce students to gay, lesbian, bisexual and transgender issues.

LGBT History and Mythology (3 units)

The central goal of the course is to saturate students in the histories and mythologies of Lesbian, Gay, Bisexual and Transgender peoples, from ancient times to the present. Students will learn how a person becomes "lesbian," "gay," "bisexual" and "transgender" according to models of identity development, and will become sensitized to the multiple oppressions faced by LGBT people.

LGBT Affirmative Psychotherapy: Theory and Practice (3 units)

Students will learn the fundamental principles of the school of "affirmative" psychotherapy that emerged in the 1970s and which teaches therapists how to "listen" and engage pro-actively to support LGBT relationships and self-esteem. Techniques for confronting the overt and covert effects of internalized homophobia, biphobia, transphobia, racism and sexism in the client's presentation will also be explored.

LGBT Multicultural Mental Health (3 units)

This course emphasizes the unique contributions made by people dealing with multiple oppressions in the gay community and emphasizes a clinical attitude that addresses both the individual and social context of oppression and liberation. The intersection of a LGBT identity with family, job, religion, the social group, children, extended kinship network, family systems, social oppression, and relationship to the LGBT movement will be emphasized through case presentation, role play, and treatment planning specific to LGBT people facing "double" and "triple" threats.

LGBT Clinical and Community Issues (3 units)

This course presents an overview of contemporary LGBT issues often seen in clinical practice. The main issues to be explored include LGBT Parenting, LGBT Youth, LGBT Aging, LGBT Family of Origin Issues, LGBT Substance Abuse and LGBT relationships and sexuality.

Electives to be offered include four classes addressing the specific issues faced by Lesbians, Gay, Bisexuals and the Transgendered. Potential classes to be offered as electives include:

- LGBT people and shamanism
- LGBT people and radical sexuality
- LGBT Addiction Recovery
- Principles of an LGBT-affirmative Treatment Plan
- Models of LGBT Self-Esteem
- LGBT Cultural Diversity Seminars: (e.g. Gay Harlem Renaissance; Ancient Sufism; Native American Two Spirit Traditions; Japanese Samurai/Monks)
- LGBT Adolescent and Youth Identity Issues
- LGBT Health and Research Issues
- Lesbian Liberation (Audre Lorde, Jill Johnston, Barbara Smith, Judy Grahn, Paula Gunn Allen)
- Queer Theory
- Treatment of Personality Disorders from an LGBT-Affirmative Perspective
- Also: an ongoing "consultation" group focusing on LGBT-affirmative therapy will take place.