

Coping With Your Sexual Orientation

Asking the Right Questions, 2 Angela M. Barbara 2007-03 Lesbian, gay, bisexual, transgendered and transsexual (LGBT) people have specific life factors that relate to substance use, factors that include the "coming out" process, societal oppression, loss of family support, and the predominance of bars in LGBT communities. To help therapists explore these concerns with clients, the manual includes interview items that can be used to facilitate discussion during assessment or early in treatment planning. These are: an assessment questionnaire to be used with a standard substance use (or other service) assessment; a guide to help therapists use the assessment instrument; and a glossary of concepts and terms.

Home and Family Relationships Tamra B. Orr 2010-01-15 The teenage years can be a confusing time for all youth, including GLBT teens. Challenges and questions can arise that only a family support system can answer. This helpful guide teaches GLBT teens how to maintain healthy familial relationships. Strategies for coming out to parents and siblings, and how to communicate with others, as well as how to understand and react to the emotions of others are also explored.

STRAIGHT TALK Meddy305 2021-08-01 In this book for parents, we will take a look at what you should do when your child comes out about their sexual orientation or gender identity. First and foremost: don't panic! As someone's parent, it is natural that you would feel upset - but remember how proud they will be feeling in the moment. It really all boils down to one thing: accept our children as who they say they are without question, just like any other time something new has happened with them (lost tooth, first day of school). The more accepting environment we create for our kids now means less self-doubt later on in life, leading to addiction issues such as anxiety, medication abuse, or even suicide attempts if not properly addressed early on. This is a tough situation for parents, but it can be handled with love and acceptance. Some tips to help are: don't scream or shout; get some tissues before you talk so that the child doesn't feel like they have to cry in front of an angry face; make sure not to touch them without their permission first because this might scare them away from telling you anything else about themselves again. The most important thing, though? Don't try too much at once - take your time as things come up! Your kid deserves understanding and patience.

Dealing with Your Feelings Dallas Denny 1991 "This booklet is for those persons who have not yet come to terms with themselves. Its purpose is to help them to deal with feelings of guilt or insecurity, to explore and perhaps seek help for their gender dysphoria, to make the expression of their gender identity a part of their existence, and to hopefully live happier and more productive lives."--Intro.

Choosing to be You Bibi Press 2022-12-19 Are you a teenager who is looking for ways to tell your family about your identity, but are unsure of how? Recent research shows that LGBTQ+ youth who are rejected by their families due to their sexual orientation are 8 times more likely to attempt suicide than those accepted by their families. This book is for teenagers who are facing the difficult process of coming out as gay or lesbian to their parents. It offers practical advice on how to approach and communicate with family members in a productive, healthy way. The authors provide personal stories from those who have gone through the experience before, alongside strategies for confronting fear and anxiety related to coming out. This book also covers how to prepare for questions and reactions from parents, as well as advice for talking about sexual identity in a respectful manner. Finally, it offers emotional support and guidance on how to cope with any potential negative responses from family members. With its comprehensive approach, this guide will help young people confidently share their homosexuality with those they love without fear. Do you need guidance and support on how to approach the topic in a respectful and productive manner? If so, this book is perfect for you! Get your copy today and gain the confidence to share your sexuality with those closest to you. With this book, you can take control of your own story and find the right way to tell your parents that you are gay. Don't delay - buy now! About the author I'm a gay artist who has been through the same things you're going through. I understand how difficult it is to come out and that it can be scary to express your true self. As a result, I want to provide support and guidance for young people who are struggling with this process. I'm also here to provide reassurance. Coming out as gay or lesbian is a difficult process, and it can be hard to find the right words and approach when talking with your parents. However, I want to make sure that you feel comfortable and confident enough to share who you are with them. With my help, I'm sure that you'll be able to get through this experience successfully. I've dedicated my life to helping young people cope with their sexuality and live with pride in who they are. I'm passionate about making sure that no one feels like they're alone in this journey. That's why I'm here for you - to help you find the resources, advice, and support that you need.

DSM-5 Guidebook Donald W. Black, M.D. 2014-02-01 As a companion to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5®), the DSM-5® Guidebook acts as a guide for busy clinicians on the use of diagnostic criteria and codes, documentation, and compensation. It also serves as an educational text and includes a structured curriculum that facilitates its use in courses.

DSM-5® Handbook on the Cultural Formulation Interview Roberto Lewis-Fernández 2015-05-06 DSM-5® Handbook of the Cultural Formulation Interview provides the background, context, and detailed guidance necessary to train clinicians in the use of the Cultural Formulation Interview (CFI), which was created as part of the 2007-2013 DSM revision process. The purpose of the CFI -- and this unique handbook -- is to make it easier for providers to account for the influence of culture in their clinical work to enhance patient-clinician communication and improve outcomes. Cultural psychiatry as a field has evolved enormously from the days when it was principally concerned with epidemiological and clinical studies of disease prevalence; it now examines a multitude of issues, primary among them the differing patient, family, and practitioner models of illness and treatment experiences within and across cultures. The editors, all of whom have been intimately involved in the evolution of the field, have designed the book and accompanying videos for maximum instructional and clinical utility. The Handbook boasts many strengths and useful features, including: A detailed description of each of the three CFI components: a core 16-item questionnaire, which can be applied in any clinical setting with any patient by any mental health clinician; an informant version of the core CFI used to obtain information from caregivers; and 12 supplementary modules that expand on these basic assessments. This material facilitates implementation of the CFI by clinicians. Over a dozen clinical vignettes are included to illustrate use of the three components, and the Handbook also includes multiple videos that demonstrate the application of portions of the core CFI, and several supplementary modules. Strategies for incorporating the CFI into clinical training are identified and discussed, furthering the objective of developing culturally-sensitive and astute practitioners. The theoretical bases of the CFI are explored, raising questions for discussion and identifying areas for further research. The CFI is a valuable tool for all patients, not just those judged to be culturally different. The CFI has been called the single most practically useful contribution of cultural psychiatry and medical anthropology to clinical psychiatry, primary care, and medicine in general. DSM-5® Handbook on the Cultural Formulation Interview is the only book on the market that equips readers with the skills and insight to incorporate the CFI into practice, making it a critically important addition to the clinical literature.

Unconditional Telaina Eriksen 2017-04-18 Parents of LGBT Children. Looking for LGBTQ books that offer guidance on providing loving support to your LGBT child? Parents of LGBT children guide: *Unconditional: A Guide to Loving and Supporting Your LGBTQ Child* provides parents of a LGBTQ (lesbian, gay, bisexual, transgender or questioning) child with a framework for helping their LGBTQ child navigate through a world that isn't always welcoming. Author Telaina Eriksen, a professor at Michigan State University and the mother of a gay daughter, explains what she and her husband have learned through experience, including how to: • Deal with gay children coming out • Confront bullying of gay children • Become an advocate for gay children • Build a support system in a gay family Gender and sexuality: Eriksen also covers the science on gender and sexuality and how to help a transgender child through the various stages of development. Throughout the book parents and kids who have been there, share their stories. She also directs gay family parents to various resources online to help them. LGBTQ parents will learn... • How to help their child navigate locker rooms, sleepovers, proms, etc. • When to involve the police or school administration when it comes to bullying • How to advocate for local, state and national policies that protect your child • Ways to educate well-meaning, but misguided extended family members • How to help start a Gay-Straight Alliance at your child's school • Strategies for keeping your child talking after he or she comes out • Signs of unhealthy relationships • When to

consider therapy for your child and/or your family • How to find an LGBTQ-friendly community (including inclusive churches)

How To-- Cope with Doubts about Your Sexual Identity Joanna Ryan 1996 Focusing on sexual identity, this is one of a series of booklets which aims to help people to maintain and improve their mental health and prevent mental distress. Each booklet contains straightforward advice, a resource list for seeking further help, and suggestions for relatives and carers.

The Advocate 1998-05-26 The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

Sex and Your Teenager John Coleman 2003-03-28 As we all know, sexuality is not an easy topic for parents and carers to deal with once their children enter adolescence. We are all aware of the need to discuss sex with our kids, the only question is, how to start the conversation? This practical, down-to-earth book offers tips on how to broach the subject and gives advice on a range of problems from the bodily changes at puberty through to coping with relationships, contraception and HIV. And in light of modern society's ever changing attitudes towards sexual behaviour, more controversial issues are addressed such as sexual orientation and STDs. Written in a very open, honest style, yet based on a solid bedrock of scientific information this book will help you to help your teenager to cope with their own sexuality. * Written by a very well respected academic * Includes useful lists of organisations and further reading * Will empower you to develop a deeper, more satisfying relationships with your teenage kids

The Therapist's Notebook for Lesbian, Gay, and Bisexual Clients Joy S. Whitman 2013-12-19 Most therapy is set up in a heterosexist context. Explore the issues facing your gay, lesbian, and bisexual clients--and how to deal with them! The Therapist's Notebook for Lesbian, Gay, and Bisexual Clients offers therapists treating lesbian, gay, and bisexual clients innovative, practical interventions plus homework and hands-on activities tailored to these populations. Use the notebook to explore the issues surrounding coming out, homophobia in the workplace, spirituality, identity formation, and issues that require a non-heterosexist approach, such as domestic violence and relationship concerns. Grounded in current theory, each chapter explains the rationale for the activity it proposes, includes contraindications, and provides a list of helpful resources for therapists and clients. Here are just a few of the issues this extraordinary book explores in its four thoughtfully planned sections: Section I: Homework, Handouts, and Activities for Coming Out and Managing Homophobia and Heterosexism addresses: conflicts in self-perceptions obstacles to the growth of a healthy GLB identity dealing with the trauma and anxiety that result from discrimination using semi-hypnotic visualization to treat internalized homophobia helping bisexuals decide whether to come out or to "pass" coping with internalized homophobic messages dealing with heterosexism in the workplace or at school Section II: Homework, Handouts, and Activities for Relationship Issues will help you and your clients understand and work on issues involving: choosing the right partner intimacy and gender roles financial stability assimilation, queer pride, and everything in between how ethnicity and coupling impact sexual identity negotiating a healthy open relationship sexual concerns, sexual dysfunction, and pleasuring sexual role values for bisexual and lesbian women Section III: Homework, Handouts, and Activities for Gender, Ethnic, and Sexual Identity Issues addresses "who am I" issues: sexual orientation and gender identity the intersection of sexual and ethnic identity oppression on multiple fronts gender exploration for lesbians Section IV: Homework, Handouts, and Activities for Specific Issues tackles concepts including: enhancing resilience through spirituality reconciling with religion spiritual wellness and the spiritual autobiography body image disturbances unwanted sexual behavior creating a safety plan in case of same-sex domestic violence alienation and finding a caring community medication adherence for HIV+ clients the difficulties faced by coupled lesbians with children family care planning addiction and recovery healing from the wounds of homophobia relationships with ex-partners managing workplace stress If you're new to treating lesbian, gay, and bisexual clients you'll find rich material, based in current literature, to guide your work. If you've already worked extensively with LGBT clients, the activities and fresh, innovative strategies in The Therapist's Notebook for Lesbian, Gay, and Bisexual Clients will expand and invigorate your skills.

Breaking the Closet Bibi Press 2023-02-09 Are you struggling with understanding and accepting your gender and sexual identity? Look no further, this book has all the information you need. Discover the differences between sexual orientation and gender identity, learn about the history of the LGBT community, and find out how to live a more fulfilling life by embracing who you are. With practical strategies, resources, and motivational tips, this book will help you gain self-acceptance, build confidence, and find happiness. Whether you're questioning your identity or seeking to expand your knowledge, this book is the perfect guide to a better understanding of the LGBT community. Take the first step towards a brighter future and order your copy of this insightful and empowering book today! Attention readers! Embrace diversity and learn about the importance of understanding and accepting gender and sexual diversity with our new book. Explore the difference between sexual orientation and gender identity, discover the differences between homosexuality and classical relaxation, and find out strategies to live better with yourself. Get your hands on this insightful and transformative book today! About the author I'm a gay artist who has been through the same things you're going through. I understand how difficult it is to come out and that it can be scary to express your true self. As a result, I want to provide support and guidance for young people who are struggling with this process. I'm also here to provide reassurance. Coming out as gay or lesbian is a difficult process, and it can be hard to find the right words and approach when talking with your parents. However, I want to make sure that you feel comfortable and confident enough to share who you are with them. With my help, I'm sure that you'll be able to get through this experience successfully. I've dedicated my life to helping young people cope with their sexuality and live with pride in who they are. I'm passionate about making sure that no one feels like they're alone in this journey. That's why I'm here for you - to help you find the resources, advice, and support that you need.

Always My Child Kevin Jennings 2003-01-02 Offers advice and support for parents with adolescents dealing with sexual identity, personal confusion, bigotry, tension, and other challenges of being gay, lesbian, bisexual, or transgendered.

The Parents' Guide to Psychological First Aid Gerald Koocher 2010-11-01 Does your young daughter talk endlessly about invisible friends, dragons in the basement, and monsters in the closet? Is your teenager about to start high school or being victimized by bullies? Is your son mortally afraid of certain insects or of injections at the doctor's office? Compiled by two seasoned clinical psychologists, The Parents' Guide to Psychological First Aid brings together articles by recognized experts who provide you with the information you need to help your child navigate the many trying problems that typically afflict young people. Written in an engaging style, this book offers sage advice on a raft of everyday problems that have psychological solutions. The contributors cover such topics as body image and physical appearance; cigarettes, drugs, and alcohol; overeating and obesity; dental visits; the birth of a sibling and sibling rivalries; temper tantrums; fostering self-esteem; shyness and social anxiety; and much more. Each expert article provides an overview of the issues, offers reassurance for minor problems and strategies for crisis management, and discusses the red flags that indicate that professional help is needed. In addition, the book is organized into various categories to make it easier to find information. For instance, the "Family Issues" section includes articles on Blended Families, Divorce, and Traveling; the "Adolescent Issues" section covers such topics as Dating and Driving; and the "Social/Peer Issues" section explores such subjects as "Sportsmanship," "Homesickness," and "Making Friends." An encyclopedic reference for parents concerned with maintaining the mental health of their children, this indispensable volume will help you help your child to deal effectively with stress and pressure, to cope with everyday challenges, and to rebound from disappointments, mistakes, trauma, and adversity.

The Gender Quest Workbook Rylan Jay Testa 2015-12-01 This one-of-a-kind, comprehensive workbook will help you navigate your gender identity and expression at home, in school, and with peers. If you are a transgender and gender-nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. The Gender Quest Workbook incorporates skills, exercises, and activities from evidence-based therapies—such as cognitive behavioral therapy (CBT)—to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression. Despite outdated beliefs, gender no longer implies being simply male or female, but rather a whole spectrum of possibilities. This fun, engaging workbook is designed specifically for teens like you who want to explore the concept of gender and gender identity and expression—whether you already identify as TGNC or are simply questioning your gender identity. The activities in this book will help you explore your identity internally, interpersonally, and culturally. And along the way, you'll learn how

to effectively express yourself and make informed decisions on how to navigate your gender with family, friends, classmates, and coworkers. The book also includes chapters on sex and dating, balancing multiple identities, and how to deal with stressful challenges when they arise. The Gender Quest Workbook also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth. The guide will address ways to help youth working with gender identity build resilience against gender minority stress, among other topics. This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Can't Touch My Soul Donna Rafanello 2004 This groundbreaking study of lesbian survivors of childhood sexual abuse is a powerful and critically needed entry in the field of survival and recovery literature. 60 courageous lesbian survivors share their personal stories of recovery from the earliest stages of remembering the abuse, to understanding and ultimately overcoming the defense mechanisms that children adopt to survive it, to addressing the endemic feelings of horrible isolation and shame. This collection provides victims ways in which to become survivors, and endows them with a vision of hope for the future.

How to Cope with Doubts about Your Sexual Identity Fiona J. Hill 1999

Teen Queeries Gaye Dell 2012 The book is a journey Gaye and her son Lucas, began together in his early teens. The conversations were taken from a span of around eight years, so some are quite naive and others...well, not. Gaye and Lucas, put some tricky topics on the table addressing them openly and honestly. The book answers some very personal and potentially embarrassing questions with a positive sensitivity and a good dose of common sense. The book is not only for teens dealing with the possibility of being gay, it is also for other young people going through puberty where there seems to be an inbuilt curiosity about homosexuality and experimentation with same gender sex is not unusual. In any case, TEEN QUEERIES will prove to be an informative, interesting read for teens, their parents, friends, teachers, coaches and anyone else who has a teen queerie in their life...and for those of us that are just curious.

Sexual Identity Mark A. Yarhouse 2003 Most people who attempt to change their homosexual attractions and behaviors experience only partial success despite their best efforts. Written for Christians whose beliefs and values support their work towards chastity, this book offers a unique look at how they can manage and develop their sexual identity through a number of practical strategies.

The Queer and Transgender Resilience Workbook Anneliese A. Singh 2018-02-02 How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self. Resilience is a key ingredient for psychological health and wellness. It's what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming? In this important workbook, you'll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal resilience, you'll have an unlimited well you can draw from to navigate everyday challenges. By learning to challenge internalized negative messages and remove obstacles from your life, you can build the resilience you need to embrace your truest self in an imperfect world.

Gay-Friendly Parenting Dennis Lowell 2021-04-08 Parents understand that their children will have different personalities and interests, but are seldom prepared for differences in sexual orientation or gender identity. These are not choices or learned behavior, but are traits that people are born with. If you assume your kids will be heterosexual and ignore the subject during a child's formative years, you may leave a gay child to suffer in silence. Fear, depression, substance abuse and even suicidal thoughts are common among gay children who believe they cannot talk to their parents about their true feelings. Some kids instinctively know their orientation before they're even in grade school, and some don't recognize those feelings until puberty or later. But your child should be absolutely certain that your love is unconditional, and that's not the case with many children who believe their parents won't love them if they're gay. A "coming-out" confession when your child is older - if it happens at all - may be a tearful ordeal that you never expected. If gay people have been disparaged in your church, synagogue or mosque, think about the youngsters sitting in the pews who know they're gay and are being told they're the worst kind of sinners. Their parents may not share those views, but have avoided expressing their acceptance of gay and lesbian people. And if that's the case, the gay child will not open up to his or her parents for a very long time, if ever. You may be focused on stereotypical behaviors and are certain that all your children are destined to be heterosexual. But realistically, you have no way of knowing whether they're straight or gay if you haven't talked about it. And even if your kids are straight, those children need to hear some straight talk about sexual orientation and tolerance so they don't become the class bullies. The kids who are taught to be homophobic, or are shielded from learning anything at all about homosexuality, may eventually deal with gay classmates in a violent way. An important aspect of their psycho-social education is the knowledge that gay people exist in every strata of society, that they are not to be feared or reviled, and that they deserve respect. This book encourages you to be open with all of your children about sexual attractions, and to make it clear at a very young age that it's OK for boys to like boys and girls to like girls. That information is no more traumatic for a small child than the Cinderella story. The child will see it as perfectly natural if you present it that way, and it doesn't have to involve discussions about sex before they're ready for sex education. Age-appropriate discussions, gay role models and gay-friendly TV fare will let your child know that whatever he or she is feeling is acceptable to you and the world at large. If you ignore the subject until you're forced to acknowledge it, our society's attitudes about gays - and perhaps, inadvertently, your own - may put your child through an internal struggle that can be a living hell. And you may be blissfully unaware of it until the child is ready to confide in you. If your boy has effeminate traits or your girl is a "tomboy," the child may also have suffered verbal or physical abuse from other kids and has been afraid to share those experiences with you. You will have missed the opportunity to be supportive when your child really needed your support. You won't have a choice about your children's sexual orientation. It will simply happen as it's meant to happen, and you won't be able to change it. But you can teach all your children that everyone, gay or straight, deserves the chance to be happy in life and love. If you do, it won't matter whether your kids turn out to be straight, gay, bisexual, transgender or asexual. Each child will grow up to be either a happy, well-adjusted sexual minority or a kind and tolerant mainstream heterosexual. Either way, you can't lose.

Understanding the Well-Being of LGBTQI+ Populations National Academies of Sciences, Engineering, and Medicine 2021-01-23 The increase in prevalence and visibility of sexually gender diverse (SGD) populations illuminates the need for greater understanding of the ways in which current laws, systems, and programs affect their well-being. Individuals who identify as lesbian, gay, bisexual, asexual, transgender, non-binary, queer, or intersex, as well as those who express same-sex or -gender attractions or behaviors, will have experiences across their life course that differ from those of cisgender and heterosexual individuals. Characteristics such as age, race and ethnicity, and geographic location intersect to play a distinct role in the challenges and opportunities SGD people face. *Understanding the Well-Being of LGBTQI+ Populations* reviews the available evidence and identifies future research needs related to the well-being of SDG populations across the life course. This report focuses on eight domains of well-being; the effects of various laws and the legal system on SGD populations; the effects of various public policies and structural stigma; community and civic engagement; families and social relationships; education, including school climate and level of attainment; economic experiences (e.g., employment, compensation, and housing); physical and mental health; and health care access and gender-affirming interventions. The recommendations of *Understanding the Well-Being of LGBTQI+ Populations* aim to identify opportunities to advance understanding of how

individuals experience sexuality and gender and how sexual orientation, gender identity, and intersex status affect SGD people over the life course. **A Family and Friend's Guide to Sexual Orientation** Bob Powers 1996 First Published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.

Trauma, Stress, and Resilience Among Sexual Minority Women Kimberly Balsam 2012-12-06 Prevent victimization of sexual minority women by raising your awareness level! Trauma, Stress, and Resilience Among Sexual Minority Women: Rising Like the Phoenix is the first resource to examine trauma, violence, and stress as experienced by lesbian and bisexual women. You'll gain a better understanding of the stressors that these women experience, including the cultural/social trauma of living with homophobia and heterosexism as well as the individual traumas of verbal, physical, and sexual abuse. This book contains never-before-seen data that investigates the prevalence, impact, and meaning of traumatic experiences in the lives of sexual minority women. In Trauma, Stress, and Resilience Among Sexual Minority Women, top researchers use direct quotes and case examples to illustrate and personalize the emotional strain these women endure. Furthermore, they address constructive individual and community responses that promote resilience and healing. The information and strategies contained in this book will help sexual minority women, as well as the practitioners who serve them, understand and heal from the impact of individual and cultural trauma. This book will increase your knowledge of: developmental issues facing lesbian and bisexual youths the impact of sexual abuse history on the "coming out" process ethnic/racial differences in trauma among lesbian and bisexual women the prevalence and impact of traumatic experience among HIV+ lesbian and bisexual women the unique stressors facing African-American lesbians—and how they cope organized religion's approaches to homosexuality and how this impacts lesbian and bisexual women Trauma, Stress, and Resilience Among Sexual Minority Women also shows how data on same-sex domestic violence and hate crimes can be gathered and used as a tool for social and political advocacy, bringing about positive changes that can improve the lives of many lesbian and bisexual women. This book is insightful reading for mental health, health, and social service professionals working with lesbian and bisexual clients or patients, and activists and individuals who work for organizations that serve the gay/lesbian/bisexual/transgender communities.

Spirituality and Psychiatry Christopher C. H. Cook 2022-10-20 This book addresses the concerns of clinicians, patients, and researchers regarding the place of spirituality in psychiatric practice.

Bi Any Other Name Lani Ka'ahumanu 2015-09-23 "I am part of the generation that came of age when Bi Any Other Name was already in print. This groundbreaking anthology gave me the language, courage and sense of community I needed as a young queer woman." —Daisy Hernández, *A Cup of Water Under My Bed* The 25th Anniversary Edition *Bi Any Other Name: Bisexual People Speak Out* first debuted in 1991. This groundbreaking book helped catalyze a national movement for bisexual identity, justice and equality. Often dubbed "the bisexual bible," *Bi Any Other Name* was on Lambda Book Review's Top 100 GLBT Books of the 20th century and became a beloved reference text in many classrooms, doctors' offices, libraries, and pulpits. A 2007 Mandarin translation was published in Taiwan. The new 2015 introduction of this book updates readers to the enormous changes the past quarter century has brought - for bi people, the larger society and the sexual rights and liberation movement of which we are a part. When did you know? How did you come out? What was your experience? The coming out stories in this book speak to the many ways bisexuals embrace realities outside rigid either/or categories throughout the passage of our lives. Everyday stories of women, men, transgender bisexuals, teenagers to octogenarians, from many different cultures and family arrangements. The fierce truth of these lives made visible puts a check on bisexual erasure, exposing the binary constructions of gay/straight and male/female as oversimplifications that reduce spectrums to mere opposites. Caught between the mainstream culture's persistent discounting of bisexuality, the sensationalizing characterizations presented in media, and the sexual liberation movement's continual disregard of bisexuality as a serious identity, bisexual people are often not seen or heard when they speak out. There is a vital need for these earnest voices to be heard in the new century. Enormous cultural changes have occurred in the past 25 years, yes, but understanding bisexualities has just begun.

Collecting Sexual Orientation and Gender Identity Data in Electronic Health Records Institute of Medicine 2013-04-20 *Collecting Sexual Orientation and Gender Identity Data in Electronic Health Records: Workshop Summary* reviews the statement of task set to the committee which required them to collect sexual orientation and gender identity data in electronic health records. This report summarizes the invited presentations and facilitated discussions about current practices around sexual orientation and gender identity data collection, the challenges in collecting these data, and ways in which these challenges can be overcome. Areas of focus for the workshop include the clinical rationale behind collecting these data, standardized questions that can be used to collect these data, mechanisms for supporting providers and patients in the collection of these data, technical specifications involved in creating standards for sexual orientation and gender identity data collection and exchange, and policy considerations related to the health information technology (HIT) Meaningful Use process being overseen by the Department of Health and Human Services. This report summarizes the workshop agenda, select invited speakers and discussants, and moderate the discussions. Invited participants will include lesbian, gay, bisexual, and transgender (LGBT) health care consumer advocates, providers with experience working with LGBT populations, HIT vendors and other HIT specialists, health care administrators, and policy makers.

Maternity, Newborn, and Women's Health Nursing Susan A. Orshan 2008 This new book will be a core text for undergraduate Maternity/Newborn courses. It also will work for courses emphasizing Women's Health across the lifespan. Coverage includes core content on preconception, pregnancy, labor, birth, and postpartum. In addition, the text focuses on important topics throughout a woman's life: health promotion, nutrition, medical issues, psychosocial issues, sexuality, family, fertility control and issues, menopause, and aging. While other texts touch on the different stages of a woman's lifespan, this book provides more detail and information in areas outside the average maternity text.

Gender and Sexual Identity Julie L. Nagoshi 2013-10-21 The first comprehensive presentation of an explicitly transgender theory. This theory goes beyond feminist and queer theory by incorporating the idea of fluid embodiment and lived experience in conceptualizing gender and sexual identity. Beyond developing a formulation of transgender theory that incorporates the socially constructed, embodied, and self-constructed aspects of identity in the narrative of lived experiences, the authors discuss the implications of this "trans-identity theory" for theory, research, and practice.

Acts of Disclosure Marc E. Vargo 2019-01-22 Confronting the psychological, social, sexual, legal, and political issues at stake in the coming-out process, *Acts of Disclosure: The Coming-Out Process of Contemporary Gay Men* uses research findings and first-hand accounts to help gay adolescents and men accept and embrace their sexual identity as an integral part of their being. Offering helpful advice and specific suggestions that will guide you through the coming-out process, this text also teaches family, friends, and colleagues how they can support and encourage you in this challenge. A roadmap through the confusing process of coming to terms with your sexuality both privately and publicly, *Acts of Disclosure* walks you step-by-step through the stages of coming out, the emotions involved, the potential pitfalls, and the kinds of receptions you may meet. It points out both healthy and self-destructive coping strategies and teaches you how to take responsibility for your sexuality. You will find its discussions straightforward, honest, and direct, as it broaches the following topics: coming out in American schools expressing your sexual identity on the job the harmful effects of involuntary public exposure why some parents adjust better than others to the fact that they have a gay child the damaging effects of social myths attached to homosexuality the emotional and behavioral reactions wives have after discovering that their husbands are gay how to anticipate a possible "outing" against oneself and the advantages of coming out to prevent such an act compulsory social programming that may be deeply injurious to gay adolescents disclosing your sexual identity after the onset of AIDS Gay males of all ages, parents, friends, children, therapists, psychologists, social workers, and educators who read *Acts of Disclosure* will realize their error in treating gay sexual identity as undesirable, shameful, or second-rate. As you turn the last page of this comprehensive and enlightening book, you will likely find yourself with an appreciation of gay male sexuality as well as with a better understanding of the complexities of human nature.

Pastoral Care and Counseling in Sexual Diversity Richard L Dayringer 2014-01-27 Learn to reach out to these hidden Christians! Offering a wide variety of points of view from the welcoming to the traditional, *Pastoral Care and Counseling in Sexual Diversity* addresses one of the crucial issues facing the church in these shifting times. Pastors of all Christian churches, whatever their denomination or theology, are likely to be faced with

pastoral care or counseling of someone who is lesbian, gay, bisexual, or transgendered. This valuable compendium examines various ways you can meet the spiritual and psychological needs of these members of your congregation. Pastoral Care and Counseling in Sexual Diversity addresses the basic problems of sexual diversity, including definitions of sexual orientations and issues of human development. It offers wise guidance for offering pastoral care and counseling, and it provides tested solutions for the problems counselors face in dealing with these individuals. Pastoral Care and Counseling in Sexual Diversity offers thought-provoking points of view on a wide range of issues, including: changes in attitudes toward homosexuality among mental health professionals the limits of confidentiality sexual diversity in the black church a developmental model for effective treatment of male homosexuality pastoral care and the formation of sexual identity Biblical perspectives on homosexuality counseling lesbians AIDS ministries and grief counseling Pastoral Care and Counseling in Sexual Diversity is an essential resource for pastors, pastoral counselors, and therapists dealing with these vexing issues facing the Christian church in the new millennium.

The American Psychiatric Association Publishing Textbook of Substance Use Disorder Treatment, Sixth Edition Kathleen T. Brady, M.D., Ph.D. 2021-01-15 The Sixth Edition has been completely revised and restructured and represents the cutting edge of research, practice, and policy in substance use disorder (SUD) treatment. A one-stop reference for evidence-based information on neurobiology, assessment, treatment, and research trends in SUDs, the book is an indispensable resource for trainees and

Family Secrets Jean M Baker 2014-07-16 As a clinical psychologist, Jean Baker had always considered herself open-minded and tolerant, but found she wasn't prepared for the revelation that her only two children were both gay. Family Secrets is an inspirational story of how she and her family learned to accept one another and overcome their internalized fears and prejudices as well as how they coped with a much greater challenge in their personal lives--HIV/AIDS. Family Secrets is more than a parenting memoir, however. It is a guide that draws upon research and scientific findings to capsize the myths and stereotypes that contribute to societal homophobia. It offers important insight into the developmental needs of gay children, and it discusses the issues faced by gay and lesbian youth and their families. Offering practical suggestions about how parents and schools can help gay, lesbian, and bisexual children grow up to be productive, psychologically healthy adults, Family Secrets discusses the effects of social prejudice and stigma on the social and emotional development of sexual minorities. As long as homophobia is running rampant in American society, gay children are going to be reluctant or afraid to confide in their parents, and parents will have trouble understanding and accepting homosexuality in their children. To end the secrecy and build open and healthy environments for all children and adolescents, this book discusses: tactics for reducing homophobia in non-gay youths promoting tolerance and understanding of sexual minorities at home and in school the effects an AIDS death has on families "coming out" about HIV/AIDS discussing homosexuality with your children, regardless of whether or not they are gay or lesbian sexual orientation and the interaction of biology with experience Because Family Secrets is written from the viewpoint of a parent/psychologist, it offers insights into the developmental needs of gay and lesbian children in a way that no other book has done. School counselors, psychologists, marriage and family counselors, teachers, school administrators, and the parents and siblings of gays and lesbians will all benefit from reading this honest, helpful, and encouraging book.

Here and Queer Rowan Ellis 2022-05-10 Here and Queer is a helpful, friendly guide full of support and advice about living your best queer life, written for girls. This vibrant, inclusive guide, designed for all kinds of girls, is designed to help you be the strongest, proudest, happiest version of yourself! A celebration of the gift of queerness, it's packed full of heartfelt advice, comforting stories, and stylish illustrations, and will give you the tools you need to explore your own identity, on your own terms. Author and YouTuber Rowan Ellis uses her personal experience to take you through queer life, from coming out and dealing with tough stuff, right through to finding friendships and celebrating Pride. There are also brilliant guest essays from contributors across the LGBTQ+ spectrum. The book opens with guidance on understanding how you feel as a queer girl. From choosing your pronouns to navigating different labels and identities, Ellis helps girls understand that they are in control of their own identity, and that it's ok to not be sure straight away. Moving onto a glossary of queer terms, Here and Queer helps introduce girls to the rainbow of definitions and terms which help queer people understand who they are and how they feel. The book then moves onto advice on coming out, for many one of the hardest steps to take on their journey to truly living their best lives. Following are chapters on sex and romance, including helpful advice about your first time, as well as guides on consent and knowing how to make sure you build a healthy and supportive relationship with your partner. There are also sections on dealing with bullies and stigma, finding your community, and looking after your mental health, including advice on how to help you find extra support if you need it. The book also has more information on queer ladies in history, and on the fight for equality undertaken by brave activists throughout history and today. Stylishly designed with cool illustrations, this helpful, friendly guide will help all queer girls navigate the challenges of discovering and embracing their identities and flourishing in their own skins!

Stigma and Sexual Orientation Society for the Psychological Study of Lesbian and Gay Issues 1998 Sponsored by the Society for the Psychological Study of Lesbian and Gay Issues, Division 44 of the American Psychological Association.

Coping with your Grown Children Edwin L. Klingelhofer 2013-03-07 Coping With Your Grown Children is the only book to analyze and lay out specific coping strategies for dealing with the problems today's parents face with their adult offspring such as: • failure of the child to really "grow up" or achieve full potential • unemptied nests • moving back home after broken marriages • turning your home into a "daycare center" for your grandchildren • substance abuse, cult involvement, trouble with the law • alternative lifestyles or homosexuality • physical or psychiatric problems • or maybe you just think there's a problem!

Narratives of Lesbian Refugees L. Kooke 2018 It is assumed that approximately 200 to 300 LGBT refugees ask for asylum in the Netherlands annually, which means the number of lesbian refugees asking for asylum in the Netherlands is low (Jansen & Spijkerboer, 2011). Beside the media coverage of the 'average' refugee, if you can say such a thing, I also have read stories from and about LGBT (lesbian, gay, bisexual and transgender) refugees. These stories expressed the discrimination and violence these persons often had to flee from in their home countries, the problems they had to cope with to be recognized as homosexual, and the struggle to be who they want to be in the country they fled to. An important aspect which comes back in the stories of the LGBT refugees is performance. Society has a certain expectation of gender and sexuality, and how you should behave if you have a certain sexual orientation or gender. This social reality is constituted through language, behaviour and symbolic social signs, which can vary within and between countries and cultures. How do non-European lesbian refugees perform their sexual orientation in different circumstances and countries?

Cultural Psychiatry With Children, Adolescents, and Families Ranna Parekh, M.D., M.P.H. 2020-12-04 Rapidly changing demographics in the United States over the past few years have resulted in a "majority of minority" youth. This has far-reaching implications for mental health clinicians, for whom knowledge of cultural context is critically important to understanding their patients and rendering effective, compassionate treatment. In addition to addressing cultural context, the book addresses the emerging crisis of the COVID-19 pandemic and the significance of the movement for social justice.

Coping with Your Sexual Orientation Deborah A. Miller 1990 Explores how and when sexual orientation develops, discussing such concepts as heterosexuality, homosexuality, and bisexuality.

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