

SGDLC Study Guide for Clinicians

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Clinical Consultations: **An Overview of a Product from the** **Sexual & Gender Diversity Learning Community Program**

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Reflecting on your practice in consultation with other clinicians can improve your comfort and confidence in providing mental health care to LGBTQ+ clients. Below are self-reflection questions to consider on your own or bring to clinical consultation meetings. Before beginning this reflection process, consider completing our [self-assessment](#) to identify your strengths and needs.

Collecting Sexual Orientation and Gender Identity (SOGI) Data:

- How can you collect SOGI data in an affirming way at your organization?
- What are your worries or fears about asking clients to disclose their gender identity or sexual orientation?
- What is an example of a repair you can make with a client you've misgendered?
- Which clients are you more hesitant to gather SOGI data from and why?
- How can you use appropriate self-disclosure to enhance client comfort in sharing information about their sexual orientation or gender identity?

Mental Health Care with Lesbian, Gay, and Bi+ (LGB+) Clients:

- How can you stay up to date with current events relating to LGB+ clients, and how has your keeping up with this news changed over time?
- What are your worries about working with LGB+ clients?
- What are some ways you can establish and build rapport with LGB+ clients?
- How would you gather and understand information about the relationship between social environment and mental health with LGB+ clients?

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Mental Health Care with Transgender and Nonbinary Clients:

- How can you stay up to date with current events related to transgender and nonbinary clients, and how has your keeping up with this news changed over time?
- What are your worries about working with transgender and nonbinary clients?
- What are some ways you can establish and build rapport with transgender and nonbinary clients?
- What are some ways you gather and understand information about the relationship between social environment and mental health with transgender and nonbinary clients?

Substance Use Disorder Treatment with LGBTQ+ Clients:

- How does social context (e.g., family, community, or societal factors) affect severity of substance use in LGBTQ+ populations?
- How does misuse of substances interact with social determinants of health that disproportionately affect LGBTQ+ clients?
- What challenges do you experience when providing substance use disorder (SUD) treatment with LGBTQ+ clients?
- What are some ways you gather and understand information about the relationship between social environment and substance use with LGBTQ+ clients?

Facilitating Sexual Health Conversations with Lesbian, Gay, and Bi+ (LGB+) Clients:

- What are your worries about facilitating sexual health conversations with LGB+ clients?
- How do you help LGB+ clients manage the balance between sexual pleasure and safety?
- What can you do to open a discussion regarding vulnerability and sexual safety with LGB+ clients?
- How do you facilitate sexual health conversations to be affirming of LGB+ clients?

Facilitating Sexual Health Conversations with Transgender and Nonbinary Clients:

- What are your worries about facilitating sexual health conversations with transgender and nonbinary clients?
- How do you help transgender and nonbinary clients manage the balance between sexual pleasure and safety?
- What can you do to open a discussion regarding vulnerability and sexual safety with transgender and nonbinary clients?
- How do you facilitate sexual health conversations to be affirming of transgender and nonbinary clients?

Final Notes:

- ❖ While completing this exercise, remember:
 - That safety has many different dimensions (e.g., physical, emotional, psychological)
 - To challenge yourself to think about your positionality and lens
- ❖ Please visit our [website](#) for more information and resources.

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