

CLINICAL WEBINARS

FOR HEALTH SERVICE PSYCHOLOGISTS

TRANSLATING RESEARCH TO PRACTICE

From Health Care to Home: Extending Sex-Positivity to Work With Parents of LGBTQ+ Youth

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1 CE Credit, Instructional Level: Intermediate
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Disclosures/Conflicts of Interest

Financial Disclosure: I receive royalties from *Counseling in a Gender Expansive World*, a book that I list as a resource toward the end of this presentation. I have no other conflicts of interest to disclose.

Learning Objectives

1. Identify three clinically relevant challenges faced by parents/guardians of LGBTQ+ youth
2. List three characteristics of affirmative sexual health care for LGBTQ+ youth
3. Describe three affirming, sex-positive strategies to increase family health and cohesion

Agenda

- Terminology and Context
- Clinically Relevant Challenges
- Affirmative Sexual Health Care
- Strategies to Increase Family Health
- Clinical Resources
- Questions & Answers

Terminology and Context

- Trans and Gender Diverse (TGD) People
 - WPATH Standards of Care Version 8 (2022)
- Current Sociopolitical Context
- Oklahoma
 - It is important for me to acknowledge that I am giving my presentation on unceded land once cultivated by the Wichita People and other First American tribes.

Clinically Relevant Challenges

- Identity Disruption
 - (Values Conflicts)
- Health-restricting beliefs
 - (Health Literacy)
- Reduced self-efficacy/perception of control
 - (Emotion Regulation)
- Isolation
 - (Social Support)

(Austin et al., 2021)

Affirmative Sexual Health Care

- Identity Affirmative
 - Trust-based
 - Strengths-focused
 - Community-oriented
- Sex Positive
 - Consent-based
 - Exploration-informed
 - Wellness-defined

(See Burnes et al., 2017; Knutson & Koch, 2018)

Strategies to Increase Family Health

- Encouraging parental self-exploration and self-acceptance
 - Foregrounds exploration and strengths-identification
 - Addresses identity disruption and health-restricting beliefs
- Centering informed consent in a way that reframes success
 - Cultivates trust, foregrounds agency, (re)defines wellness
 - Restores self-efficacy and feelings of control
- Facilitating community connectedness
 - Expands essential elements in a supportive environment
 - Reduces isolation
- Offering educational/informational resources as appropriate
 - Supports growth and anchors progress
 - Increases health literacy

Clinical Resources

- Project Youth AFFIRM
 - <https://www.projectyouthaffirm.org/about-affirm>
- Family Acceptance Project
 - <https://familyproject.sfsu.edu/>
- Parenting Trans and Nonbinary Youth Fact Sheet
 - <https://extension.okstate.edu/fact-sheets/parenting-trans-and-nonbinary-youth.html>
- Counseling in a Gender Expansive World: Resources to Support Therapeutic Practice
 - <https://rowman.com/ISBN/9781538129432/Counseling-in-a-Gender-Expansive-World-Resources-to-Support-Therapeutic-Practice>

Q&A With Dr. Knutson



- We will now discuss select questions that were submitted via the Q&A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.

References

- Austin, A., Craig, S. L., Matarese, M., Greeno, E. J., Weeks, A., & Betsinger, S. A. (2021). Preliminary effectiveness of an LGBTQ+ affirmative parenting intervention with foster parents. *Children and Youth Services Review*. <https://doi.org/10.1016/j.childyouth.2021.106107>
- Burnes, T. R., Singh, A. A., & Witherspoon, R. G. (2017). Sex Positivity and Counseling Psychology: An Introduction to the Major Contribution. *The Counseling Psychologist*. <https://doi.org/10.1177/0011000017710216>
- Klooster, D., Knutson, D., & Matsuno, E. (2023). Affirmative sexual health care for transgender and nonbinary youth: Toward a sex-positive approach. *Journal of Health Service Psychology*. <https://doi.org/10.1007/s42843-023-00081-0>
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