

## ***LGBTQ+ 101: Providing a Safe Space for Clients***

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This training focuses on being an ally to the lesbian, gay, bisexual, transgender, queer, questioning, and other sexualities and gender identities (LGBTQ+) community. Participants will increase understanding of the importance of being an LGBTQ+ ally, learn about LGBTQ+ basic concepts and language, and develop strategies on how to create an inclusive environment for LGBTQ+ individuals. Participants will learn about local and national resources.

### **Objectives of the program:**

1. Understand the importance of being an ally
2. Increase awareness of life experiences of LGBTQ+ people
3. Increase knowledge and understanding of LGBTQ+ people and issues
4. Identify ways to provide safe spaces and break down the barriers for LGBTQ+ people
5. Identify available resources

Questions? Please contact Jennifer Gess at (425) 922-9016 or [info@jennifergess.com](mailto:info@jennifergess.com).

Thank you!

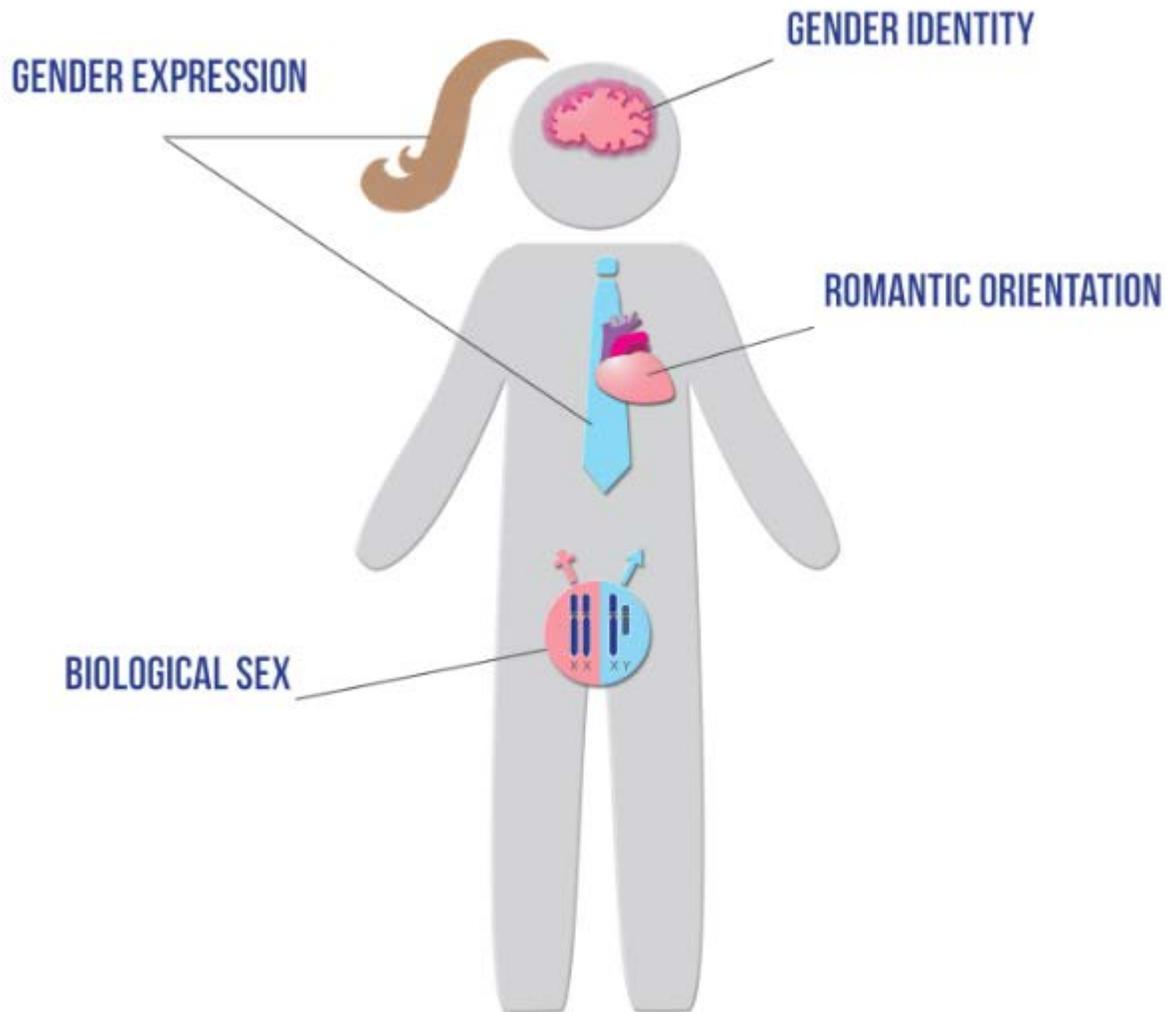
### *Objectives*

1. Awareness
2. Knowledge of terminology, models, and theories
3. Skills on creating a safe space
4. Action: Implementation

### *Common Understandings*

- Listen
- Be respectful
- There are no stupid questions
- Be mindful
- We are not here to debate. We are here to learn and grow to become more LGBTQ+ competent.

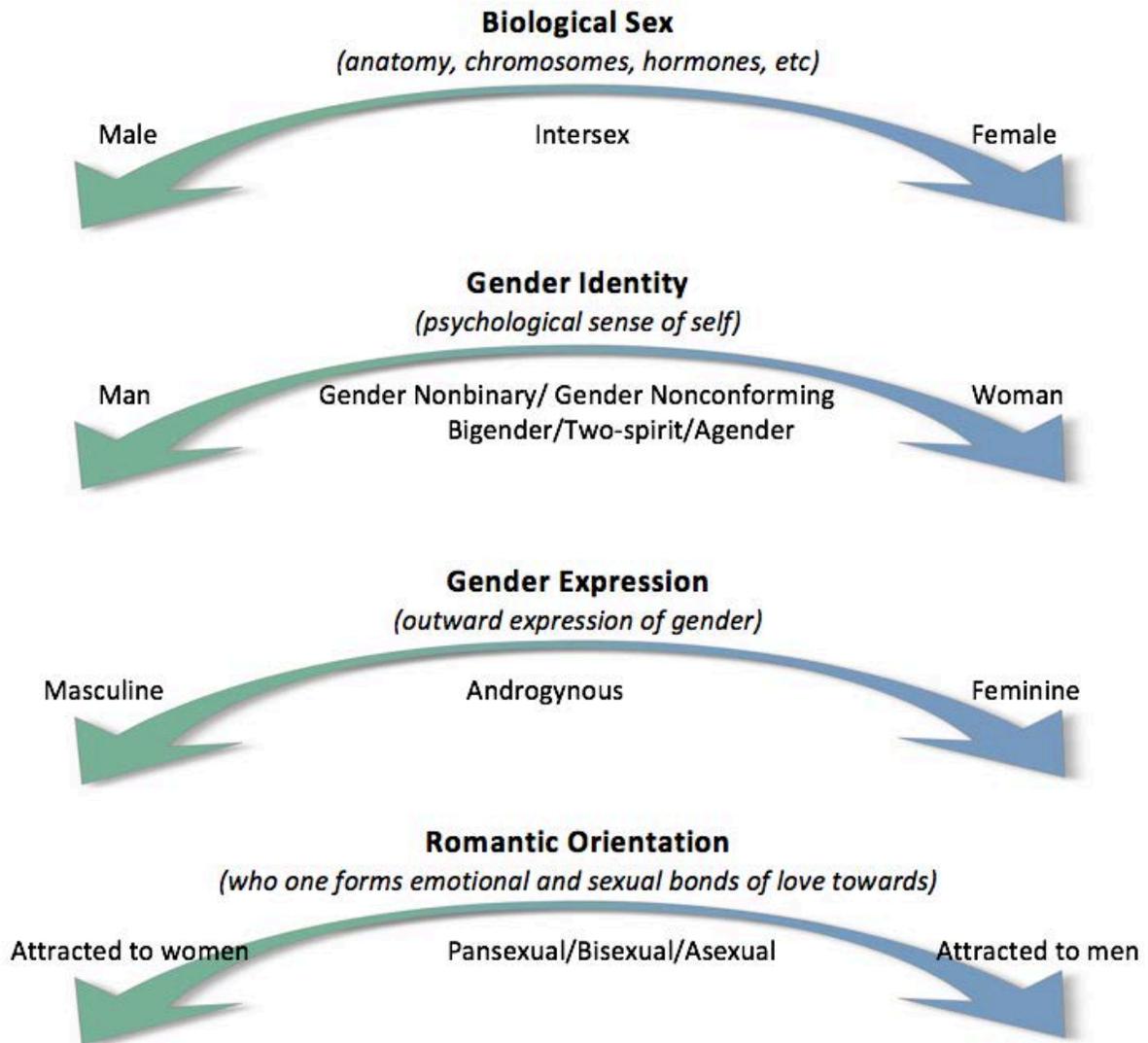
## Terminology: Part I



- **Biological Sex:** anatomy, hormones, and chromosomes combination
- **Gender Identity:** gender with which one identifies internally; not determined by biological sex
- **Gender Expression:** outward expression of one's gender (clothes, mannerisms, etc.)
- **Romantic/Sexual Orientation:** who one forms emotional and sexual bonds of love towards

## Spectrums

Take a moment to self-reflect with the spectrums below. Where do you fit?



## *Terminology: Part II*

**Agender:** a person who does not identify with a gender identity or gender expression; some agender-identifying people consider themselves gender neutral, genderless, and/or non-binary, while some consider “agender” to be their gender identity.

**AFAB/AMAB:** Assigned Female/Male at Birth; the “gender” chosen by a doctor based on their thoughts of what a newborn’s genitals looked like, creating a sex binary harmful for intersex folks.

**Ally:** a person who recognizes their privilege and is actively engaged in a community of resistance to dismantle the systems of oppression. They do not show up to “help” or participate as a way to make themselves feel less guilty about privilege but are able to lean into discomfort and have hard conversations about being held accountable and the ways they must use their privilege and/or social capital for the true liberation of oppressed communities.

**Androgynous:** a person who expresses or presents merged socially-defined masculine and feminine characteristics, or mainly neutral characteristics.

**Aromantic:** a person who experiences little or no romantic attraction to others and/or a lack of interest in forming romantic relationships.

**Asexual:** having a lack of (or low level of) sexual attraction to others and/or a lack of interest or desire for sex or sexual partners. Asexuality exists on a spectrum from people who experience no sexual attraction nor have any desire for sex, to those who experience low levels of sexual attraction and only after significant amounts of time. Many of these different places on the spectrum have their own identity labels. Another term used within the asexual community is “ace,” meaning someone who is asexual.

**Bigender:** a person who identifies with having two genders, which aren’t necessarily man and woman.

**Biphobia:** the fear and marginalization of people who identify as bisexual, also experienced by other non-monosexuals (pansexual, omnisexual, etc.).

**Bisexual:** a person who may be sexually and/or romantically attracted to people of a similar gender and different gender.

**Boi:** a black person who may identify as masculine-of-center and chooses to use this term as a reference to masculinity outside of cis-hood; a term specifically for the black community.

**Butch:** a term used to describe masculinity outside of being a cisgender straight man, usually references gender expression.

**Cisgender/Cis:** a person who is not trans or whose gender identity matches the sex they were assigned at birth (e.g., man and male-assigned).

**Cisnormativity:** the societal and structural assumption that all people identify with the gender they were assigned at birth.

**Coming Out:** the lifelong act of disclosing your queer/trans identity, which actively countering cis/heteronormativity.

**Drag Queen/King:** a person who performs masculine or feminine gender theatrically. While some drag queens and kings also are transgender, the terms are not used interchangeably.

**Dyke:** a slur historically used against queer woman, particularly masculine-of-center woman, which now is reclaimed by some to affirm their identities.

**Fag:** a slur historically used against queer men, which now is reclaimed by some to affirm their identities.

**Female-To-Male (FTM), Male-To-Female (MTF):** used to describe a person who has gone through a gender transition, sometimes used to refer to someone who has had gender reassignment surgery.

**Femme:** someone who identifies themselves as feminine, whether it be physically, mentally or emotionally.

**GSM:** Gender and Sexual Minorities

**Gay:** a person who is attracted exclusively to people of the same gender; misused as an umbrella term for the entire queer/trans community.

**Gender:** gender covers a wide range of issues that affect everyone. Subcategories of gender include:

- **Gender Assigned at Birth:** the gender chosen by a doctor based on their thoughts of what a newborn's genitals looked like, creating a sex binary harmful for intersex folks.
- **Gender Characteristics:** characteristics that are used by others to attribute gender to an individual, such as facial hair or vocal pitch.
- **Gender Confirmation/Affirming Surgery (aka SRS):** a variety of medical procedures that trans people may choose to feel more at home in their bodies; wanting these procedures is not a requirement for being transgender.
- **Gender Expression/Gender Presentation:** the way a person expresses their gender through gestures, movement, dress, and grooming.
- **Gender Identity:** a person's understanding, definition, or experience of their own gender, regardless of biological sex.
- **Gender Nonconformity:** not expressing gender or not having gender characteristics or gender identity that conform to the expectations of society and culture.
- **Gender Role:** culturally accepted and expected behavior associated with biological sex.
- **Gender Binary System:** a social system that requires that everyone be raised as a boy or girl (depending on what sex you are assigned at birth) which in turn forms the basis for how you are educated, what jobs you can do (or are expected to do), how you are expected to behave, what

you are expected to wear, what your gender & gender presentation should be, and who you should be attracted to/love/marry, etc.

- **Gender Dysphoria:** strong, persistent feelings of discomfort with one's own assigned sex that results in significant distress or impairment.
- **Gender Euphoria:** strong, persistent feelings of contentedness with one's gender identity, expression and/or presentation.
- **Genderfluid:** describes a gender identity that may change or shift over time between or within the mix of the options available.
- **Genderqueer:** a gender identity label often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender non-conforming or non-binary identities (e.g., agender, bigender, genderfluid).

**Heteronormativity:** the assumption, in individuals or in institutions, that everyone is heterosexual, and that heterosexuality is superior to all other sexualities.

**Heterosexism:** the societal and structural assumption that all people identify as heterosexual.

**Homophobia:** the fear and marginalization of people who identify as monosexual (gay/ lesbian).

**Intersex:** a person who is biologically neither completely male nor completely female; may have genital and/or reproductive body parts of both sexes. Visit [interactyouth.org](http://interactyouth.org) (link is external) for more information about intersex issues.

**Lesbian:** a woman who is attracted exclusively to people of the same gender.

**LGBTQ(IA)+:** an acronym which stands for 'lesbian, gay, bisexual, trans, queer/questioning, (intersex, and asexual).' There are many more letters that can be added to the acronym to represent the multitude of identities within the community. For the sake of simplified representation, LGBTQ+ (sometimes IA is added as well) is the most common acronym used in discussions on this topic.

**Masculine:** concept of what is "naturally" or traditionally male in terms of appearance, behavior, and personality.

**Misgender:** when referring to someone using a pronoun that does not correctly reflect the gender with which the person identifies with.

**Monosexual:** a person who is only attracted to one gender (gay/straight/lesbian).

**Mx.:** a gender-neutral honorific meant to affirm individuals who do not fit in the Mr./Mrs. binary.

**Pansexual/Omnisexual:** a person who may experience sexual, romantic, physical or spiritual attraction for members of all gender identities and expressions; often used interchangeably with Omnisexual.

**Passing:** being perceived as a particular identity/gender, regardless of how the person identifies (straight passing, cis passing, etc.).

**Polyamory:** a romantic orientation and practice of having multiple partners, who are consenting to relationships with varying structures; not inherently queer.

**Queer:** a term used as an umbrella term to describe someone who does not identify as straight (when used for sexual orientation) or someone who does not identify as cisgender (when used for gender, i.e. genderqueer).

**Romantic Orientation:** a term that refers to who people are romantically attracted to, which can be different from sexual orientation.

**Same-gender Loving:** a person who is attracted to people of the same gender; a term used often in the black community.

**Sex:** one's biological assignment as male, female, or intersexed; based on anatomy, hormones, and chromosomes.

**Sexual Orientation:** a term that refers to who people are attracted to, which can be different from romantic orientation.

**Third Gender:** a person who identifies with a gender outside of the gender binary imposed by colonization.

**Transgender/Trans:** an umbrella term used to describe people whose gender identity differs from the sex they were assigned at birth. Note: this term does not include an "ed."

**Transsexual:** an outdated term that originated in the medical and psychological communities for people who have transitioned through surgery and hormones.

**Transphobia:** the fear and marginalization of transgender people.

**Two-Spirit:** a modern umbrella term by and for LGBTQ Native Americans to describe a non-binary gender system that existed within many Native American communities before colonization. This term should not be co-opted by people who are not Native American.

**Ze/Hir:** a gender pronoun created by/for non-binary transgender people to be used as an alternative to she/her, he/him, they/them; this is one of many pronouns that have been created which are not as well known.

## *Heterosexual and Cisgender Privilege Checklist*

This list is based on Peggy McIntosh's article on white privilege. These dynamics are but a few examples of the privilege which heterosexual and cisgender people have. Lesbian, gay, bisexual, and queer-identified folk have a range of different experiences, but cannot count on most of these conditions in their lives.

On a daily basis as a heterosexual & cisgender person...

1. I can be pretty sure that my colleagues and classmates will be comfortable with my sexual orientation & gender identity.
2. If I pick up a magazine, watch TV, or play music, I can be certain my sexual orientation & gender identity will be represented.
3. When I talk about my heterosexuality (such as in a joke or talking about my relationships), I will not be accused of pushing my sexual orientation onto others.
4. I do not have to fear that if my family or friends find out about my sexual orientation or gender identity there will be economic, emotional, physical or psychological consequences.
5. I did not grow up with games that attack my sexual orientation (i.e., fag tag or smear the queer).
6. I am not accused of being abused, warped or psychologically confused because of my sexual orientation or gender identity.
7. I can go home from most meetings, classes, and conversations without feeling excluded, fearful, attacked, isolated, outnumbered, unheard, held at a distance, stereotyped or feared because of my sexual orientation or gender identity.
8. I am never asked to speak for everyone who is heterosexual or cisgender.
9. I can be sure that my classes will require curricular materials that testify to the existence of people with my sexual orientation.
10. People don't ask why I made my choice of sexual orientation.
11. People don't ask why I made my choice to be public about my sexual orientation.
12. I do not have to fear revealing my sexual orientation to friends or family. It's assumed.
13. My sexual orientation was never associated with a closet.
14. I don't have to defend my heterosexuality.
15. I can easily find a religious community that will not exclude me for being heterosexual or cisgender.
16. I can count on finding a counselor or doctor willing and able to talk about my sexuality and gender.
17. I am guaranteed to find sex education literature for couples with my sexual orientation and gender identity.
18. Because of my sexual orientation and gender identity, I do not need to worry that people will harass me.
19. I have no need to qualify my straight, cisgender identity.
20. My masculinity/femininity is not challenged because of my sexual orientation.
21. I am not identified by my sexual orientation or gender identity.
22. I can be sure that if I need legal or medical help my sexual orientation or gender identity will not work against me.
23. Whether I rent or I go to a movie theater, I can be sure I will not have trouble finding my sexual orientation and gender identity represented.

24. I am guaranteed to find people of my sexual orientation and gender identity represented at my work and/or school.
25. I can walk in public with my significant other and not have people double- take or stare.
26. I can choose to not think politically about my sexual orientation.
27. I do not have to worry about telling my roommate about my sexuality or gender identity. It is assumed I am a heterosexual and cisgender.
30. I can remain oblivious of the language and culture of LGBTQ+ folk without feeling in my culture any penalty for such oblivion.
31. I can go for months without being called straight.
32. I'm not grouped because of my sexual orientation &/or gender identity.
33. My individual behavior does not reflect on people who identify as heterosexual &/or cisgender.
34. In everyday conversation, the language my friends and I use generally assumes my sexual orientation & gender identity. For example, when we talk about sex, it is assumed we are talking about heterosexual sex.
35. People do not assume I am experienced in sex or that I even have it merely because of my sexual orientation.
36. I can kiss a person of the opposite gender without being watched and stared at.
37. Nobody calls me straight with negative or sexualized undertones.
38. People can use terms that describe my sexual orientation and mean positive things (i.e., "straight as an arrow", "standing up straight" or "straightened out") instead of demeaning terms (i.e., "that's gay" or being "queer").
39. I am not asked to think about why I am straight.
40. I can be open about my sexual orientation without worrying about my job.

## *Cass' LGB Identity Development Model*

The “coming out” experience for lesbian, gay and bisexual (LGB) individuals can be understood through Vivienne Cass’ (1979) conceptualization of LGB identity development. According to Cass, the coming out experience can be understood in six sequential stages.

As with most identity developmental models, this model cannot capture the variety of paths different individuals follow. It is important to keep in mind that not all LGB individuals go through all the stages, that they may not do it in order, and that they may not clearly fit in any one stage at a particular time.

### **Stage 1: Identity Confusion** – “Who Am I?”

*Theme:* Tolerates, denies, & rejects a gay identity. "Could I be gay?" Person is beginning to wonder if lesbian, gay, or bisexual sexuality is personally relevant. Denial and confusion is experienced.

### **Stage 2: Identity Comparison** - “Maybe this does apply to me.”

*Theme:* Deals with social alienation; accepts the possibility that she or he may be gay. Self-alienation becomes isolation. Begins to compare one’s sexual orientation with society.

### **Stage 3: Identity Tolerance** - "I'm not the only one."

*Theme:* Decrease social alienation by seeking out others within the LGBTQ community.

### **Stage 4: Identity Acceptance** - “I will be okay.”

*Theme:* Accepts, rather than tolerates, gay self-image. There is continuing and increased contact with others in the LGBTQ+ community. Begins to deal with inner tension of no longer subscribing to society's norms; attempts to bring congruence between private and public view of self.

### **Stage 5: Identity Pride** - “I’ve got to let people know who I am!”

*Theme:* Deals with incongruent views of heterosexuals; Immerses self within the LGBTQ+ culture and has less and less involvement with the heterosexual community. Develops an “Us vs. Them” mentality regarding political/social issues.

### **Stage 6: Identity Synthesis** - “I’m okay, you’re okay too!”

*Theme:* Integrates one’s gay identity so that instead of being the identity, it is one aspect of self. Develops holistic view of self. Defines self in a more complete fashion, not just in terms of sexual orientation.

## *Statistics*

### General:

- 42% of people who identify as LGBTQ+ report living in an unwelcoming environment.
- There is no state or federal law protection for sexual orientation or gender identity discrimination in the workplace.
- Same-sex marriage is federally legal, yet many LGBTQ+ people in Idaho can be fired from employment, kicked out of housing, and kicked out of public accommodations.
- 20-30% of the LGBTQ+ population abuse substances

### Mental Health:

- LGBTQ+ individuals are almost 3 times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder.
- For LGBTQ+ people aged 10–24, suicide is one of the leading causes of death. LGBTQ+ youth are 4 times more likely and questioning youth are 3 times more likely to attempt suicide.
- Often termed “minority stress,” disparities in the LGBTQ+ community stem from a variety of factors including social stigma, discrimination, prejudice, denial of civil and human rights, abuse, harassment, victimization, social exclusion and family rejection.

### Religion:

- 51% of LGBTQ+ people identify with a religion (Of those: 42% as Christian, 27% as Protestant, 1% as LDS, etc.).
- One third of religious LGBTQ+ people identify as having a conflict between their religious beliefs and their sexual orientation and/or gender identity.
- 55% of all religious Americans state “homosexuality conflicts with their religious beliefs” (Pew Research Center, 2013).
- In Idaho, 23% of all people identify as LDS, 22% as Evangelical Protestant, and 18% as Catholic.

### Youth:

- LGBTQ+ youth are twice as likely as their peers to have been physically assaulted, kicked, or shoved at school.
- 73% of LGBTQ+ youth say they are more honest and open about themselves online than in the real world.
- 92% of LGBTQ+ youth say they hear negative messages about being LGBTQ+ from school, the Internet, and their peers.
- Young people who are LGBTQ+ and who are “out” to their immediate family’s report feeling happier than those who aren’t.
- Between 20-40% of homeless youth identify as LGBTQ+.

### *Skills and Strategies for being an Ally*

1. Talk about your LGBTQ+ affirmative stance to colleagues, potential clients, family, and friends.
2. Be aware of your own heteronormative and gender normative assumptions. Challenge oppression. Consistently examine and check your feelings, values, biases, and beliefs about LGBTQ+ issues and people. Remember that not everyone is heterosexual and cisgender; also, various binaries that exist can be oppressive to those that do not fall in these paradigms (male/female, straight/gay, etc.).
3. Challenge homophobic, transphobic, and other anti-LGBTQ+ remarks and jokes. You never know who is listening.
4. Respect confidentiality. It is imperative that you can be trusted.
5. Acknowledge that each person has a unique story related to personal discovery and disclosure of their sexual orientation and/or gender identity.
6. Understand basic LGBTQ+ terminology, such as knowing the differences between sexual orientation and gender identity.
7. Using correct terminology. When in doubt about how to talk about identity, ask!
8. Consistently attend LGBTQ+ affirmative continuing education trainings and resources for clinical practice.
9. Use inclusive language. Use “partner,” or other gender-neutral terms, instead of “boyfriend” or “girlfriend” when talking to others (ask “Are you seeing anyone?” instead of “Do you have a girlfriend?”).
10. Ensure that intake forms include a blank option for gender and acknowledge LGBTQ+ relationships.
11. Include gay and lesbian literature in your waiting area.
12. Become involved in LGBTQ+ community events and activities.
13. Know the LGBTQ+ resources in your local community.



## Resources

### Professional Development:

- GLSEN – Gay, Lesbian & Straight Educator Network: [www.glsen.org](http://www.glsen.org)
- Safe Schools Coalition Idaho: [www.safeschoolscoalitionidaho.org](http://www.safeschoolscoalitionidaho.org)
- Re-teaching Gender and Sexuality: [www.putsthisonthemap.org](http://www.putsthisonthemap.org)
- Gender Spectrum: [www.genderspectrum.org](http://www.genderspectrum.org)
- Idaho Association of LGBT Issues in Counseling – [www.idahocounseling.org/ialgbtic](http://www.idahocounseling.org/ialgbtic)
- ALGBTIC Competencies for Counseling with Transgender Clients: [www.counseling.org/docs/default-source/competencies/algbtic\\_competencies.pdf?sfvrsn=8](http://www.counseling.org/docs/default-source/competencies/algbtic_competencies.pdf?sfvrsn=8)
- ALGBTIC Competencies for Counseling LGBQQIA Clients: [www.counseling.org/docs/ethics/algbtic-2012-07.pdf?sfvrsn=2](http://www.counseling.org/docs/ethics/algbtic-2012-07.pdf?sfvrsn=2)

### Youth & Family Resources:

- The Community Center (TCC): [www.tccidaho.org](http://www.tccidaho.org)
- Idaho Falls PFLAG: [www.ifpflag.com](http://www.ifpflag.com)
- Treasure Valley PFLAG: 208-863-5831
- PFLAG of Canyon County: [cc.pflag@gmail.com](mailto:cc.pflag@gmail.com)
- Family Acceptance Project: [www.familyproject.sfsu.edu](http://www.familyproject.sfsu.edu)
- It Gets Better: <http://www.itgetsbetter.org>
- Youth Alliance for Diversity (YAD): [www.yffn.org/yad](http://www.yffn.org/yad)
- All Under One Roof (SE Idaho): [www.allunderoneroof.org](http://www.allunderoneroof.org)

### Social and Support:

- Breaking Boundaries – Idaho Falls: [www.breakingboundariesidaho.org](http://www.breakingboundariesidaho.org)
- All Under One Roof (SE Idaho): [www.allunderoneroof.org](http://www.allunderoneroof.org)
- Lion's Pride Idaho: [www.lionsprideidaho.com](http://www.lionsprideidaho.com)
- Boise Mpowerment: [community.boisempowerment@facebook.com](https://www.facebook.com/community.boisempowerment)
- The Triangle Connection: [avirta2@yahoo.com](mailto:avirta2@yahoo.com)
- Common Ground Community Chorus: [www.commongroundboise.org](http://www.commongroundboise.org)
- Tri-States Transgender Group (Contact: Emilie): [emiedney@hotmail.com](mailto:emiedney@hotmail.com)
- Trans Coeur d'Alene Support Group: [www.facebook.com/groups/129031587249829/](https://www.facebook.com/groups/129031587249829/)
- National Center for Transgender Equality: [www.transequality.org](http://www.transequality.org)
- Pride Foundation: [www.pridefoundation.org](http://www.pridefoundation.org)
- Your Family, Friends and Neighbors Inc. (YFFN): [www.yffn.org](http://www.yffn.org)
- Coeur d'Alene Trans Facebook Support Group  
<https://www.facebook.com/groups/129031587249829/>

### Schools – What You Can Do:

- Anti-Bullying: <http://www.peacefulplaygrounds.com/how-teachers-should-respond-to-bullying/>
- Gay Straight Alliance: <http://www.gsanetwork.org>
- How to start a Gay Straight Alliance: <http://www.glsen.org/sites/default/files/Gay-Straight%20Alliances.pdf>

## Religion and Spirituality:

- Mormon Spectrum: <http://www.mormonspectrum.org/lgbtq/>
- Unitarian Universalist Association – Welcoming Congregation Program: <http://www.uua.org/lgbtq/welcoming/program>
- United Church of Christ Open and Affirming: [http://www.ucc.org/lgbt\\_ona](http://www.ucc.org/lgbt_ona)
- Find an Affirming Church: <http://www.gaychurch.org/>
- Southeastern Idaho Queer Friendly Churches: <https://sites.google.com/site/gayidahofalls/churches>
- Liberating Spirit Metropolitan Community Church: <https://www.facebook.com/liberatingspiritmcc/?fref=ts>

## Legal Support and Information:

- American Civil Liberties Union – Idaho branch – [www.aclu.org](http://www.aclu.org)
- Lambda Legal: [www.lambdalegal.org](http://www.lambdalegal.org)
- Out and Equal: [www.outandequal.org](http://www.outandequal.org)
- Transgender Law and Policy Institute: [www.transgenderlaw.org](http://www.transgenderlaw.org)
- LGBT Law: [www.lgbtlawidaho.com](http://www.lgbtlawidaho.com)
- Idaho Human Rights Commission: [www.humanrights.idaho.gov](http://www.humanrights.idaho.gov)
- Boise Police Dep. (Tina Perkins – 208-570-6221 and Katie Davey – 208-570-6224)
- Nondiscrimination Ordinances in Idaho <http://acluidaho.org/issues/lgbt-equality/>
- Federal Rights for Transgender persons <http://www.transequality.org/know-your-rights>
- Know Your Rights: Transgender People and the Law <https://www.aclu.org/know-your-rights/transgender-people-and-law>
- Transgender Law Center Legal Information Helpline: <http://transgenderlawcenter.org/programs/legal-helpline>
- Transgender Law & Policy Institute <http://www.transgenderlaw.org/>

## Support for Families with Transgender Members:

- Raising My Rainbow: [www.raisingmyrainbow.com](http://www.raisingmyrainbow.com)
- Trans Youth Family Allies: [www.imatyfa.org](http://www.imatyfa.org)
- Gender Odyssey: [www.genderodyssey.org](http://www.genderodyssey.org)
- Gender Spectrum: [www.genderspectrum.org](http://www.genderspectrum.org)
- Growing Up Trans: PBS & Frontline Report
- Jazz Jennings: You Tube Channel
- “The Transgender Child: A Handbook for Families and Professionals” by Stephanie Brill and Rachel Pepper (<http://www.amazon.com/The-Transgender-Child-Handbook-Professionals/dp/1573443182>)
- “My Child Is Transgender” by Matt Kailey ([http://www.amazon.com/My-Child-Transgender-Children-ebook/dp/B00867Y6OU/ref=sr\\_1\\_1?s=digital-text&ie=UTF8&qid=1338134052&sr=1-1](http://www.amazon.com/My-Child-Transgender-Children-ebook/dp/B00867Y6OU/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1338134052&sr=1-1))
- “Trading Places: When Our Son Became a Daughter” by Jane Baker ([http://www.amazon.com/Trading-Places-Daughter—Mothers-Transition/dp/0990626709/ref=sr\\_1\\_1?ie=UTF8&qid=1445649999&sr=8-1&keywords=trading+place%3A+when+our+son+became+our+daughter](http://www.amazon.com/Trading-Places-Daughter—Mothers-Transition/dp/0990626709/ref=sr_1_1?ie=UTF8&qid=1445649999&sr=8-1&keywords=trading+place%3A+when+our+son+became+our+daughter))
- Organizations, Communities, Literature, and Films <https://community.pflag.org/transgender>

- COLAGE online community for youth and adults with LGBTQ parents  
<http://www.colage.org/online-communities/>

#### LGBTQ-affirming Youth Camps:

- Camp Aranutiq: [www.camparanutiq.org](http://www.camparanutiq.org)
- Trans Youth Equality Foundation: [www.transyouthequality.org](http://www.transyouthequality.org)
- Camp Ten Trees: [www.camptentrees.org](http://www.camptentrees.org)

#### Trans:

- Blog from a gender therapist: <http://darahoffmanfox.com/so-how-does-someone-know-if-theyre-transgender/>
- Female to male: [www.ftmguide.org](http://www.ftmguide.org)
- Laura's Playground: [www.lauras-playground.com](http://www.lauras-playground.com)
- Male to female: [www.gendercentre.org.au/support/male-to-female-support.htm](http://www.gendercentre.org.au/support/male-to-female-support.htm)
- Transition Survival Kit: [www.tsroadmap.com](http://www.tsroadmap.com)

#### Name and Gender Change Information:

- Name Change: Submit petition to the court and publish notice of the petition hearing in a county newspaper for four weeks (<http://www.transequality.org/documents/state/idaho>)
- Name Change Forms <http://www.courtselfhelp.idaho.gov/name-changes>
- Name Change National Document Center: <http://www.transequality.org/documents>
- Driver's License: Submit court order certifying name change (<http://www.transequality.org/documents/state/idaho>)
- Transgender persons can correct gender markers on driver's license without proof of surgery as of April 23, 2013 <https://www.aclu.org/news/idaho-amends-policy-changing-gender-marker-drivers-licenses>
- Driver's Licenses and Identification Cards Fact Sheet  
[http://itd.idaho.gov/dmv/DriverServices/driver\\_license\\_facts.html](http://itd.idaho.gov/dmv/DriverServices/driver_license_facts.html)
- Idaho Transportation Department Website <http://itd.idaho.gov/dmv/index.html>
- Birth Certificate: Idaho does not allow amendment of gender marker on a birth certificate (<http://www.transequality.org/documents/state/idaho>)
- Passport: Must submit certification from physician confirming appropriate clinical treatment for gender transition. See source for details and sample physician letter. (<http://www.transequality.org/know-your-rights/passports>)
- Social Security Record: Submit government-issued documentation reflecting gender change or certification from physician confirming appropriate clinical treatment for gender transition. See source for details and considerations. (<http://www.transequality.org/know-your-rights/social-security>)
- Military Records: Although regulations restrict the ability of transgender individuals to serve openly, veterans may be able to update their records. See source for details (<http://www.transequality.org/know-your-rights/military-records>)
- Immigration Documents: See source for considerations and consult with an immigration attorney to receive advice. (<http://www.transequality.org/know-your-rights/immigration-documents>)

#### Gender Dysphoria:

- Not all transgender person's experience Gender Dysphoria. DSM Diagnosis Criteria  
<http://www.news-medical.net/health/Diagnosis-of-Gender-Dysphoria.aspx>

#### Health Care:

- Genesis Project – Pocatello – [www.genesisproj.com/GayGuide.html](http://www.genesisproj.com/GayGuide.html)
- Allies Linked for the Prevention of HIV and AIDS: [www.alphaidaho.org](http://www.alphaidaho.org)
- Central District Health Department Clinics: 208-327-7400
- Planned Parenthood: 208-376-9300
- Gay AA: 208-344-6611 [www.alcoholicsanonymous.com](http://www.alcoholicsanonymous.com)
- World Professional Organization for Transgender Health: <http://www.wpath.org>
- Center of Excellence for Transgender Health Primary Care Protocol  
<http://transhealth.ucsf.edu/trans?page=protocol-00-00>
- Physical Modifications for Trans Women <http://www.tsroadmap.com/physical/index.html>

#### Transgender Development Model:

- Arlene Istar Lev “Transgender Emergence Model”
  - Model Outline <http://safezone.uncc.edu/allies/theories>

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