



# Sexual Orientation and Gender Identity

Practical and Ethical Considerations in Treating LGBT Clients

**Arlene (Ari) Istar Lev, LCSW-R, CASAC**

## Seminar Description

Arlene Istar Lev describes sexual orientation and gender identity expression and treatment of **Lesbian, Gay, Bisexual, Transgender (LGBT)** clients within a developmental and systemic perspective.

**Day One (Disks 1-4)** focus on understanding definitions and identity integration, and the role of discrimination in psychological development for LGBT people. Arlene also examines barriers to successful and ethical treatment, including the overlap of mental health and substance abuse problems within LGBT families and communities.

**Day Two (Disks 5-8)** focus on the specific concerns for transgender, transsexual, and gender non-conforming clients and their families. Arlene discusses the role of the psychotherapist in the evaluation of medical treatment, evolving Standards of Care, and issues in treating children and youth.

**Both days** include in-depth discussion of ethical considerations in treating LGBT clients including issues of transference and counter-transference, boundaries, informed consent, confidentiality, advocacy and bias in public policy.

**12 CE Hours Approved Home Study Credit Available**

### *LGBT-Affirmative Treatment*

#### 1 Overview of Psychological Development

- Sexual Orientation and Gender Identity
- Coming Out, Discrimination, and Shame
- Family of Origin and Family of Choice

#### 2 Barriers to Effective Care

- Mental Health & Addictions
- Institutional Barriers
- Therapeutic Relationship
- Couple and Family Issues

#### 3 Ethical Considerations

- Boundaries, Confidentiality, & Informed Consent
- Transference and Counter-Transference
- Advocacy and Bias in Public Policy

#### 4 Specialized Treatment Considerations

- Case Example: Family Invisibility
- Parenting - Public Policy Dilemmas

### *Treating Transgender & Transsexual Clients*

#### 5 Overview of Transgender Identity

- Role of the Psychotherapist
- Treatment Models and Diagnosis

#### 6 Trans-Health Issues

- Evolving Standards of Care
- Family-Centered Treatment
- Children and Youth

#### 7 Ethical Considerations

- Assessment for Medical Treatment
- Boundaries, Confidentiality, & Informed Consent
- Transference and Counter-Transference

#### 8 Specialized Treatment Considerations

- Case Example: Gender Diversity
- Case Example: Family Members
- Case Example: Advocacy

## **Arlene (Ari) Istar Lev LCSW, CASAC**

Arlene "Ari" Istar Lev, LCSW, CASAC, is a social worker, family therapist, educator, and writer whose work addresses the unique therapeutic needs of lesbian, gay, bisexual, and transgender people. She is the Founder and Clinical Director of Choices Counseling and Consulting in Albany, New York ([www.choicesconsulting.com](http://www.choicesconsulting.com)), providing individual and family therapy for issues related to sexual and gender identity issues.

She is on the adjunct faculties of SUNY Albany, School of Social Welfare and Empire College. She has authored numerous journal articles and essays including two books: *The Complete Lesbian and Gay Parenting Guide* (Penguin Press, 2004) and *Transgender Emergence: Therapeutic Guidelines for Working*

*with Gender-Variant People and their Families* (Rutledge Press, 2004), winner of the American Psychological Association (Division 44) Distinguished Book Award, 2006.

Arlene is the Founder of two LGBT clinical training programs, serves as the Clinical Supervisor for a low-cost therapy program through the local gay community center, and trains and consults internationally. She serves on the editorial boards of *The Journal of GLBT Family Studies*, *The Journal of Lesbian Studies* and *The Journal of Transgenderism*. She is a highly recognized and dedicated leader in the field of LGBT therapy and has received various awards and recognitions for her work and achievements.

**12 CE Hours Approved Home Study for Psychologists Counselors SocialWorkers Nurses AOTA Act48  
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