



Arlene Istar Lev, LCSW-R, CASAC

Education/Degrees

- M.S.W., 1986--S.U.N.Y. at Albany, School of Social Welfare, Albany, NY.
- B.A. in Sociology, minor in Women's Studies, 1979, S.U.N.Y. at Binghamton, NY.
- A.S. in Social Science, minor in Minority Studies, 1977, Herkimer County Community College, Herkimer, NY.

Credentials

- Licensed Certified Social Worker [L.C.S.W.], 1986 (C), 1997(R), 2005 (LCSW) State of New York (R-034680).
- Credentialed Alcohol and Substance Abuse Counselor [C.A.S.A.C], 1988, NYS.
- Internationally Certified Alcohol and Drug Counselor [C.A.D.C.], 2008, NYS.

Academic Positions

- University at Albany, School of Social Welfare, Lecturer, Albany, New York, 1988 – present.
- Empire College, Adjunct Faculty, Distance Learning, 2008 – present.
- Smith College, School for Social Work, Lecturer, Northampton, Massachusetts, Summer 2012-2014.
- Rockway Institute, California School of Professional Psychology at Alliant International University, Lecturer (Lesbian Track), San Francisco, California, Fall 2012 – present.
- Vermont College of the Union Institute and University, Adjunct Faculty, Distance Learning, 1998 to 2007.

Professional Experience

- Choices Counseling and Consulting, Founder and Clinical Director, Albany, New York (1986 to present).
- The Training Institute for Gender, Relationships, Identity, and Sexuality [TIGRIS], Founder, and Director, Albany, New York (2010-present).
- Pride Center of the Capital Region, Clinical Field Supervisor, Albany, New York (2007-present).
- Project Manager, Sexual Orientation and Gender Identity [SOGI] Project Planning Committee, University at Albany, School of Social Welfare (2009 – present).
- Curricula Development, Governors Office of Employee Relationships, State of New York, (2010 – 2012).
- Rainbow Access Initiative, Albany, New York: Founder & Project Manager (2000 – 2004), Lead Trainer and Consultant (2000- 2008).

Community Service

- Conference Co-Chair, Provider's Day, Empire Conference, Albany, New York, April 27, 2013.
- Member, Program Committee, American Family Therapy Academy, 2012.
- Member, Program Committee, American Family Therapy Academy, 2013.
- Program Chair, American Family Therapy Academy, *Annual Meeting: Sex, Gender and Cyberspace: Expanding the Vision of Family Therapy*, Baltimore, Maryland, 2011.
- Member, LGBTQI Concerns Advisory Committee, University at Albany, (2009 – present).
- Member, LGBTQI Concerns Advisory Committee, Sub Committee Training (2011).
- Member, Standards of Care Committee, World Professional Association of Transgender Health (2009 – present).
- Member, Membership Committee, World Professional Association of Transgender Health. (2011 – present).
- Member, Advisory Committee, *A Longitudinal Study of Transgender/Gender-Variant Youth and Their Families*, Department of Family Studies and Social Work, Miami University, (2009 – present).
- Member, Dissertation Committee, Karen Scarpella, *Understanding the Experience of Male-to-Female Transsexuals in a Therapeutic Relationship*, University of Denver (2008 –2010).
- Member, Dissertation Committee, Jordon Downing, *Transgender Identity Construction: Intersections of Gender and Sexuality*, Clark University, Worcester, MA, (2010 – present).

Memberships

- Member, Editorial Board, International Journal of Transgenderism (2007 – present).
- Member, Editorial Board, Journal of GLBT Family Studies (2006 – present).
- Member, Editorial Board, Journal of Lesbian Studies (2009 – 2012).
- Member, National Association of Social Workers [N.A.S.W.] (1986 – present).
- Member, World Professional Association of Trans-Health (WPATH) (2000 – present).
- Member (Associate), Division 44, American Psychological Association [APA] (2002 – present)
- Member, American Family Therapy Academy [AFTA] (2006 – present).
- Member, Advisory Board, Lesbian and Gay Family Building Project (2000 – present).
- Member, National Advisory Council, Sexual Orientation and Gender Institute, Center on Halsted, (2007 – 2009).
- Member, Medical Advisory Board, Intersex Society of North America (2006 – 2008).
- Board Member, Family Pride Coalition (2003 – 2006).
- Chair, National Association of Social Workers [N.A.S.W.], New York State Chapter, Lesbian and Gay Issues Committee (1986 – 1994).
- Contributing Editor, In the Family Magazine Board, (2004 – 2005).

Awards

- *2014 President's Awards for Exemplary Community Engagement*, University at Albany, 2014
- *Innovative Contribution to Family Therapy*, American Family Therapy Academy, 2013
- *Ally Award*, Freedom Center for Social Justice, TransFaith in Color Conference, 2011
- *Departmental Diversity Award*, for the School of Social Welfare, University at Albany for the Sexual Orientation and Gender Identity Project, Lavender Graduation, 2011
- *Unsung Hero Award* from the University at Albany, Lavender Graduation, 2010
- *Community Service Award*, Capital District Gay and Lesbian Community Council, 2010

- *Transgender Emergence* won The American Psychological Association, Division 44, as Distinguished Book of the Year, 2006
- *Transgender Emergence* chosen by The Society for Sex Therapy and Research as Book of Special Merit, 2006
- *Positive Difference Award*, The Office of Learning Disabled Students Services Department of Student Life, University at Albany, 2003

Publications

Books:

- *Transgender Emergence: Counseling Gender-Variant People and their Families*. NY: Haworth Clinical Practice Press/Taylor and Francis, 2004.
- *The Complete Lesbian and Gay Parenting Guide*. NY: Berkley/Penguin Press, 2004.

Book Chapters (selected)

- Lev, A.I. (2014). Understanding transgender identities and exploring sexuality and desire. In Allez, G.H.(Ed). *Sexual Diversity and Sexual Offending. Research, Assessment and Clinical Treatment in Psychosexual Therapy*. London: Karnac.
- Lev, A.I. (2015). Resilience in Lesbian and Gay Couples. In K. Skerrett, K. & k. Fergus (Eds.). *Couple resilience across the lifespan: Emerging perspectives*. New York: Springer Press.
- Lev, A.I., & Sennott, S. (2013). Clinical Work with LGBT Parents and Prospective Parents in *LGBT-Parent Families: Possibilities for New Research and Implications for Practice*, In Abbie E. Goldberg and Katherine R. Allen (Eds). NY: Springer Press.
- Lev, A.I. & Sennott, S. (2012). Trans-sexual Desire in Different Gendered Bodies. In J.J. Bigner & J.L. Wetchler (Eds.), *Handbook of LGBT-Affirmative Couple and Family Therapy*. NY: Taylor & Francis.
- Lev, A.I., & Sennott, S. (2012). Understanding Gender Nonconformity and Transgender Identity: A Sex Positive Approach, In P. Kleinplatz's (Ed.) *New Directions in Sex Therapy* (2nd Edition), NY: Routledge Press.
- Kleinplatz, P.J., Moser, C., & Lev, A. I (in press). Sex and Gender Identity Disorders In G. Stricker & Tom Widiger, (Eds.), *Clinical Psychology (Vol. 8) Handbook of Psychology* (2nd Edition). Hoboken, NJ: Wiley & Sons.
- Lev, A.I, & Alie, L. (2012). Transgender and Gender Nonconforming Children and Youth: Developing Culturally Competent Systems of Care In S.K. Fisher, J.M. Poirier. & G.M.Blau, (Eds.) *Improving Emotional and Behavioral Outcomes for LGBT Youth: A Guide for Professionals*. Baltimore, MD: Brookes Publishing Company.
- Lev, A.I (2007). Understanding Sexual Orientation and Gender Identity: The need for education in servicing victims of trauma. *Encyclopedia of Domestic Violence*, (Ed.) Nicky Ali Jackson, Ph.D. NY: Routledge.
- Lev, A.I. (2006). Transgender Communities: Developing Identity through Connection In Bieschke, K., Perez, R. & DeBord, K. (Eds.). *Handbook of Counseling and Psychotherapy with Lesbian, Gay, and Bisexual Clients* (2nd Edition.). American Psychological Association, Washington, D.C., 147-175.
- Lev, A.I. (2006). Transgender Emergence within Families. *Sexual orientation and gender identity in social work practice*. Morrow, D.F, & Messinger, L. (Eds.) NY: Columbia University Press, 263-283.
- Lev, A. Lev, S. (1999). *Sexual Assault in the Lesbian, Gay, Bisexual and Transgendered communities* In. Joan C. McClennen and J. Gunther (Eds.) *A Professional Guide to Understanding Gay and Lesbian Domestic Violence: Understanding Practice Interventions*. Lewiston NY: Edwin Mellen Press, 35-62.

- Istar, A. *Couple Assessment: Identifying and Intervening in Domestic Violence in Lesbian Relationships*, in *Violence in Lesbian and Gay Partnerships*, Claire Renzetti and Charles Harvey Miley (Eds.) Haworth Press: NY, 93-106, 1996. [Monograph also published in journal format.]

Journal Articles and other Publications (selected)

- Lev, A.I. (2013). Gender Dysphoria: Two Steps Forward, One Step Back. *Clinical Social Work Journal*, 41 (2), 288-296, July.
- Coleman, E., Bockting, W., Botzer, M., Cohen-Kettenis, P., DeCuypere, G., Feldman, J., Fraser, L., Green, J., Knudson, G., Meyer, W., Monstrey, S., Adler, R., Brown, G., Devor, A., Ehrbar, R., Ettner, R., Eyler, E., Garofalo, R., Karasic, D., **Lev, A.I.**, Mayer, G., Meyer-Bahlburg, H., Hall, B. P., Pfaefflin, F., Rachlin, K., Robinson, B., Schechter, L., Tangpricha, V., van Trotsenburg, M., Vitale, A., Winter, S., Whittle, S., Wylie, K., & Zucker, K. (2011). Standards of Care for the health of transsexual, transgender, and gender nonconforming people, 7th Version, *International Journal of Transgenderism*. <http://wpath.org>.
- Tasker, F., Buxton, A.P., Fedewa, A., Goldberg, A., Gottlieb, A., Green, R-J., LaSala, M., **Lev, A.I.**, Lynch, J., Tunnell, G. & Wetchler, J.L. (2011): Jerry J. Bigner: A Tribute to the Founding Editor of the Journal of GLBT Family Studies, *Journal of GLBT Family Studies*, 7:5, 419-422.
- Rachlin, K. & Lev, A.I. (2011). Challenging Cases for Experienced Therapists, *Journal of Gay & Lesbian Mental Health*, 15:1–20.
- Lev, A., Winters, K., Alie, L., Ansara, Y., Deutsch, M., Dickey, L., Ehrbar, R., Ehrensaft, D., Green, J., Meier, S., Richmond, K., Samons, S., Susset, F., (2010). “Response to Proposed DSM-5 Diagnostic Criteria,” *Professionals Concerned with Gender Diagnoses in the DSM*, <http://professionals.gidreform.org>.
- Lev, A.I. (2010). How queer – the development of gender identity and sexual orientation in LGBTQ-headed families. *Family Process*, 49 (2), 268-290.
- Lev, A.I. (2010). A review of “Gay and lesbian parents and their children: Research on the family life cycle; Who's your daddy? And other writings on queer parenting; Becoming parent: Lesbians, gay men, and family.” *Journal of GLBT Family Studies*, 6, 341–348.
- Lev, A.I. (2009). The ten tasks of the mental health provider: Recommendations for revision of the World Professional Association for Transgender Health's Standards of Care. *International Journal of Transgenderism*, 11 (2), 74-99.
- Lev, A.I. (2008). More than surface tension: Femmes in families. *Journal of Lesbian Studies*, 12(2–3).
- Lev, A.I. (2006). Intersexuality in the family: An unacknowledged trauma. *The Journal of Gay and Lesbian Psychotherapy*, (Eds. Vernon A. Rosario & Jack Drescher), 10(1), 27-56.
- Lev, A.I. (2006). Gay Dads: Choosing surrogacy. *The British Psychological Society Lesbian and Gay Psychology Review*, 7 (1), 72-76.
- Lev, A.I. (2005). Disordering Gender Identity: Gender Identity Disorder in the DSM-IV-TR. *The Journal of Psychology and Human Sexuality*, 17 (3/4), 2005.

Presentations

Webinars

- Evaluating Trans Clients for Hormones: Assessment, Letter-Writing, and Collaboration with Physicians. November 22, 2013.
- Webinar, Pride and Joy Families, *Gender in LGBTQ Families*, January 18, 2012.
- Webinar, Pride and Joy Families, *Talking with Children in LGBTQ Families about their Origins across Developmental Stages*, March 7, 2012.

Keynotes and All Day Trainings (selected)

- All Day Training, Mental Health Resource and Education Network, *LGBTQ Issues in Therapy: A New Frontier*, Ashland, Oregon, May 17, 2013.
- All Day Training, Mental Health Evidence-Based Practice Project for Children, Youth and Families, School of Social Work, The State University of New York, *Working with LGBTQ Clients Dealing with Trauma*, Buffalo, New York, October 11, 2013.
- All Day Training, Women's Therapy Center, *All in the Family: Gender Transitions throughout the Lifecycle*, Berkeley, California, May 11, 2013.
- All Day Training, Unitarian Universalist Church, *Understanding Trans/Gender: Creating a Welcoming Community*, Oneonta, New York, March 10, 2013.
- Keynote, Gold Rush Conference, *Envisioning a World of Gender Freedom*, Denver, Colorado, March 24, 2012.
- Keynote, Empire Conference, *Gender Expression and Diversity in Children and Youth*, Albany, New York, April 13, 2012.
- Keynote: Northeast LGBT Conference, Provider's Day, *Fostering Leadership in LGBTQ Students*, Albany, New York, March 31, 2012.
- Full Day Training, Plattsburgh Behavioral Health Services, *Gender Non-Conforming Children and Transgender Youth*, Plattsburgh, NY, September 16, 2011.
- Keynote, Empire Conference, *Gender Comes of Age*, Albany, NY, May 7, 2011.
- Workshop, Ackerman Institute Annual Spring Conference, *Gender Variance in Families: A Family Systems Approach*, New York City, May 15, 2009.
- Full Day Training, Northeast Parent and Child Society, Clinician's Training Day, *Structural Family Therapy*, Schenectady, New York, October 31, 2008.
- Keynote Speaker, Dimensions X Conference: A Decade of Caring for Queer Youth, *Working with Families of LGBTQIQ Youth*, San Francisco, California, September 26, 2008.
- Plenary Speaker, American Family Therapy Academy, Family Therapy's Forgotten Bonds, *Transgender Emergence*, New Orleans, Louisiana, June 19, 2008.
- Keynote Speaker, Canadian Professional Association for Transgender Health, *Supporting Partners of Trans People*, Toronto, Canada, June 27, 2008.
- Lunch and Learn Speaker, Series presented by the Lesbian and Gay Family Building Project, *Same-Sex Parenting*: Kingston, NY, April 25; Ithaca, NY, May 2; Utica, NY, May 16; Rochester, NY, November 16; and Albany, NY, December 7, 2008.
- All Day Training, Human Rights Campaign "All Children—All Families," *Transgender Families for Adoption Specialists*, Washington, D.C., July 13, 2008.
- Speaker, Department of Social Work at Monmouth University, Inaugural Greta Singer Lecture in Clinical Social Work, *Contemporary Clinical Practice with People who are Transgendered*, West Long Beach, New Jersey, April 11, 2008.
- Trainer, The New England Gender Conference: For Therapists and Healthcare Providers, Advanced Clinical Issues, *Couple and Family Issues*, Northampton, Massachusetts, February 2, 2007.
- Keynote Speaker, Pink Therapy, 2nd Biennial Conference, London, U.K., Intimate Affairs: Sexual Minorities and Relationships, *Transgender Emergence: Transgender, Transsexual, and Gender-Nonconforming issues through a Family Systems Lens*, June 16, 2006.
- Grand Rounds, Palmetto Memorial Hospital, *Gender-Variant Children and Youth*, Columbia, South Carolina, April 27, 2007.

Workshops and Conferences (selected)

- Provider training day, Binghamton University Downtown Center, *Working with Transgender Individuals and Their Families: A Provider Training Day*, with Acey Mercer and Carolyn Wolf-Gould, M.D., for Pride and Joy Families, Binghamton, NY, April, 25, 2014.

- Clinical Case Seminar with Diane Ehrensaft, PhD, *Working with Gender Creative Children and their Families*, Women's Therapy Center, Berkeley, California, May 10, 2013.
- Workshop, Women's Therapy Center, *All in the Family: Gender Transitions throughout the Lifecycle*, Berkeley, CA, May 11, 2013.
- Workshop, *American Family Therapy Academy (AFTA) Annual Conference: Coupling Today: Love, Parenting, Community, Working with Families with Gender Nonconforming Youth: Ethical Dilemmas in Working with Families of Gender Non-Conforming Children*, July 6, 2013.
- Plenary Session, World Professional Association of Transgender Health, *Complex Clinical Cases*, September 24, 2012.
- Workshop, GLAP The Third Bi-Annual Trans-Clinical Symposium, *Complex Clinical Cases*, February 25, 2011.
- Workshop, Gold Rush Conference, *Envisioning Clinical Practice with Families of Gender Nonconforming Children and Transgender Youth*, Denver, Colorado, March 24, 2012.
- Plenary Session, Gold Rush Conference, *Standards of Care* Denver, Colorado, March 23, 2012.
- Panel Presentation, Empire Conference, *Supporting Gender Nonconforming Children and Youth*, Albany, New York, April 13, 2012.
- Panel Presentation, *In Our Own Voices*, A National LGBT POC Health Summit,: Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Family Diversity: The Intersection of Racial and Queer Identities, October 16, 2011.
- Panel Member, National Multicultural Conference, *Intersections of Trans Identities*, January 28, 2011.
- Workshop, Gay and Lesbian Affirmative Psychotherapy, Transgender Symposium, *Advanced Clinical Cases*, New York City, February 20, 2010.
- *Workshop*, Power of Social Work Conference, *Transgender Emergence in Families: A Social Work Perspective*, Albany, New York, March 12, 2010.
- Panel Presentation, *Aging into Feminism*, Lesbians in the 70's and 80's & LGBTQ's in the 21st Century: Voices Back Then/Voices Right Now, Wheelock College, Brookline, MA, March 20, 2010.
- Workshop, Family Week, *Boys Will Be Boys and Girls Just Love Pink: How Our Families "Do" Gender*, Provincetown, MA, August 5, 2010.
- Workshop, VISIONS, Inc., *Becoming a Trans Ally: A Workshop with Arlene Lev*, Boston, Massachusetts, November 7, 2009.
- Workshop, *In Our Own Voices*, A National LGBT POC Health Summit *Conversation across boundaries: Building cultural competence and fostering respect for racial, ethnic, and sexual minorities across organizational and institutional divides*. Albany, New York, October 15, 2009.
- Workshop, Pride and Joy Family Weekend *Parenting Gender-Variant Children*, Utica, NY, April 25, 2009.
- Workshop, Pride and Joy Family Weekend *Boys Will Be Boys and Girls Just Love Pink: How Our Families "Do" Gender*, Utica, NY, April 25, 2009.
- Workshop, St. Peter's Addiction Recovery Center, *Lesbian, Gay, Bisexual, and Transgender (LBGT) Substance Abuse Training*, Albany, New York, March 20, 2009.
- Organizer, Rainbow Access Initiative, *The Transgender Research Forum* with Mona Mason, March 12, 2009.
- Workshop, *Mental Health Consumer Forum*, AIDS Council of NENY, Albany, New York, February 26, 2009.
- Workshop, National Multicultural Conference, *Gender Identity Disorder*, New Orleans, Louisiana, January 15, 2009.
- Organizer, *Videos at Noon*, LGBT Video Series, University at Albany, Spring 2009.
- Workshop, World Professional Association for Transgender Health, *Developing an Ethical Standard of Care for Children, Youth and Families*, Chicago, Illinois, September 8, 2007.
- Workshop, Pediatric Academic Societies Annual Meeting, *Gender-Variant Youth: The Role of the Healthcare Provider Caring for Adolescents*, Toronto, Canada, May 6, 2007.
- Workshop, American Family Therapy Academy Annual Conference, Vancouver, B.C., *Transgender Youth*, June 21, 2007.

- Workshop, International Foundation for Gender Education, *Moving Beyond Gatekeeping and Medical Model*, Philadelphia, Pennsylvania, April 12, 2007.
- Workshop, Philadelphia Mazzoni Center Trans-health Conference, Provider's Day, *Trans-Positive Family Therapy*, Philadelphia, Pennsylvania, April 5, 2007.
- Workshop, Gender Identity Project, Lesbian and Gay Community Center New York City, *Trans-Families: A Guide for Building Healthy Families*, March 17, 2007.
- Lecture, Syracuse University LGBT Resource, *Working with Gender-Variant Youth and Their Families*, Syracuse, New York, October 27, 2006.
- Training, Fenway Community Health, *Transgender Emergence*, Boston, Massachusetts, October 24, 2006.
- Workshop, NYS Affirmative Action Advisory Council, Civil Rights in the 21st Century, *Sexual Orientation and Gender Identity*, Saratoga Springs, New York, September 20, 2006.
- Workshop, Pink Therapy, 2nd Biennial Conference, Intimate Affairs: Sexual Minorities and Relationships, *LGBT Families: Moving beyond "we have a right to exist,"* London, U.K., June 16, 2006.
- Workshop, Transgender Umbrella: Clinical Skills for Empowering Transgender and Gender Queer Clients, *Couple and Family Therapy*, Mesa, Arizona, June 3, 2006.
- Lecture, Sunshine Club, Family and Gender Issues, Hadley, Massachusetts, May 20, 2006.
- Workshop, Pediatric Academic Societies Annual Meeting *Transgender Children and Youth – The Role of the Pediatrician*, San Francisco, California, April 29, 2006.
- Workshop, Gender-Variant People and their Families, *Therapy Issues in Working with Gender-Variant & Ambiguous Sexed Clients & Family*, Topeka, Kansas, April 21, 2006.
- Workshop, NASW Massachusetts, Symposium 2006, *Marlboro, Massachusetts, LGBT Families and Social Work: A New Frontier*, April 6, 2006.
- Workshop, NASW-NYS, The Power of Social Work, *LGBT Families and Social Work: A New Frontier*, Albany, New York, March 24, 2006.
- Lecture, TransNYC, CUNY Graduate Center, *TransSexuality: Myths and Truths about Transgender Embodiment and Eroticism*, New York City, October 20, 2005.
- Workshop, National Association of Social Workers Annual Conference, *Clinical Practice with Lesbian, Gay, Bisexual, and Transgendered People*, Suffern, NY, March 11, 2005.
- Workshop, True Colors, Inc, Sexual Minority Youth, Central Connecticut State University, *TransYouth*, New Britain, Connecticut, March 18, 2005.
- Lecture, Department of Psychology, University at Albany, *Transgender Emergence*, Albany, New York, March 31, 2005.
- Public Talk, Voices Library Lecture Series, Hudson Valley Community College *Transgender Emergence*, Troy, New York, September 8, 2005.
- Workshops, Human Development & Family Studies Program, and Division of Student & Campus Life, University of Vermont, *Clinical Issues working with Transgender Youth: Developmental Issues*, Burlington, Vermont, November 7, 2005.
- Workshop, Lesbian and Gay Family Conference, "*Out*" in the World, *Advocating for Our Families at School and in Our Communities*, and *Talking to Our Children about our Families*, Binghamton, New York, November 11-12, 2005.
- Workshop, Transgender 2004, the 18th Annual IFGE Conference, PA, *Transitioning within Families*, Philadelphia, Pennsylvania, April 3, 2004.
- Workshop, University of Connecticut, Rainbow Center, *Transgender Emergence*, Storrs, Connecticut, April 21, 2004.
- Workshop, Transgender 2003, International Foundation for Gender Education Conference and The RSI Transperson Symposium, *Disordering Gender Identity*, Philadelphia, Pennsylvania, March 22, 2003.
- Panel Presentation, The Multicultural Family Institute, 12th Annual Culture Conference "Crossing Cultural Borders: Transformation and Healing," University of Medicine and Dentistry of New Jersey, *Gender Crossings*, New Brunswick, New Jersey, May 23, 2003.

- Workshop, Albany Law School Clinic, HIV/AIDS Conference, *Transgender Health Care and Legal Issues*, Albany, New York, July 10, 2003.
- Workshop, Harry Benjamin International Gender Dysphoria Association, BiAnnual Conference, *Revisiting the Standards of Care*, Ghent, Belgium, September 11, 2003.