

# **LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care**

## **Program Description**

Members of the LGBTQ+ community present to treatment with a great deal of challenges and strengths which have informed their experience. Avery Cook offers best practice treatment information vital to ethical clinical practice when assisting LGBTQ+ clients with substance use concerns. Ethical practice demands that clinicians are familiar with LGBTQ+ issues, strengths, and barriers in recovery. Participants of this workshop will gain a basic understanding of the LGBTQ+ population as well as issues specific to the LGBTQ+ experience of addiction and recovery. Working toward the development of cultural competency as a goal, this workshop will be interactive, setting the expectation that participants engage in thought provoking dialogue in consideration of ethical clinical practice.

## **Program Objectives**

Upon completion of this workshop, participants will be able to:

- 1) Demonstrate increased familiarity with the issues and barriers faced by LGBTQ+ persons in need of substance use disorder-related services, as a tenet of ethical care;
- 2) Explain the interaction between LGBTQ+ issues and substance use and abuse, clarifying why this understanding is integral to provision of ethical care;
- 3) Describe at least three ways to provide more sensitive, affirmative, culturally relevant, and effective treatment to LGBTQ+ clients, inherent in ethical practice.

## **Target Audience**

Mental Health Professionals; Psychologists; Substance Abuse Counselors, and anyone interested in this topic.

## **Program Agenda**

9:00 AM – 10:00 AM	Introduction to Key Concepts and Ethical Framework; Terminology / Language and Respect
10:00 AM – 10:30 AM	Demographics / Identity
10:30 AM – 11:00 AM	Break
11:00 AM – 12:30 PM	Barriers to Care/Special Issues for LGB Individuals and Ethical Care
12:30 PM – 1:30 PM	Lunch
1:30 PM – 2:00 PM	Ethics of Reparative Therapy / Case Studies
2:00 PM – 3:00 PM	Ethical Care of Trans / Non-Binary Clients
3:00 PM – 3:30 PM	Break
3:30 PM – 4:30 PM	Supporting LGBT Individuals in Ethical Practice / Case Studies
4:30 PM	Adjournment

**Credit Hours**

6.0 contact hours

**Faculty**

**Avery Cook, MSW, LCSW** is the Associate and Clinical Director at Counseling and Psychological Services at UNC-Chapel Hill, where she engages in clinical work with individuals on issues involving gender identities and expression, LGB culture and identity development, as well as anxiety, depression, and crisis intervention. She has been a field instructor with UNC-CH School of Social Work for the past 10 years and serves as a training consultant with the School of Social Work's AHEC Training Partnership; conducting trainings across the state on issues related to gender identity and gender expression.