

Intersectionality of LGBTQ+ Youths in Rural Settings – Ethics and Competencies

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About me

- ❖ Pronouns - He/Him/His
- ❖ I've been practicing for several years
- ❖ I have experience in 7 different communities through the panhandle of Nebraska
- ❖ Experience working through telehealth
- ❖ Master's degree in Clinical Mental Health Counseling
- ❖ Doctoral student at Oregon State University

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Disclaimer: Not all topic and identities will be able to be fully covered.

01.



Introduction and Terminology

Initialism

LGBTGEQIAP+



Lesbian
A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.
Gay
A person who is emotionally, romantically or sexually attracted to members of the same gender. Men, women and non-binary people may use this term to describe themselves.
Bisexual
A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.

Trans*, Transgender; & Two-Spirit
Umbrella term used to describe people who challenge social gender norms, including genderqueer people, gender-nonconforming people, people who are transsexual, crossdressers and so on. Comes with the caveat that those individuals must self-identify as trans for it to be appropriately used to describe them.
Gender-Expansive
A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system. Often used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.
Queer; & Questioning
Generally, refers to individuals who identify outside of the heteronormative imperative and/ or the gender binary. Also used as an umbrella term referring to the LGBTQ+ community. Has been used as a pejorative by those outside the community. Individuals who are unsure if they are emotionally, physically, mentally, and/ or spiritually attracted to women, men, or both.

Intersex
Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.
Agender; Asexual & Aromantic
Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little or conditional sexual attraction.
Pansexual; Pan/Polygender; & Poly Relationship Systems
Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.

*Definitions provided from The Human Rights Campaign

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Changing Language



Outdated Terms

- Can be derogatory
- May create an unspoken rupture
- Can negatively impact client's mental health

Rapid Change

- Technology has increased the speed and communications within cultures and subcultures
- Stigma becomes attached to terms
- Better and more specific definitions have developed over time

Gendered language

- Socialized to use specific language
- As providers we may feel frustrated if we are unaware of a term or misuse one
- Personalized expression

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02.



Intersectionality

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Intersection of Identify

Rural

Access to care, culture, support

LGBTQ+

Exploring their identity, discrimination

Youth/Other

Less independence, developing peer groups

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Further exploration



Rural

Rural populations are less commonly researched than those in Urban areas, this continues to be the case with LGBTQ+ research.

Interacting with care

Disparities in health care access information

Minority Stress Theoretical Lens

In a phenomenological study by Roberts et al., (2022), participants noted antagonistic high school experiences.

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Exploring the experience



LGBTQ+ youth in rural areas are more likely to experience hostile climates, especially around homophobic remarks and school victimization than those in urban areas (Kosciw et al., 2009)

Research often focused on the underutilization of healthcare (Roberts et al., 2022)

Note from Roberts et al., (2022), Education and support should overtake the recommendation of coming out/getting support in college



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03.



Ethical Concerns

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ACA Code of Ethics



ACA Code of Ethics

These are some specific ACA codes that come into play when working with these populations.

A.4.b. Personal Values

Counselors are aware of- and avoid imposing their own values, attitudes, beliefs, and behaviors.

C.7.a Scientific Basis for Treatment

When providing services, counselors use techniques/ procedures/ modalities are grounded in theory and / or have an empirical or scientific foundation

C.7.c. Harmful Practices

Counselors do not use techniques/ procedures/ modalities when substantial evidence suggests harm, even if such services are requested



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Possible Conflicts or Situations

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A clinician's values or viewpoint differs dramatically from those of a client.

It would be helpful to have a very active self-exploration, consultation, and supervision. A goal of integrating values into professional ethical framework, but not imposing those person values on the client.

2

A client is experience distress because they are not "out", but could lose livelihood or be "kicked out"

It is important to follow with the client and their process. Coming out is a very individual experience that may follow their own timeline, keeping in mind their personal context is very important

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A LGBTQ+ teenage client's parents are non-supportive of their identity.

Family support of a LGBTQ+ youth is important, and it can be helpful to work to increase that support. A possible resource would be the Helping Families to Support Their LGBT Children: Resource guide by SAMHSA

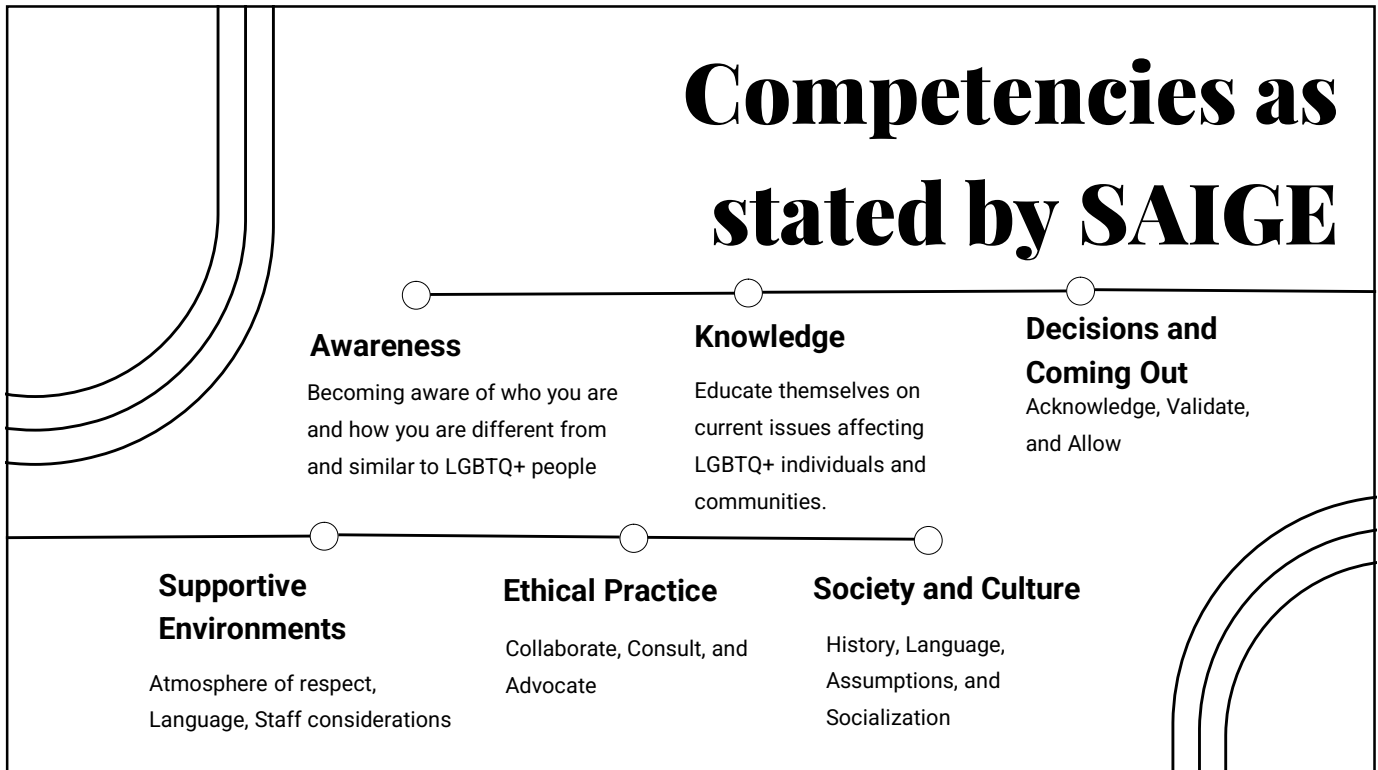
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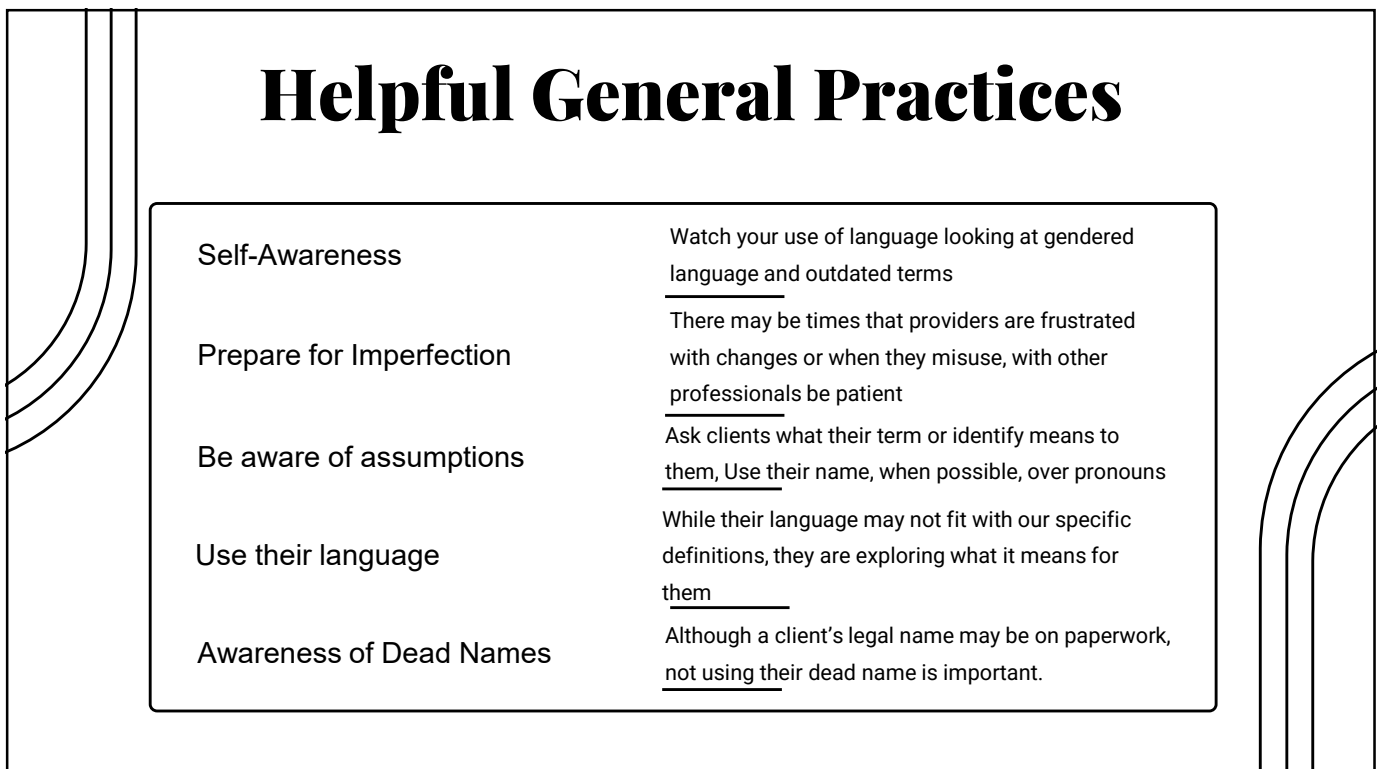


Competencies

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05.

Questions?



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SlidesCarnival for the presentation template

Pexels for the photos

<https://www.hrc.org/resources/glossary-of-terms>

 Resource guide: <https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf>

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Special thanks to SAIGE counseling

References



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