

PSY 4671 - Psychotherapy with Lesbians and Gay Men

Nova Southeastern University
Center for Psychological Studies

Course Outline

Title: PSY 4671 - Psychotherapy with Lesbians and Gay Men

Credit Hours: 3

Instructor: Kathryn Kominars, Ph.D., C.A.P.
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Required Texts:

Garnets, L.D. & Kimmel, D.C. (Eds.) (199). Psychological Perspectives on Lesbian and Gay Male Experiences, Columbia University Press, New York, NY.

Perez, R.M., DeBord, K.A. & Bieschke, K.J. (Eds.) (2000). Handbook of Counseling & Psychotherapy with Lesbian, Gay and Bisexual Clients. American Psychological Association: Washington, D.C.

Recommended Texts:

Cabaj, R.P. & Stein, T. (Eds.) (1996). Textbook of Homosexuality and Mental Health. American Psychiatric Press.

Coleman, E. (Ed.) (1988). Integrated Identity for Gay Men and Lesbians - Psychotherapeutic Approaches for Emotional Well-Being. Harrington Park Press.

Course Description:

Lesbians and gay men in psychotherapy present to the clinician issues that are unique to this population. The goal of this course is to make the student aware, sensitive and knowledgeable of these salient issues in order to work more effectively with sexual minorities. Students will be encouraged to develop an affirming approach to facilitate work with gay men, lesbians, and their family members. Relevant issues and challenges will be viewed through a developmental perspective, i.e., counseling adolescents, adults, couples and the aging. The course design is interactive and experiential in nature. It is expected that panel presentations, review of current research, case studies, and role playing will take place.

Objectives:

To understand the definitions, prevalence and varieties of sexual orientation

To understand the history of homosexuality and bisexuality in general and with the mental health field in particular.

To critically explore the history of psychoanalytic ideas regarding homosexuality.

To understand the current research findings with regard to the biological and genetic contributions in sexual orientation.

To understand the effects of sexual prejudice and discrimination toward sexual minorities.

To understand the direct and indirect effects of antigay and antilesbian violence.

To understand the normal development of sexual minorities.

To understand common experiences of sexual minorities such as “coming out,” same-sex relationships, families.

To be familiar with the various lifestyles of sexual minorities.

To be familiar with the clinical issues relevant to sexual minorities.

Evaluation:

10 % = Attendance is required as is class participation.

10% = Reaction paper - Completed after a field trip to a local GLB establishment. Suggestions will be provided.

20% = Critique - Written critique of a film or novel's representation of issues relevant to LGB people.

20 % = Class presentation. The presentation shall include a brief review of the literature relevant to the topic.

40 % = Research Paper. (Maximum length - 15 pages).

Class Schedule and Reading Assignments:

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| #1 | 1/8/01 | Introduction and Overview
Perez - Introduction & Chaps. 1,2 &13
Garnets - Introduction |
| | 1/15/01 | <i>Martin L. King, Jr. Day, University offices closed.</i> |
| #2 | 1/22/01 | Identity Development
Perez - Chap. 3
Garnets - Chap. 1, 2, 3, 4, 11 |
| #3 | 1/29/01 | History
Perez - Chap. 4
Garnets - Chap. 5, 6, 14, 15, 16 |
| #4 | 2/5/01 | Cultural Diversity
Perez - Chap. 5
Garnets - Chap. 7, 8, 12 |
| #5 | 2/12/01 | Coming Out
Perez - Chap. 6, &10
Garnets - Chap. 9, 13 |
| #6 | 2/19/01 | Coming Out
Perez - Chap. 12 & 15
Garnets - Chap. 20, 21 |
| | 2/26/01 | <i>Spring Break</i> |
| #7 | 3/5/01 | Adolescents
Critique Due
Perez - Chap. 7 & 8
Garnets - Chap. 17, 18, 19 |
| #8 | 3/12/01 | Lesbians & Lesbian Couples |

Perez - Chap. 11

- #9 3/19/01 Gay Men and Gay Male Couples
- #10 3/26/01 Lesbian & Gay Parenting
Perez - Chap. 9
Garnets - Chap. 22, 23
- #11 4/2/01 Midlife & Aging
Perez - Chap. 17
Garnets - Chap. 24, 25
- #12 4/9/01 Gay Affirmative Psychotherapy
Perez - Chap. 16 & 18
Garnets - Chap. 26, 27
- #13 4/16/01 Special Topics (Substance Abuse, Domestic Violence, AIDS, Legal Issues)
Paper Due
- #14 4/23/01 Wrap-Up

Additional Resources

Blumenfeld, W.J. & Raymond, D. (1988). Looking at Gay and Lesbian Life. Beacon Press: Boston, MA.

Gonsiorek, J.C. (Ed.) A Guide to Psychotherapy with Gay and Lesbian Clients, Harrington Park Press.

Greene, B. & Herek, G. (Eds.) (1994). Lesbian and Gay Psychology Theory, Research, and Clinical Applications, Sage.

Kominars, S.B. & Kominars, K.D. (1998). Accepting Ourselves and Others: A guide to recovery for lesbian, gay and bisexuals from addictive behaviors. Hazelden Press: Hazelden, Minnesota.

Vaid, U. (1995). Virtual Equality: The Mainstreaming of Gay & Lesbian Liberation. Doubleday: New York, NY.