



Contemporary Relationships 2023

University of Kentucky | May 19-21
www.contemporaryrelationships.com

Message

from the Executive Director

LGBTQ+ people are making commitments to each other around the country and many of them are formalizing that commitment through marriage. A growing number are raising children and research suggests they are doing a wonderful job. Others form families of choice with deep friendships that are incredibly supportive and long-lasting. Somehow they manage to form these connections with each other despite the ongoing political, religious, and social forces that oppose them.

Our community remains under attack, with hateful legislation that targets all of us, especially our transgender brothers and sisters. But we stand united in the fight for equality, and this weekend is about celebrating relationships and families in all their beautifully diverse shapes, colors, and sizes. It's about learning from one another through collaborative conversations that honor multiple ideas and perspectives. We hope you will let your voice be heard because your experiences and your observations are extremely important to the dialogue.

Please make time to connect with others and have some fun as we learn together and create community. Don't forget to thank representatives from our sponsoring organizations and chat with them to learn about the services they offer to our community. After the conference, you may decide to continue learning throughout the next year in order to become a certified **Queer & Trans Affirming Professional (QTAP)** and be formally recognized as a culturally competent care provider. In this document, you'll find information to determine if you qualify for application. Thanks for joining us this weekend!



Jeff Lutes, LPC, QTAP

Acknowledgments



Advisory Board

Christine Hatchard, PsyD; Ty David Lerman, MA, LPC-S, CST, QTAP, CHt; Andrea Washington, LCSW-S, CSAT, CDWF; William Lyons, LCSW; Micki Grimland, LCSW; Chase Gregory Jones, ESQ; Rahim Thawer, MSW, QTAP; Faith Harper, PhD, LPC, ACS, ACN; and Jeff Lutes, LPC, QTAP



Volunteers

Emily Stone
Naomi Brown
Rahim Thawer
Tania Andrews
Ty David Lerman
Andrea Washington



Sponsors

University of Kentucky, Office of LGBTQ* Resources, Office for Student Success
Lexington Pride Center
National Marriage Seminars of America
Southwest Psychotherapy Associates



Our Speakers

In order of appearance

Rahim Thawer

MSW, QTAP



Toronto, Ontario, Canada

Jeff Lutes

LPC, QTAP



Austin, Texas

Monica Ross

LPC, DSW



Tulsa, Oklahoma

Casey Bayer

BSN, RN



Houston, Texas

Lauren Bayer

LPC



Carrollton, Texas

Kyle May

LPCC-S



Lexington, Kentucky

Corabelle Hall

MS



Lexington, Kentucky

ELI Trumpy

LISW, LCSW



Urbandale, Iowa

Shemeka Thorpe

PhD



Lexington, Kentucky

Our Speakers

In order of appearance

Konrad Bresin

PhD



Louisville, Kentucky

Michalea Ahrenholz

Student



Louisville, Kentucky

Mackenzie Brown

Student



Louisville, Kentucky

Rowan Hunt

Student



Louisville, Kentucky

Ani Keshishian

Student



Louisville, Kentucky

Marla Schreiber

MSW, RSW



Toronto, Ontario, Canada

Tania Andrews

LMFT-A



Houston, Texas

Emily Stone

PhD, LMFT-S



Austin, Texas

Aaron Brown

PhD, LCSW



Lexington, Kentucky

Our Speakers

In order of appearance

Nicholas Maio-Aether

MAMFT, MSPSY, LBA, CSC,
BCBA



St. Louis, Missouri

Jeni Wahlig

PhD, LMFT



Auburn, Washington

Calvin Osili



Auburn, Washington

Alexis LeGrand

MS



Lexington, Kentucky

Emily Lapidus

Student



Lexington, Kentucky

Jonathan Golding

PhD



Lexington, Kentucky

Naomi Brown

LCSW



Houston, Texas

Lex Loro

MFT



Austin, Texas

Nicole Stalnaker

MA



Houston, Texas

Our Speakers

In order of appearance

Ty David Lerman

MA, LPC-S, CST, QTAP, CHt



Houston, Texas

Joe Nelson

CSW, CSAT, CDA-PD-S, CFDM, CSID



Coryon, Indiana

Alison Young

MDiv



Meadows Place, Texas

Hannah Wilson

LCPC, CST, PhD



Bozeman, Montana

José Avilés-Acosta

PsyD



Cincinnati, Ohio

Javier Robledo Rivera

PsyD



Cincinnati, Ohio



Keynote Speaker



Shemeka Thorpe PhD

- ✔ Black Feminist
- ✔ Sex Researcher
- ✔ Sista Scholar

” *I believe that by talking about sex we can normalize conversations and remove generational taboos so Black women can have happy and healthier sex lives.*

Shemeka (she/her) is an award-winning sexuality educator and researcher. In 2022, she was listed as one of the top 20 Black sexologists you should follow and was voted #11 sexpert in the nation in 2021 according to PleaseMe. Her research focuses on the sexual well-being of Black women using sex-positive and intimate justice frameworks. She strives to make sex research relevant to Black communities by translating sex science in meaningful and tangible ways.

07

Agenda

of the conference

Friday

May 19 | 2023

UKFCU Esports Theater,
The Cornerstone
401 North Limestone,
Lexington, Ky 40508

4:30PM - 6:30PM

Ethics Pre-Conference Institute

Cultural Safety And Countertransference: Working In Communities You Belong To

Rahim Thawer, MSW, QTAP

Saturday

May 20 | 2023

Jacobs Science Building
680 Rose Street,
Lexington, Ky 40506

9:00AM

Check-In/ Registration/Coffee/Networking

10:00AM - 10:15AM

Auditorium (3rd Floor)

Welcome and Announcements

J'Lissabeth Faughn, Director, LGBTQ* Resources at UK

10:15AM - 10:45AM

Auditorium (3rd Floor)

Opening Plenary

Family Work: Homophobia, Hope, and Healing in the Parent-Child Relationship

Jeff Lutes, LPC, QTAP

10:45AM - 11:00AM

Break





Agenda

of the conference

Saturday

May 20 | 2023

Jacobs Science Building
680 Rose Street,
Lexington, Ky 40506

11:00AM - 12:00PM

Concurrent Workshops - Break Out Session One

Room 103

AI Ain't All Right! "And It's Still Alright"

Monica Ross, LPC, DSW

Room 108

The Intersection Of Queer Youth And Human Trafficking

Casey Bayer BSN, RN & Lauren Bayer MS, LPC

Room 114

Safe, Sane, and Consensual: Introduction To Working With Clients With Alternative Sexualities

Eli Trumpy, LISW, LCSW

Room 139

Aspiring To Be An Ally To LGBTQ+ People

Kyle May, MEd, LPCC-S & Corabelle Hall, MS

12:00PM - 1:00PM

Catered Lunch - Jason's Deli

(check the back of your name badge for the lunch you selected during registration)





Agenda

of the conference

Saturday

May 20 | 2023

Jacobs Science Building
680 Rose Street,
Lexington, Ky 40506

1:00PM - 2:00PM

Keynote Address

Auditorium (3rd Floor)

Black Queer Women's Sexual Pleasure

Shemeka Thorpe, PhD

2:00PM - 2:15PM

Break

2:15PM - 3:15PM

Concurrent Workshops - Break Out Session Two

Room 103

Dialectical Behavior Therapy And Sexual And Gender Minority Stress: 3 Skills To Navigate A Heterosexist, Cis-Gender World

Konrad Bresin, PhD, Michalea Ahrenholz, Mackenzie Brown, Rowan Hunt, Ani Keshishian, & Julia Nicholas

Room 108

Consensual Non-Monogamy Sensitivity For Professionals

Marla Schreiber, MSW, RSW

Room 114

Looking for Comfort: Minority Stress, Substance Abuse And Relationships In The Queer Community

Emily Stone, PhD, LMFT-S & Aaron Stone, PhD, LCSW

Room 139

Ally Parenting (and Teaching) In An Alphabet World

Tania Andrews, MA, LMFT-A

Agenda

of the conference

Saturday

May 20 | 2023

Jacobs Science Building
680 Rose Street,
Lexington, Ky 40506

3:15PM - 3:30PM

Break

3:30PM - 4:30PM

Concurrent Workshops - Break Out Session Three

Room 103

Puppy Play In Gay Culture As A Coping Skill And Path To Empowerment

Nicholas Maio-Aether, MAMFT, MSPSY, LBA, CSC, BCBA

Room 108

Empowered Accountability:

A Necessary Shift In How To Work With Couples

Jeni Wahlig, PhD, LMFT & Calvin Osili

Room 114

Therapy With Queer Black & Brown Folx:

Tools For Assessing Queer Racial Trauma

Naomi Brown LCSW & Lex Loro MS, MFT

Room 139

Hate Crime Or Aggravated Assault?: Courtroom Perceptions Of Transgender And Lesbian/Gay Victims

Alexis Le Grand, MS, Emily P. Lapidus & Jonathan Golding, PhD

4:30PM - 4:45PM

Break

4:45PM - 5:45PM

Afternoon Plenary

Auditorium (3rd Floor)

Beyond Sex Positivity - Best Practices Of Modern Sex Ed

Nicole Stalnaker, MA & Ty David Lerman, MA, LPC-S, CST, QTAP, CHt

Agenda

of the conference

Sunday

May 21 | 2023

Jacobs Science Building
680 Rose Street,
Lexington, Ky 40506

8:30AM

Check In/Coffee/Networking

9:00AM - 10:00AM

Concurrent Workshops - Break Out Session Four

Room 103

Rebuilding After Infidelity In LGBTQ Relationships

Joe Nelson, CSW, CSAT, CDA-PD-S. CFDM, CSID

Room 108

Reclaiming Spiritual Well-being Via Spiritual Coaching

Rev. Alison Young, M.Div. & Ty David Lerman, MA, LPC-S, CST, QTAP, CHt

Room 114

Asexuality And What It Teaches Us About Desire

Hannah Wilson, LCPC, CST, PhD

10:00AM - 10:15AM

Break

10:15AM - 12:15PM

Closing Plenary

Auditorium (3rd Floor)

Affirming Considerations For Intercultural

Non-monogamies In Therapy

José Avilés-Acosta, PsyD & Javier Robledo Rivera, PsyD

12:15PM

Closing Remarks & Adjourn

Workshops & Speaker Bios

Cultural Safety And Countertransference: Working In Communities You Belong To

Why did you become a human service practitioner? Whether in social work or psychology, the common response is, "I wanted to support and work with people who struggled in a similar way that I did." There's nothing wrong with this motivation. However, it can be tricky to work in a community you belong to. This presentation will explore case scenarios of working in multiple service settings and will attempt to make sense of the strong reactions of the practitioner toward their clients where they have a similar history or shared community. We will consider what the practitioner needs to be aware of to take care of themselves and optimally care for the client. This presentation will be relevant to therapists and clinical supervisors. In this workshop, we will:

- Discuss the common desire to work in a community to which you belong.
- Explore the concepts of cultural and emotional safety – where they originate and how they get taken up.
- Examine case scenarios where practitioners experience strong reactions toward the clients where they have a similar history or shared community .
- Consider what the practitioner needs to be aware of to take care of themselves and optimally care for the client (reflections useful for the practitioner and clinical supervisor).

Presented by Rahim Thawer, MSW

Rahim (he/him) works as a psychotherapist, clinical supervisor, facilitator and public speaker, sessional lecturer, writer, and community organizer. He has had a strong presence in Canada's LGBTQ community since he began working in the HIV/AIDS sector in 2008. Rahim strives to operate from a harm reduction, sex- positive, anti-oppressive and trauma-informed approach. He was welcomed as an International Visiting Scholar with the South African College for Applied Psychology (SACAP) for the 2021-2022 academic year, and has supervised post-graduate counselling students and taught as a lecturer at multiple universities in Canada. He's an appointed Fellow at the Bonham Centre for Sexual Diversity Studies at the University of Toronto for his contributions to the field of sexuality. Rahim was a co-founder of Ismaili Queers and has dedicated almost 10 years to community organizing with Salaam Canada, a national volunteer-run LGBTQ Muslim organization. He was also a co-editor and contributor in an anthology entitled Any Other Way: How Toronto Got Queer (shortlisted for the 2017 Toronto Book Awards). He's currently working on a book called SEEKING: Stories from a gay therapist making sense of connection and relationships to be published by Thornapple Press, and hosts a video podcast called The CBT Dive.

Family Work: Homophobia, Hope, and Healing in the Parent-Child Relationship

Anti-LGBTQ beliefs are often embedded in the parent-child relationship, as many fathers and mothers view their child's sexual or gender-identity as a threat to their heteronormative dreams for the future. Research indicates that these conflicts, which sometimes lead to estrangement, can result in poor mental health outcomes for LGBTQ+ persons. However, research also demonstrates that most LGBTQ+ persons choose to stay in the parent-child relationship despite the intergenerational conflict about their identity. This presentation, based partly on the work of Rin Reczek and Emily Bosley-Smith, will review the ways LGBTQ+ persons manage this conflict to maintain connection, sometimes at the expense of their own needs. Attendees will:

- Understand the deeply ingrained resilience in the parent-child relationship.
- Learn the types of conflict work LGBTQ+ persons employ with their parents.
- Examine strategies for assisting LGBTQ+ clients who have been rejected by their parents.

Presented by Jeff Lutes, LPC, QTAP

Jeff (he/him) has been in private practice for 34 years and is the Executive Director of The Conference on Contemporary Relationships, which hosts the annual conference and the Queer and Trans Affirming Professional (QTAP) certification program. He is the author of a chapter in the Handbook of LGBT-Affirmative Couple and Family Therapy (2nd Edition, Routledge, 2022; 1st Edition, Routledge 2012), two chapters in Affirmative Counseling with LGBTQI+ People (American Counseling Association, 2017), and Okin the Panda Bear Finds His Family - a children's book about family diversity (Creative House Press, 2011). His articles about LGBTQ relationships and families have appeared on The Bilerico Project and Therapy Matters. He has presented at the conferences of the American Family Therapy Academy, the American Association of Marriage & Family Therapy, the American Counseling Association, and the Texas Psychological Association. The former Executive Director of Soulforce; Jeff has spoken at universities, churches, and rallies around the country, and his social justice efforts have been covered by numerous media outlets, including NPR and CNN. His new book, Trailblazers In Love, is set for publication later this year and will feature conversations with queer couples together 20+ years.



AI Ain't All Right! "And It's Still Alright"

Technology is a tool with a touchpoint on so many aspects of our lives. Recent developments in AI have led to discussions around impact. Scientists are developing new tools before we fully understand their utility. We live in a diverse community with concerns for privacy and discrimination. Alternatively, some embrace the potential in these scientific breakthroughs imagining the possibilities to harness technology for the social good. In this workshop we will explore technological advancements and shortcomings. As a group we will articulate social justice and ethics related challenges not only in keeping up with advancements in technology, but in employing AI to better serve those in nontraditional and sometimes complex relationship dynamics. We will share experiences with AI which pose a challenge and identify ways in which technology could be more user friendly. We will also engage in a discussion about the ways in which we can all be more ethical and inclusive—encouraging creativity and innovation while at the same time mitigating risk. Let's explore the ways to bridge the gap to better address the concerns while taking advantage of scientific advancements. Participants will learn:

- The impact AI has on digital health.
- How bias can enter the system and affect quality of care in LGBT+ communities.
- To apply these key insights to enhance treatment with LGBTQ+ clients.

Presented by Monica Ross, LPC, DSW

Monica (she/they) is a gender non-conforming licensed professional counselor in CA, TX, NV, IA, and OK. Monica focuses her therapeutic work on trauma and digital health. She is passionate about diversity, equity, inclusion, and belonging initiatives and addressing stigma in all its many forms. Monica and her partner love traveling and exploring new places. They moved to Tulsa, OK this past fall as members of the Tulsa Remote program. Monica has a BA in Psychology and Sociology from The University of Texas in Austin, TX, an MA in Counseling Psychology from St. Edward's University in Austin, TX, and a Doctorate in Social Work from the University of Southern California (USC) in Los Angeles.



The Intersection Of Queer Youth And Human Trafficking

A literature review of studies which focus on unique challenges to LGBT+ people, specifically youth, and how these challenges increase their risk of human trafficking. Discussion topics include: debunking of common human trafficking myths and the realities of what human trafficking is discerning how and when to screen for possible trafficking and deciding who to screen, and the incorporation of multiple disciplines to address the specific needs of LGBT+ youth. Participants will:

- Learn the realities of human trafficking.
- Recognize vulnerabilities within the LGBT+ population.
- Formulate strategies to recognize and intervene for at-risk and trafficked LGBT+ youth.

Presented by Casey Bayer BSN, RN, and Lauren Bayer MS, LPC

Casey (they/she) is a registered nurse employed with Memorial Hermann Health Systems in their Forensic Department as a Sexual Assault Nurse Examiner (SANE). After nine years in the Emergency Department, she began working PRN in forensics then transitioned to part-time while currently finishing school. Their work experience has led to extensive acute trauma work including physical, mental and psychological. Casey is currently enrolled in Texas A&M University to receive a Master's in Nursing Forensics. They obtained their Bachelor's of Science in Nursing from Stephen F. Austin State University in 2014. They are passionate about expanding the field of forensics and increasing inclusivity within. Most of her graduate projects focus on LGBT+ topics and the unique challenges they face.

Lauren (she/her) is Licensed Professional Counselor. She owns and practices through Work In Progress Counseling in Carrollton, Texas. She received her MS in Community Counseling from Texas A&M University Commerce where most of her research focused on the LGBTQIA+ community. She completed her graduate internship working with families affected by domestic violence, providing individual and group counseling to both survivors and perpetrators. After graduating she moved into private practice in order to focus on working with the LGBTQIA+ community and works with clients who are neurodivergent, have experienced trauma or are working through identity questions. She is passionate about providing affirming care that is based on a combination of education and lived experience.

Safe, Sane, And Consensual: Introduction To Working With Clients With Alternative Sexualities

Kink, Leather, fetish, and BDSM are stepping out of their closets into mainstream media but there is little training on what everyday people engaged in these lifestyles are doing behind closed doors. When a client describes their relationships and bedroom activities with words and ideas that sound like they are from a Stephen King novel not "The Joy of Sex" you will need to respond professionally and meet them where they are. Clients who engage in sexual activities and fetish based relationships that fall outside of mainstream culturally 'normal' sexuality have a realistic fear of being judged and shamed even in a therapeutic space. Beyond avoiding kink-shaming, working effectively with this marginalized population ethically requires cultural competence to parse the difference between controlling abusive narcissistic behaviors and healthy consensual BDSM when a client describes kink-inspired protocols and rituals they engage in with their partner(s). In this presentation participants learn to:

- Understand common terms and interpersonal norms found in these communities.
- Examine case scenarios that might evoke activation in the therapist toward clients and be better prepared to meet the client where they are.
- Increase differential diagnosis skills for working with clients with uncommon relationship dynamics.

Presented by Eli Trumpy, LISW, LCSW

Mx Eli (they/them), is a non-binary Queer Leather switch. For the last decade they have volunteered as an educator, public speaker, emcee, and passionate advocate for wholehearted living in alternative sexuality communities across the country. They graduated with a Bachelor of Arts, Psychology, Plan II Honors, University of Texas at Austin (2005) and a Master of Science in Social Work, University of Texas at Austin (2009). They are a Certified Clinical Trauma Professional (2020) and earned a certificate of specialization in gerontology through Johns Hopkins University (2008). Their therapeutic areas of specialization include anxiety, depression, grief and loss, PTSD, LGBTQIA+ related, chronic illness, and relationships. After living in Central Texas for the last 20 years, Eli recently moved to Des Moines, Iowa where they have now opened a private counseling practice serving both Iowans and Texans via telehealth.



Aspiring To Be An Ally To LGBTQ+ People

Are you interested in learning how to show love and support to LGBTQ+ people? Are you a parent who is raising an LGBTQ+ child? Do you believe that your work environment could be more affirming for LGBTQ+ employees, clients, or customers? Well, we have news for you! We are here to teach you how and empower you to be an effective ally to LGBTQ+ people. We will provide you with useful tips, feedback, resources, and a chance to ask openly LGBTQ+ professionals for advice about the subject. Join us for a chance to enhance your confidence to advocate for, affirm, and support LGBTQ+ people while being the greatest ally you can be.

Participants will:

- Learn and understand the necessary qualities to be an effective ally.
- Gain knowledge of LGBTQ+ affirming resources and tips about advocating for and how to best show love and support to the LGBTQ+ community.
- Learn how to foster a safe space for LGBTQ+ people and how to effectively communicate that they are an ally.

Presented by Kyle May, MEd, LPCC-S and Corabelle Hall, MS

Kyle (he/him) identifies as an openly gay man. He has a Masters of Education in Counseling from Lindsey Wilson College and has been practicing as a therapist since 2011. He is the founder of the Big Sandy LGBT+ Safe Zone in the Big Sandy region of Kentucky. He is also the owner of Open Doors Counseling Center in Lexington. The core values for ODCC are Professionalism, Respect, Integrity, Diversity, and Excellence (PRIDE). Kyle specializes in working with LGBTQ+ people and allies. ODCC provides Identity Counseling, Trauma and Grief Counseling, Mood and Anxiety Counseling and more. We foster a safe space for people who identify as LGBTQ+, LGBTQ+ allies, and people who are seeking behavioral health services. This type of environment allows people to explore their gender identity, sexual identity, affectional identity, and other aspects of identity without fear of judgment. Kyle was born and raised in Eastern Kentucky but moved to Lexington, KY in 2019 which helps him have a clear and unique understanding about how to best support LGBTQ+ people in a variety of communities and spaces.

Corabelle (she/they) identifies as an individual who is gender-fluid. She has a Masters in Psychology from Regent University. She works at Open Doors Counseling Center in Lexington, KY as a Targeted Case Manager and Adult Peer Support Specialist. She can relate to LGBTQ+ people because of the adversity she has experienced as someone who identifies as gender-fluid. She has a history of advocacy for mental health and LGBTQ+ issues and wants people to feel inspired by her training to also help advocate for LGBTQ+ people and show them that love and hope exist. She is a drag queen at a historic bar in Lexington, KY. This has created a platform in which she has been able to express herself and discover her authentic self. She has a passion to help others live as their genuine self too.

Black Queer Women's Sexual Pleasure

The historical narrative that dominates discussions about Black female sexualities fails to address the possibilities of Black queer sexualities and pleasure. Instead, most discourse adopts a deficit-based and narrow view (e.g., disease, dysfunction, and risk behaviors) of Black women that reinforces oppressive messages, beliefs, and stereotypes about who they are as sexual beings.). Consequently, few studies center Black queer women's sexual desires, fantasies, and pleasure. The absence of comprehensive literature on Black queer women's sexual pleasure is concerning given pleasure's association with sexual health and liberation. This presentation summarizes the existing literature on Black queer women's sexual pleasure using Thorpe et al. (2022) Pleasure Mountain as a framework. Developed from the lived experiences of Black women, the pleasure mountain model details foundational dimensions and facilitators of sexual pleasure. We will present conceptual and empirical research based on the four facilitators of peak pleasure: orgasm, partnered interactions, mind-body-soul awareness, and liberation. The presentation will:

- Provide examples of pleasure-based literature written by Black queer women.
- Summarize research on Black queer women's sexualities using the Pleasure Mountain framework.
- Identify future directions for research, education, and practice that will benefit and celebrate Black queer women's sexualities and pleasure.

Presented by Shemeka Thorpe, PhD

Shemeka (she/her) is an award-winning sexuality educator and researcher. In 2022, she was listed as one of the top 20 Black sexologists you should follow and was voted #11 sexpert in the nation in 2021 according to PleaseMe. Her research focuses on the sexual well-being of Black women using sex-positive and intimate justice frameworks. She strives to make sex research relevant to Black communities by translating sex science in meaningful and tangible ways.



Dialectical Behavior Therapy And Sexual And Gender Minority Stress: 3 Skills To Navigate A Heterosexist, Cis-Gender World

Dialectical Behavior Therapy (DBT) is an empirically supported intervention that merges dialectical theory with behavioral reinforcement. Recent theory suggests that DBT may be an effective framework for understanding the impact of minority stress on LGBTQ+ individuals and couples, as well as addressing the psychological distress caused by those experiences of minority stress. Moreover, the specific skills of DBT, which are organized into four categories (mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness), can be used by LGBTQ+ individuals to cope with and buffer the effects of sexual and gender minority stress. In this presentation, we will describe three DBT skills: clarifying objective (an interpersonal effectiveness skill), accumulating positive events (an emotion regulation skill), and radical acceptance (a distress tolerance skill), and show how these skills can be implemented by LGBTQ+ individuals to mitigate sexual and gender minority stress and facilitate well-being. We will also show how these skills can be used in relationships to facilitate relationship satisfaction and buffer against the effects of sexual and gender minority stress. By the end of the session, the participant will learn the following:

- The theoretical background of DBT.
- How DBT can be used to understand and address sexual and gender minority stress.
- How to implement three skills (clarifying objective, accumulating positive events, and radical acceptance).

Presented by Konrad Bresin, PhD, Michalea Ahrenholz, Mackenzie Brown, Rowan Hunt, Ani Keshishian, and Julia Nicholas

Konrad (he/him) is an Assistant Professor at the University of Louisville appointed with a joint appointment in the Counseling and Human Development Department and the Psychological and Brain Sciences Department. He is a licensed psychologist in Kentucky. His research seeks to identify mechanisms that are involved in the maintenance of behaviors such as problem drinking and self-injury. He also supervises PhD students in Dialectical Behavior Therapy at the UofL Psychological services center. **Michalea** (she/her) is a first year graduate student in the clinical psychology PhD program at the University of Louisville. Her research is focused on the role that identity-based self-criticism plays in self-injury among LGBTQ+ individuals. **Mackenzie** (she/her) is a third year graduate student in the clinical psychology PhD program at the University of Louisville. Her research is focused on applying complex systems theory to the study of mental disorders. **Rowan** (she/they) is a fourth year graduate student in the clinical psychology PhD program at the University of Louisville. Their research is focused on the role of emotion regulation in eating disorders and self-injury. **Ani** (she/her) is a fourth year graduate student in the clinical psychology PhD program at the University of Louisville. Her research is focused on the role that motivation plays in treatment outcomes for eating disorders. **Julia** (she/her) is a second year graduate student in the clinical psychology PhD program at the University of Louisville. Her research is focused on understanding how difficulties regulating the emotional experience of sexual and gender minority stress might contribute to health disparities in alcohol use for LGBTQ+ individuals.

Consensual Non-Monogamy Sensitivity For Professionals

Polyamorous and other consensually non-monogamous (CNM) lifestyles and identities are on the rise in North America. As more people endeavor to shift away from the paradigm of monogamy, it is essential that helping professionals, such as therapists, educators, and medical practitioners become aware and sensitized to these relationship structures. This specialized education is necessary in order to provide adequate support that minimizes potential stigma and harm. In this workshop, participants will be invited to unpack the paradigm of mononormativity (the assumption and expectation of monogamy as the standard partnership structure), and to explore their own biases toward those engaged in CNM. Participants will also receive an introduction to CNM language and structures as a way to develop the skills and tools necessary to understand and engage with people practicing CNM in professional settings. This relational and interactive workshop will allow participants to:

- Understand the urgent need for culturally sensitive services for those practicing CNM.
- Investigate mononormativity and one's own biases, in order to cultivate new attitudes toward CNM.
- Build empathy through awareness: Learn important language and practices of CNM dynamics to better support members of these communities.
- Gain practical tools for working with those practicing CNM.

Presented by Marla Schreiber, MSW, RSW

Marla (they/them) is a queer, gender-defiant counsellor and educator who has been practicing polyamory since 2005. They have been providing consensual non-monogamy (CNM) workshops and consulting in academic and professional settings as of 2009. Starting in 2017, their private therapy practice with individuals, couples, and constellations (partnerships of more than two) has centred the experiences of 2SLGBTQIA+ and CNM identities. Much of Marla's efforts have gone to supporting those directly involved in CNM. In 2018-19, they spearheaded LovePlus Collective, a monthly queer-centred peer support group for those practicing or curious about CNM in Toronto, Canada. Since 2020, much of their efforts have moved online where they offer CNM education as @polyamarla on various social media platforms. Moving forward, as CNM identities and relationships gain attention and popularity, it has become clear that professional awareness and training to work sensitively with these communities is essential for their well-being. Marla aims to provide accessible, compassionate, relational CNM sensitivity training to mental health professionals, educators, and service providers so that members of non-monogamous communities can access the affirming support they need to thrive.

Looking For Comfort: Minority Stress, Substance Abuse And Relationships In The Queer Community

This workshop presentation will name and define queer minority stress followed by exploring the consequences of minority stress on queer individuals alongside of ways the queer persons learn to cope. These coping strategies often include the use of substances such as alcohol and narcotics. The effects of both minority stress and substance abuse on queer intimate relationships will be highlighted. Research findings by the presenters in addition to expertise from their clinical experience as well as practical application will be emphasized. By the end of the presentation the participant will be able to:

- Describe how queer minority stress shows up in and affects the life of someone who identifies as queer.
- Identify statistics and trends in substance abuse as coping strategies among the queer community.
- Explain how minority stress and substance abuse affects intimate relationships in the queer community.

Presented by Emily Stone, PhD, LMFT-S and Aaron Brown, PhD, LCSW

Emily (she/her) is a licensed marriage and family therapist with over 20 years of experience working with adults, couples, families, children, and adolescents. She is the owner of Unstuck Therapy Group. Her reputation as a therapist, supervisor, and professor is one of being open, courageous in dialogue, curious, and respectful of each individual. Emily has taught college and graduate school in the areas of psychology and counseling for almost 20 years and is currently on faculty for the Psychology Department at Keiser University and for the Queer and Trans Affirming Professional (QTAP) certification program. Emily lives in Austin, Texas with her wife, Kelly, and their full house of six kids in their lively, loving blended family that includes a very doodly golden doodle, Comet.

Aaron (he/him) is an assistant professor of social work at the University of Kentucky. He currently has 20 publications to his name and his research interests include behavioral and pharmacological treatments, harm reduction strategies, and implementation of evidence-based practice in rural settings. Much of his work has been focused on developing and implementing text-messaging interventions related to harm reduction for substance use disorders. Dr. Brown has extensive clinical experience providing individual, relationship and group therapy in community mental health as well as in private practice. Dr. Brown grew up in East Tennessee where he did his PhD at the University of Tennessee and currently lives in Lexington, Kentucky with his wife, Rebecca, and daughter, Nora.



Ally Parenting And Teaching In An Alphabet World

Kink, Leather, fetish, and BDSM are stepping out of their closets into mainstream media but there is little training on what everyday people engaged in these lifestyles are doing behind closed doors. When a client describes their relationships and bedroom activities with words and ideas that sound like they are from a Stephen King novel not "The Joy of Sex" you will need to respond professionally and meet them where they are. Clients who engage in sexual activities and fetish based relationships that fall outside of mainstream culturally 'normal' sexuality have a realistic fear of being judged and shamed even in a therapeutic space. Beyond avoiding kink-shaming, working effectively with this marginalized population ethically requires cultural competence to parse the difference between controlling abusive narcissistic behaviors and healthy consensual BDSM when a client describes kink-inspired protocols and rituals they engage in with their partner(s). In this presentation participants learn to:

- Understand common terms and interpersonal norms found in these communities.
- Examine case scenarios that might evoke activation in the therapist toward clients and be better prepared to meet the client where they are.
- Increase differential diagnosis skills for working with clients with uncommon relationship dynamics.

Presented by Tania Andrews, LMFT-A

Tania (she/her) is a mother, a wife, a sister, a daughter, an educator, a nurturer, a crocheter, a lover of word games, and a therapist. She has spent most of her life in Houston, Texas but spent time in Florida, Wisconsin, and Colorado. as well. She was raised in a blended family and is currently raising one of her own. Her desire to help others connect to themselves in order to connect to others is what drives her and studying systems and families is how she began that journey.



Puppy Play In Gay Culture As A Coping Skill And Path To Empowerment

Of the academic articles that are published about the LGBTQIA+ community, many approach general issues and concerns, such as fatherhood for gay male couples, challenges faced by queer families, best practice for treatment of gender dysphoria – the list does indeed go on and this could definitely be viewed as a sign of progress, though it is reported that academic literature totals in at around 6% total with a queer focus, and that is disproportionately low. Something not often explored is the subset of the gay kink community, which is larger than many might think, and which factors heavily into the actual application of the concept of family of choice (Weston, 1991) within many queer persons' lives. This work will focus particularly on the largest and fastest growing kink in gay culture (Lawson & Langdrige, 2019; Wignall & McCormack, 2017), Puppy Play (PP), which often involves total submission and permeates many aspects of the puppies' existences, creating a framework clinicians must recognize has power to harm or heal (Langdrige & Lawson, 2019). Attendees will:

- Review current kink and queer research, determining for themselves the validity of claims that immersive kink lifestyles can be therapeutic.
- Compare Puppy Play dynamics against Contextual and Collaborative Therapy methods and indicate the overlaps that do exist.
- Acknowledge common strategies employable for Puppies and Handlers facing addictions and anxieties.

Presented by Nicholas Maio-Aether, MAMFT, MSPSY, LBA, CSC, BCBA

Nicholas (he/they) owns Empowered: A Center for Sexuality in St Louis, where he and his occasional teams of partnered Universities' students work to assist humans with and without disabilities achieve sexual access, sexual freedom, gender affirmation, and self-control of compulsive behaviors. Nicholas and his team have worked throughout the US training BCBAs/Behavior Analysts so persons in Individualized Supportive Living (ISL) programs gain access to applicable and generalizable comprehensive sex ed and sexual opportunities. Nicholas provides Sexual Behavior Analysis, and has assisted polycoles, kinksters, gay couples, trans and nonbinary humans, among others, on their journeys. Trained by GLSEN in 2003, Nicholas started Gay-Straight Alliances across Alaska while in high school, and provided them sex ed materials and trainings. Nicholas spent five years managing Hustler Hollywood in St Louis before moving into Behavior Analysis, and joined AASECT, where he sits on two committees and is the current Bylaws Chair. He then completed a Sex Therapy practicum under Linda Weiner in 2019 before getting a second Masters in Marriage & Family Therapy, and meeting those hour requirements under Angela Skurtu, along with his LGBTQIA+ Family Systems Specialist certificate in 2021. Nicholas is now Co-Director and Founder of the Certified Behavioral Sexologist (CBS/CBS-C) program.

Empowered Accountability- A Necessary Shift In How To Work With Couples

As a couples therapist with a PhD in couple and family therapy, I thought I was well-equipped to create a healthy and happy relationship with my soulmate, Calvin. Turns out, I wasn't. In this presentation, we share the epic story of our relationship transformation, highlighting what was missing from what I'd learned in my training and the solution we discovered that ultimately saved our relationship—Empowered Accountability. Empowered accountability is a radical and necessary shift in how partners think about themselves in relationships that allows for attention to their own self-work, power and privilege dynamics, and how to make more conscious and loving choices that honor both one's own and their partner's needs, truths, and healing journeys. We will share why supporting couples with this one skill is so important to their success and, using a case study, explore what it looks like in practice.

- The risk of harm in dominant narratives and approaches to “healthy” relationships.
- How power and privilege dynamics may show up in LGBTQ+ couples.
- What Empowered Accountability is, why it's important, and what it looks like in affirmative work with LGBTQ+ couples.

Presented by Jeni Wahlig, PhD, LMFT and Calvin Osili

Jeni (she/they) is a transformational relationship coach, licensed couple & family therapist, teacher, author, and public speaker. She identifies as graysexual queer, genderqueer-femme, polyamorous, white, able-bodied, and a parent. Self-proclaimed “relationship nerd,” Jeni has dedicated her career to studying relationships & supporting couples, particularly within the Queer & Trans communities. In partnership with her soulmate, Calvin Osili, Jeni offers critically conscious relationship education & coaching through their business, PowerfuLove. Their mission is to empower couples with the knowledge and skills they need to move beyond struggles & consciously create an extraordinary relationship.

Calvin (he/him) is a transformational life and relationship coach, speaker, entrepreneur, and dad to five. He identifies as black, straight, trans, polyamorous, and neurodivergent. Calvin ended his successful 15yr+ corporate career to pursue coaching full-time because he recognized that his life was most fulfilling when he was helping others transform theirs, especially in the LGBTQ+ community. Calvin is co-founder of PowerfuLove, a relationship coaching and education business focused on empowering one or all partners to move beyond the agony of repeating struggles and create extraordinary, easy, and fulfilling relationships.

Therapy With Queer Black And Brown Folx: Tools For Assessing Queer Racial Trauma

Through lecture and interactive group work participants will disseminate and discuss microaggressions, theories and interventions in working with queer Black and Brown folx, both in the therapy room and in community. All participants will begin working on their own anti-racist journals for working with queer Black and Brown folx . This journal will be used to begin their own personal journey in doing the work. By the end of the session, they will have outlines for the first five pages of their journals and have 10 questions that may be helpful in assessing queer racial trauma. Participants will:

- Recognize the challenges that affect Black and Brown LGBTQ+ people and families' mental and overall health and well being, including the impacts of racism and homo/bi/transphobia.
- Characterize how systemic and institutional racism can interrupt or prevent the development of a strong personal identity as a thriving queer Black or Brown person.
- Begin working on creating a trauma informed queer racism trauma journal using it to recognize personal biases and the role they play in the provision of care for BIPOC LGBTQ+ people and identify areas for personal and collective growth.

Presented by Naomi Brown LCSW, and Lex Loro MS, MFT

Naomi (she, they) is Chair of the Pride Center San Antonio, Director of Clinical Services, a therapist in private practice, with years of experience working with marginalized and oppressed queer folx. She is Community Outreach Minister at Metropolitan Community Church, a member of the Mayor's LGBTQ Advisory Board, and the Faith and Domestic Violence Coalition. She has presented at the National Association of Social Workers Conference emphasizing how Covid effected the LGBTQ and Black Community. With extensive training in Anti-Racism, she holds certification in Diversity Equity and Inclusion from the University of Miami. Naomi is a national recognized presenter and trainer on Creating Safe Zones for LGBTQI Folx, Using Cis Privilege to be a Trans Ally, and Trauma Informed Care for BIPOC Folx. She worked as a nationally recognized (SAGE) trainer and is a Alzheimer Caregiver Support Group Facilitator specializing in LGBTQ audiences. Naomi has a passion for Spoken Word and Co-Founded the Pride Center's Queer Voices. She runs groups on Spoken Word, is a yoga & meditation teacher, and a published poet married to her college sweetheart.

Lex (they/she) is a queer justice activist, community health educator, and mental health professional whose work focuses primarily on improving access to care for LGBTQ+ individuals. Lex has more than ten years of experience working in sexual and mental health education and advocacy, curriculum development, and training facilitation aimed at supporting queer and disabled youth, adults, and families. Lex received their BA from American University with a degree in Women's, Gender, and Sexuality Studies and their MS in Psychology - Marriage and Family Therapy from Our Lady of the Lake University. Lex spent a year as a Public Policy and Government Affairs Fellow at the National LGBTQ Task Force where they worked to disseminate the findings of the National Transgender Discrimination Survey. Lex interned at the Alamo Area Rape Crisis Center, providing trauma-informed therapy services to couples, families, children, and teens with a specialization in LGBTQ+ affirming care. They currently serve as the Community Health Manager at Pride Center San Antonio. Originally from Philadelphia, PA, Lex lives in Austin, TX. She enjoys cheering on the Spurs, supporting local bookstores, and uplifting the voices of her queer and trans sisters, brothers, and siblings.

Hate Crime Or Aggravated Assault?: Courtroom Perceptions Of Transgender And Lesbian/Gay Victims

The goal of this study was to examine mock juror participants' perceptions of transgender (trans) and lesbian/gay hate crime victims. Participants read an aggravated assault (AA) trial summary in which the victim was depicted as a trans-woman, trans-man, lesbian-woman, or gay-man. Then, participants rendered a verdict and rated the characteristics of the offender/defendant and victim. For the lesbian/gay and trans victims, the results indicated that participants perceived them positively and were willing to vote guilty compared to not guilty. Participants were more likely to vote guilty motivated by bias compared to a guilty verdict when the victim was transgender. The results are discussed in terms of legal implications. The results of the present study offer important implications for the legal system:

- The data indicated that participants were willing to convict the defendant of AA motivated by bias (i.e., hate crime), especially for the trans victims.
- With regard to convicting the hate crime culprit when the victim was trans, participants were most willing to convict a defendant of AA motivated by bias (63.51%, relative to just guilty and not guilty).
- Additionally, participants also perceived trans and lesbian/gay hate crime victims positively (i.e., they viewed the victim as credible, and exhibited sympathy for the victim).

Presented by Alexis Le Grand, MA; Emily P. Lapidus, & Jonathan M. Golding, PhD

Alexis (she/he/they) earned her Master of Arts degree in Experimental Psychology from the University of Alabama in Huntsville. They are a Social Psychology Ph.D. student at the University of Kentucky. Alexis' main research interests focus on experimental methodology, diversity, and intersectionality with respect to identity, victimization, confessions, and legal decision-making.

Emily (she/her) is a current Ph.D. student at the University of Kentucky specializing in Developmental psychology. Her primary research interests focus on how and to what extent childhood development is influenced by public policy. Emily's developmental research interests include adoption into same-gender households as it is still considered controversial.

Jonathan (he/him) received his doctorate from the University of Denver in 1986. He joined the faculty in the Department of Psychology at the University of Kentucky in 1988 and is currently a full professor in this department. His primary research interests include jurors' reactions to cases of victimization (e.g., child abuse, elder abuse, stalking, and domestic violence). He has investigated various types of evidence: repressed memory, DNA evidence, hear-say testimony, witness demeanor, type of crime, and expert testimony.

Beyond Sex Positivity: Best Practices Of Modern Sex Ed

This presentation will cover the overall impact of the lack of sex ed in the United States with a focus on attitudes, STI's, pregnancy, shame, and self understanding. It will include empirical evidence along with anecdotal evidence based on 5 years teaching undergraduate Human Sexuality. Additionally, this presentation will discuss how a comprehensive sex ed program can teach more than just anatomy, physiology, and vocabulary, but can lead to a deeper understanding of human sexuality and go beyond sex positivity to reaching self acceptance. This information/education is specifically relevant for the GSRM community. Objectives include:

- Instilling the importance of early sex ed.
- Understanding the consequences of the lack of sex ed, specifically shame.
- Best practices for a positive approach to sex education and self-positivity.

Presented by Nicole Stalnaker, MA, and Ty David Lerman, MA, LPC-S, CST, QTAP, CHt

Nicole (she/her) completed her master's degree at Radford University with a major in both Psychology & Criminal Justice. Her master's thesis, entitled Police Officer Suicide: Frequency and Officer Profiles was presented at the Suicide and Law Enforcement Conference, FBI Academy, Quantico, VA and subsequently published by US Dept. of Justice in the book Suicide and Law Enforcement. She began her career working at MHMR of the Brazos Valley as a children's therapist then switched careers to become a police officer. Nicole was promoted to detective and was the sole sex crimes detective for the Bryan Police Department where she served as liaison to Scotty's House, a child advocacy center. She taught sex crimes investigation at the TEEX police academy which trains police recruits from across Southeast Texas. Currently Nicole is a professor of Psychology at Lone Star College – University Park for the past 6 years. She teaches Introduction to Psychology, LifeSpan Development, and her favorite course, Human Sexuality. She is the co-creator of the Adjunct Certification Program (ACP) curriculum, both for online & face-to-face teaching. She lives in Houston with her partner, teenage daughter & has a son attending the University of Houston for graphic design.

Ty (he/him) is the proud owner of Southwest Psychotherapy Associates (SWPA) in Houston, Texas. He has both private practice and agency experience, and has a breadth of clinical experience in numerous treatment topics, with an emphasis on LGBTQ+ issues, non-traditional relationships (open, polyamorous, and kinky), and anxiety. He serves on the board of directors for the QTAP certification, the Contemporary Relationships Conference, and Houston Group Psychotherapy Society (HGPS). His expertise has been sought out by publications including The New York Times, The Washington Post, Cosmopolitan, Men's Health Magazine, and seen on TV on "Great Day Houston" with Deborah Duncan, and various news spots on ABC, NBC, and KHOU. He is honored to be recognized as the "Best Male Mental Health Therapist" by OutSmart Magazine, 2018-2022. Ty is a current PhD candidate in Clinical Sexology at the International Institute of Clinical Sexology. Outside the clinical world, Ty is grateful to have two amazing partners, is father to three Australian Shepherds, and proudly wears the badge, "the orchid whisperer."

Rebuilding After Infidelity In LGBTQ Relationships

In a relationship, people dedicate their trust, feeling, and time to their spouse; thus, the relationship is an investment. Therefore, when romantic partners betray us, we become infidelity victims, which significantly damages our ego and self-worth (Pramudito & Minza, 2021). It is essential to preserve and repair your self-worth as you go through the complicated process of grief and analysis. One should remember that infidelity does not always mean the end of a relationship, and it is possible to heal and rebuild yourself and build the relationship (Alcocer, 2021). Three main points will help a victim of infidelity to heal. They will help the individual recover from the infidelity and improve their mental well-being during the grieving process. Learning objectives:

- Understand the various forms of infidelity and its impact on relationships.
- Analyze the common causes and contributing factors of infidelity.
- Gain insight into the psychological and emotional effects of infidelity on partners and the relationship.
- Identify healthy coping mechanisms and strategies for overcoming infidelity and rebuilding trust in a relationship.

Presented by Joe Nelson, CSW, CSAT, CDA-PD-S, CFDM, CSID

Joe (he/him) is an illustrious, knowledgeable and well-respected professional with a degree in social work and counseling. He earned his master's degree from the University of Louisville and is currently a doctorate student at the University of Kentucky. His expertise spans across disciplines and issues of people from all walks of life, providing the leadership, education and therapy service most suited to their needs. He dispenses wisdom through his many roles, one as an esteemed instructor of aspiring social workers at the University of Kentucky and the Bluegrass Community and Technological College. He is a mediator for divorce cases at the JClinic LLC he is the Founder of the organization. As a professional with vast experiences in various fields and affiliations with different organizations, he earned the highest honors especially in leadership, His most recent award was the Town of Corydon TOP Emerging Business of the Year. As a lifelong learner, and dedicated professional, his objective in life is to be a dedicated, hard-working, people-focused individual who seeks to serve and advocate for vulnerable individuals, families and communities. So far, he has achieved his objectives phenomenally, however, refuses to stop, and is relentless in furthering his objectives to higher heights.

Reclaiming Spiritual Well-being Via Spiritual Coaching

While the importance of spirituality and/or religion for psychological well-being has been widely documented in the literature, a healthy working partnership between the disciplines of psychology and spirituality is much less widely practiced. This is particularly unfortunate for the LGBTQ+ community, as religious and LGBTQ+ identity conflict demonstrably results in higher-than-average rates of depression, suicidal ideation, and even suicide attempts for this community, not to mention generally decreased wellbeing. Informed, intentional working partnerships between practitioners of psychology and practitioners of spirituality/religion can powerfully and synergistically deepen and expedite the rectification and healing of such ingrained, foundational, and complex belief patterns, thus providing the patient with the tools and containers necessary for moving towards higher levels of well-being. Such interdisciplinary partnerships can be potent, and while they may contain untapped resources for profound healing, must also be carefully entered into with care and discernment. In this presentation, we will:

- Explore the importance of a sound and integrated spiritual life for one's overall wellbeing.
- Review some of the largest spiritual/religious barriers to a healthy psychology, particularly for the LGBTQ+ community.
- Understand ways a qualified spiritual authority can assist in psychological healing and consider best practices for forging such relationships.

Presented by Rev. Alison Young, M.Div., and Ty David Lerman, MA, LPC-S, CST, QTAP, CHt

Alison (she/her) grew up amongst great racial, cultural, and economic diversity, and knew early on that she had a call to help people of all backgrounds live as their truest and best selves. Ever since then, she has been exploring, refining, and embodying the wisdom, tools, and paradoxes inherent to such a calling. In her professional tenure, she has developed and shared this breadth of knowledge as the Director of Development at an exponentially growing nonprofit, a Preacher/Pastor for rural, LGBTQ+, and inner-city congregations, a Graduate Research Assistant for socio-political and educational initiatives, and a Chaplain in a Children's hospital. A lifelong learner, Alison was part of the Advancing Pastoral Leadership Cohort for promising young clergy in the UMC, has studied the Enneagram extensively, is currently a student of the Nine Gates Mystery School, and has been a yoga practitioner for over a decade. Rev. Young was ordained as an Elder in the United Methodist Church in 2012, graduated from Perkins School of Theology at Southern Methodist University with a Masters in Divinity in 2010, and graduated from Texas A&M University in 2003 with a Bachelors of Science in Political Science.

Ty (he/him) is the proud owner of Southwest Psychotherapy Associates (SWPA) in Houston, Texas. He has both private practice and agency experience, and has a breadth of clinical experience in numerous treatment topics, with an emphasis on LGBTQ+ issues, non-traditional relationships (open, polyamorous, and kinky), and anxiety. He serves on the board of directors for the QTAP certification, the Contemporary Relationships Conference, and Houston Group Psychotherapy Society (HGPS). His expertise has been sought out by publications including The New York Times, The Washington Post, Cosmopolitan, Men's Health Magazine, and seen on TV on "Great Day Houston" with Deborah Duncan, and various news spots on ABC, NBC, and KHOU. He is honored to be recognized as the "Best Male Mental Health Therapist" by OutSmart Magazine, 2018-2022.

Asexuality And What It Teaches Us About Desire

Have you ever been hungry but unsure of what you want to eat? Hunger is similar to sex drive, while knowing what to eat is like attraction. We know from Kinsey's original research, that our orientation and behavior don't always align. When we introduce the idea and understanding of the sexual orientation of asexuality, it is thought that asexuality is the lack of sexual attraction, desire, libido or behavior. However, how does one express and explain the experience they do not know personally? Let's take a dive into the difference in sexual orientation versus sexual desire to understand our own intertwined sexuality through the lens of asexuality. Participants will explore:

- Differences between sexual behavior, sexual desire, sexual orientation, libido, physical arousal and sex drive.
- The influences of compulsory sexuality.
- Misconceptions of the asexual experience.
- Personal challenges to understanding our own sexuality.

Presented by Hannah Wilson, LCPC, CST, PhD

Hannah (she/her) began her career working with underserved vulnerable clients in the heart of Seattle. Advocating for harm reduction approaches to addressing addiction, mental health and homelessness through housing first programming. After returning home to big sky country (Montana), she worked as a sex educator from the local Title V clinic. In 2016 began pursuing her clinical work at a Community Health Clinic with an integrative behavioral health model. For the last few years focusing on her private practice, Prickly Peach Sex Therapy, she is a Licensed Clinical Professional Counselor, Supervisor and AASECT Certified Sex Therapist and trained as a gender and trans affirming therapist with WPATH. Also a partner of Oh Hi Collective that is motivated to offer continuing education for organizations, community and individuals around sexual health. Currently working on her PhD in Clinical Sexology, with a specialty in Kink Conscious Counseling at the International Institute of Clinical Sexology. In her down time you will find her enjoying cake, spending time with her other half, and laughing at her adorable rescue bulldog, Dax.



Affirming Considerations For Intercultural Non-monogamies In Therapy

Presenters will outline guiding principles to consider when working with non-monogamous relational dynamics while acknowledging intercultural differences between therapist's positionalities and client positionalities and how these interact with the therapeutic process. Emphasis will be given in ways to maintain curiosity, accompany clients, acknowledge power differentials, build critical thinking skills and integrate client lived experience in goal-setting. Lastly, a brief overview of ethical considerations when working with non-monogamous clients will be provided. Participants will:

- Understand how to apply the principles of positionality in their work with non-monogamous clients.
- Acquire necessary skills to engage in exploratory inquiries relating to relational histories while highlighting their own relational positionalities and how these interact with non-monogamous clients.
- Learn critical thinking skills needed to understand nuances in ethical considerations when working with non-monogamous clients.

Presented by José Avilés-Acosta, PsyD, and Javier Robledo Rivera, PsyD

José (they/them) is a non-binary licensed Clinical Psychologist in Ohio who works at University of Cincinnati Counseling and Psychological Services. They hold a doctoral degree in Clinical Psychology from Albizu University of Puerto Rico and additional trainings in Interpersonal and Social Rhythm Therapy, Liberation Psychology, Psychodrama, Art Therapy Techniques, and the Gottman Method Couple's Therapy. Their approach to therapy is grounded in mutuality and collaboration with students. They take a contextual approach informed by Pluralistic approaches and Liberation Psychology with a focus on increasing moments of well-being. They often integrate client's resources, goals, and knowledge in the therapeutic process. They have interest and have worked with LGBTQIA+ folx, polyamorous folx, mood disorders, anxiety, transitions, relational concerns, boundaries, lifestyle management, sleep hygiene, financial management, emotional regulation, and struggles with connection, among others. Additionally, they have published three collections of poetry, were employed as a hairstylist and beauty advisor for Sally Beauty before becoming a psychologist, and enjoy mopping and cooking.

Javier (he/they) is a queer Boricua who is the Assistant Training Director at University of Cincinnati's Counseling and Psychological Services. They hold a degree in Clinical Psychology from Albizu University of Puerto Rico and additional training in Gottman Method Couple's Therapy, Interpersonal and Social Rhythm Therapy, and Gender, Kink and Polyamory Affirming Care. Javier utilizes a relational and constructivist approach to therapy incorporating feminist, emotion focused, affirmative, and social justice practices to accompany students. Their areas of interest are gender identity, racial trauma, mood instability, polyamory, kinks, relational concerns, and identity exploration. They actively bring their whole complex self into the therapy session to maintain awareness of their positions and the systems we live in. Outside of work, they enjoy listening to music and communicating through it, open world games, reading poetry, exploring nature, drag shows, and traveling.

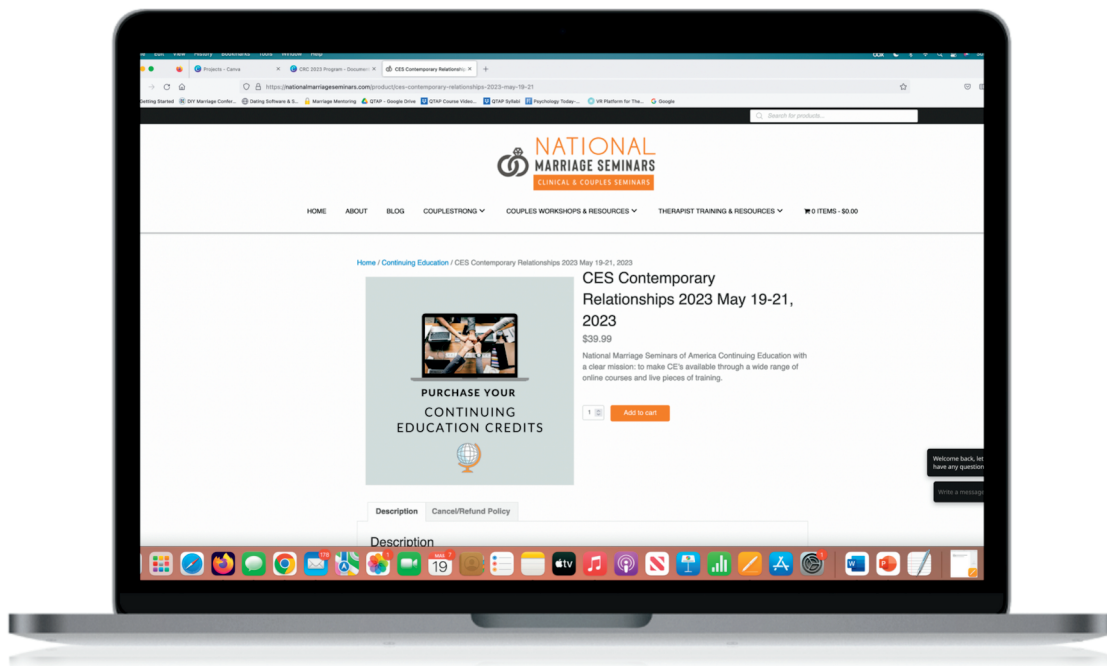
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