

CONTEMPORARY RELATIONSHIPS 2021 VIRTUAL CONFERENCE

APRIL 30 - MAY 2

Conference Program



www.contemporaryrelationships.com

Dear CRC 2021 Attendee,

It's hard to believe that the Contemporary Relationships Conference is now in its 8th year. As we continue to adapt to the realities of COVID-19, we look forward to the day when we can once again gather in person with old friends and colleagues. Still, we are confident that this year's virtual event will be fun, upbeat, informative, and relational. Many thanks to Equality Texas and Southwestern Psychotherapy Associates for making this event possible through their generous support and sponsorship.

Part of what makes this conference different from many others is our emphasis on collaboration, as we strive to have an active conversation throughout the weekend. We value YOUR voice and the wisdom that comes from your experiences and we invite you to share those ideas with us as we converse about each topic area.

After the conference, you may decide to continue learning with us throughout the remainder of the 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, and we hope you will consider joining us as we learn and grow professionally.



Jeff Lutes, LPC, QTAP
Executive Director



Announcements

1. **AUDIO** - In order to help us have the best audio experience possible, everyone except the presenter and the host will be kept on mute. When the presenter is ready to take questions and comments, you may take yourself off mute so that you can engage the presenter and attendees directly. We value what you have to say and appreciate your questions.
2. **RECORDING** - This virtual conference is being recorded (except for the anti-racism training on 4/30/2021) because we want to make these recordings available to you after the conference. Please keep that in mind during the Q & A portion of the workshop, since any personal information you share will become part of that recording.
3. **PARTICIPANT FEEDBACK FORM** - At the end of the conference, or whenever you are done attending workshops, please complete the short Participant Feedback form, which can be found at <https://www.surveymonkey.com/r/WKLNQDJ>. This feedback will help us plan for next year.
4. **CONTINUING EDUCATION CERTIFICATES** - During each workshop, the host will announce a password that is unique to that workshop. To get your CE certificate, you will need passwords for each workshop you attended, so be sure to write them down. At the end of each day, go to the corresponding link below to enter the correct passwords. Your CE certificate will be emailed to you within 10 business days.

Friday, April 30: <https://www.surveymonkey.com/r/WLRPV3V>

Saturday, May 1: <https://www.surveymonkey.com/r/WV9PCPP>

Sunday, May 2: <https://www.surveymonkey.com/r/WVR5Y6Y>

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SCHEDULE

All events are CENTRAL time and subject to change

Friday, April 30

2:00 - 3:00pm

QTAP Student Orientation & Virtual Reception

Jeff Lutes, LPC, QTAP (he/him) & Ty David Lerman, LPC-S, CST, QTAP

NOTE: Open to registered QTAP students and faculty. Conference-only attendees should plan to join us at 3:15pm.

ZOOM LINK:

<https://us02web.zoom.us/j/84678960776?pwd=WStPNCszR0FIYU5vM0UvZmJ3WIR4QT09>

QTAP students and faculty are invited to join us for an introductory meeting as they begin the journey toward certification. We will get to know each other, review the four components (conference + core curriculum + consultation + anti-racism training) of certification, and answer any questions students might have about the certification process.

3:15 - 3:45pm

2021 Texas Legislative Snapshot

Ricardo Martinez, CEO, Equality Texas (he/him)

ZOOM LINK:

<https://us02web.zoom.us/j/82032104784?pwd=OStaK1JrTkphcFc3dzVPNnlpTU9Gdz09>

The 2021 Texas legislative session features a slew of bills that impact the lives of LGBTQ+ Texans, and Equality Texas is hard at work to protect the rights of all in our state. While some bills seek to expand protections for LGBTQ+ Texans, others, such as the coordinated assault on trans youth, seek to further discriminate and harm our community. Equality Texas envisions a Texas where lesbian, gay, bisexual, transgender, and queer Texans and their families have full equality in the hearts and minds of our fellow Texans and in all areas of the law. The organization works to secure full equality for lesbian, gay, bisexual, transgender, and queer Texans through political action, education, community organizing, and collaboration. Participants will learn:

- The status on bills that seek to strengthen and protect the rights of LGBTQ+ persons
- The status of bills that seek to discriminate and promote inequality for LGBTQ+ persons
- Options for how LGBTQ+ persons and their allies can assist the vital work of Equality Texas

4:00 - 6:00pm

The Myth of Post-Racial America: Ethical Considerations For Treatment Professionals *

Andrea Washington, LCSW-S, CSAT, CDWF (she/her) & Faith Harper, PhD, LPC-S, ACS, ACN (she/her)
ZOOM LINK:

<https://us02web.zoom.us/j/81956190114?pwd=T2xGRVdpMm82ZUwyVmVNb2M4UHNjZz09>

This presentation is designed to be a foundational course for the newly-offered Queer & Trans Affirming Professional (QTAP) certification program, as well as stand alone as an ethics CE in conjunction with the 2021 CRC conference. This 2-hour foundational presentation and discussion will focus on participants experience of racism and work toward anti-racism as well as applications to the therapeutic relationship. **Please note: In order for attendees to be able to participate fully, ask difficult questions of themselves and others, and process a complex topic, this event will not be recorded or available for later viewing. This course is required for QTAP certification students, but optional for conference-only attendees.** Participants will learn:

- Foundational understanding of structural inequities from colonization of Turtle Island through the present with recognition of the role epigenetics plays in the inheritability of mental health conditions
- Ethical considerations regarding the impact of racial, ethnic, and cultural issues related to the Texas Administrative Code (TAC)* and other organizational related codes (NASW, APA, ACA, etc.)
- The formulation of treatment planning and interventions that account for cultural and social impacts on mental health, to include RCT, CRT, and the PTM framework

**** The LPC board in the state of Texas requires half of all ethics CEs be related to TAC ethics, therefore this training fulfills that requirement.***

Saturday, May 1

ZOOM LINK FOR ALL DAY:

<https://us02web.zoom.us/j/82056168987?pwd=a3NNUkhQeVJQMnRyZ2w5MGJZeDIqUT09>

8:45am - Welcome & Announcements

9:00 - 10:00am

Empathy Practices At The Crossroads

Caleb Matthews, LPC, LMFT (he/him), Amy Wolfgang (she/her/they) and Lauren Spalding, LMFT, LPC-I (she/her)

This presentation explores relationships at the intersection of the LGBTQIA+ community and Christianity. We will start by discussing the definition and importance of empathy and resilience. We will then teach practical tools for self-awareness that can assist in facilitating conversations among polarized communities. Finally, we will share strategies for developing and using resources to practice self-care and maintain mental health in response to difficult interactions. Participants will engage in a community building circle and:

- Learn an overview of empathy and preparing for dialogue with those holding differing beliefs around matters of faith and sexual diversity
- Learn the diversity acceptance continuum
- Engage in a journal exercise exploring their internal relationship with parts that are activated during empathic conversation

10:15 - 11:15am

Consensual Non-Monogamy: What We Can Learn From The Research

Marisa Cohen, PhD (she/her)

A great deal of research approaches relationships from a heteronormative and mononormative perspective. As such, individuals in consensually non-monogamous (CNM) relationships are underrepresented. While CNM relationships are discussed in mainstream media, research on these configurations is far behind. Additionally, despite the growth of outlets offering sex-positive information, there is still a stigma surrounding non-monogamous relationships.

This presentation will discuss consensual non-monogamy. Specifically, attendees will:

- Gain a better understanding of CNM relationships, related research in the field, and implications for therapeutic practice
- Learn about the satisfaction derived from non-monogamous relationship configurations, as well as gain insight into the stigma surrounding those in non-monogamous relationships
- Examine experimental research designed to highlight perceptions of non-monogamous individuals and critically analyze exploratory work carried out on those within the CNM community to get a better picture of their views on relationship satisfaction and success

11:30am - 12:30pm

Queering The Spectrum

Julie Burke, LPC (she/her)

This workshop explores the world of working with neurodiverse individuals, particularly those on the autism spectrum who also identify as queer. Participants will gain a better understanding of working with people with differing abilities through this experiential training becoming better equipped to work with this population. Participants will learn:

- More knowledge for working with individuals with developmental disabilities, particularly Autism Spectrum Disorder
- Common microaggressions when discussing queer topics
- Ideas to support individuals who identify as queer and being on the autism spectrum

12:30 - 1:30pm

Lunch Break

1:30 - 2:30pm

Turning Conflict Into Connection: Tools From The Gottman Approach And Dan Wile's Collaborative Couple Therapy

Vagdevi Meunier, PsyD (she/her) and Jeff Lutes, LPC, QTAP (he/him)

When was the last time a couple contacted you to start therapy so they could talk about the peace, harmony, and wonderful intimacy blossoming in their relationship? Right, probably never. Couples contact us to manage conflict and learn communication skills. It is not that they don't know how to communicate; they don't know how to have the conversation they need to have rather than the one they are having, according to Daniel Wile, author of Collaborative Couple Therapy. In this workshop, the presenters will share their approach to teaching conflict management and communication skills, cultivated from the Gottman Approach and Collaborative Couple Therapy (CCT). Join us and discover ways to effectively shift adversarial or withdrawn patterns of communication into empathic conversations that are more intimate, transparent, and satisfying. Participants will learn how to:

- Identify the ego states present in the couples communication that is contributing to communication impasses
- Explain the three cycles of communication that characterize most couples conflict communication dynamics
- Use "doubling" (speaking as one partner talking to the other) to transform angry accusations into acknowledgments
- Go within, between, and above to help couples solve the moment, even if they can't solve the problem

2:45 - 3:45pm

The Ethics & Effectiveness Of Authentic Marketing

Traci Medeiros-Bagan, LMFT, QTAP (she/they) and Kristel Why (she/they)

Varying theoretical orientations differ on the importance of a therapist's identity in and outside of the therapy room. Through an intersectional and a trauma-informed lens, the identity of the therapist becomes much more significant especially when working with communities that have been marginalized by the mental health industry and society at large. In the new world of social media and online presence, there are more places to show up for our clients as well as more places to let them down. This workshop will help therapists understand the clinical necessity of ethical, accurate, and authentic marketing as well as offer functional advice for why this is also the most effective way to build a brand in an increasingly conscious digital landscape. Participants will:

- Understand the clinical implications of inauthentic marketing when serving marginalized communities
- Be able to clarify the ethical responsibilities of being a "therapist brand" in a digital landscape
- Learn how to wield the power of social influence effectively to build an ethical brand

4:00 - 5:00pm

Touch Beyond The Physical

Susan Kaye, PhD, QTAP (she/her) and Rae Stegall, BS, QTAP, Certified Sex Coach (they/them)

Touch beyond the physical affects us emotionally, mentally and psychologically. The emotional importance of our sense of touch runs deep. We are social beings who need others around to experience fulfillment. Loneliness has severe consequences towards health and well-being. Research, both qualitative and quantitative, has proven a most important piece of human heritage is the need for physical contact. From birth to death, our sense of touch never changes. Touch has been known to help with learning disabilities. Studies proved that hugs help us brave winter and not suffer from colds and flu viruses. We will address more studies around cardiovascular diseases, the elderly and loneliness and babies thriving or dying due to touch or touch deprivation. The hormone release of oxytocin promotes feel-good sensations that we remember from childhood, into sensations in adulthood. Participants will learn:

- The significance of the Human Skin, which will make clear to participants "skin hungers" in a way that prior to learning these facts, will imprint the emotional, mental and lifelong psychological significance of touch
 - That science continues to prove the positive health manifestations from touch: Increase your happiness and longevity, reduce social anxiety and stress, boost immunity and lower blood pressure
 - Through the wisdom of early pioneers such as Masters & Johnson and Joseph Campbell, how bridging traditional sex therapy with certified body practitioners will serve one's own mental, emotional and physical health through all of life's stages
-

Sunday, May 2

ZOOM LINK FOR ALL DAY:

<https://us02web.zoom.us/j/86974007050?pwd=QVh6eXpnYTI4SWZzd2E1Vm9iQmdDZz09>

8:45am - Welcome & Announcements

9:00 - 10:00am

Throupling Up: Why And How Gay Men Engage In Triad Relationships

Alan Johnson, PsyD (he/him)

Summarizing results gathered from qualitative interviews with a convenience sampling of gay men who have been or are currently in a "throuple" (i.e., triad relationship), this presentation will discuss some of the reasons why gay men in dyad relationships chose to open up their relationship for a third partner and why gay men chose to enter into a dyad relationship. This presentation will also discuss some of the intrapersonal and interpersonal adjustments these gay men experienced prior to establishing and throughout their triad relationships. Participants will gain an initial understanding of:

- The reasons (i.e., why) gay men in dyad relationships may open up their relationship for a third partner and some of the intrapersonal and interpersonal adjustments (i.e., how) they may experience prior to establishing and throughout a triad relationship
- The reasons (i.e., why) gay men choose to enter into a dyad relationship and some of the intrapersonal and interpersonal adjustments (i.e., how) they may experience prior to establishing and throughout a triad relationship
- Anecdotal Dos and Don'ts behavioral health providers may recommend to gay men considering opening up, or entering into, or are currently in a triad relationship

10:15 - 11:15am

What The HAES: An Introduction To Health At Every Size

Erin Ebert, LCSW (she/her)

This talk will cover a cursory overview of Health at Every Size (HAES), the core concepts and beliefs, as well as information about diet culture, fatphobia, and how Health at Every Size provides an ethical framework and best practices if you are in helping professions. HAES is a framework commonly used when working with eating disorders, disordered eating, or body image challenges--all of which are over represented in the LGBTQ+ community. We will examine ways that this philosophy may help destigmatize bodies both in our queer community and our local communities. Participants will:

- Be able to define Health at Every Size (HAES)
- Learn historical roots of weight-related challenges in medical and care bias
- Be introduced to the Health at Every Size Pledge AND learn about resources for further learning

11:30am - 12:30pm

Supporting Relational Intimacy In Recovery

Joseph Green (he/him)

This presentation will focus on common topics surrounding sexual health and sexual behaviors when working with individuals in recovery or pursuing recovery, including grappling with past behaviors that occurred during substance usage, the struggle with vulnerability in sobriety, and the recognition in treating out of control sexual behaviors outside the traditional addiction framework. Participants will learn:

- How the World Health Organization's sexual health bill of rights informs the peer (and therapeutic for therapists) alliance and treatment strategies
- Problems with treating sexual behaviors as part of the addiction model and introducing an affirming, evidence-based alternative
- The six structural components from which to organize treatment objectives

12:30 - 1:30pm

Lunch Break

1:30 - 2:30pm**Curating Faith Communities Which Are Safe For All Persons**

Rev. Rick Diamond, DMin (he/him) and Rev. Christina Wisdom, JD, MSF (she/her)

How can mental health professionals supporting LGBTQ persons help them find contexts and communities of faith and spirituality that accept and honor them? And how does an LGBTQ person know what to look for? In this session, Reverends Diamond and Wisdom will share specific examples of the structure, beliefs, and practices of a number of faith communities in Austin, Texas, and beyond, regarding how those faith communities chose, with specific steps and discernment, to become affirming churches which honor all persons. Diamond and Wisdom's own church, Journey Imperfect Faith Community, is only one example, but there are many more. These communities of faith – from the rainbow flag in front of the churches' buildings, to participation in annual PRIDE parades and festivals, hosting a drag show benefitting local nonprofits, performing same-sex marriages, and LGBTQ persons in congregational leadership – foster dynamics that proclaim to their members, to their cities, and beyond, that there are religious contexts that reframe and refute the often-shaming messages of conservative Christianity. Diamond and Wisdom will present pre-recorded video interviews with LGBTQ persons who found acceptance, healing and belonging at Journey IFC and other communities of faith. Diamond and Wisdom will also give examples of faith communities which do work of reconciliation, and examine threads that churches, mosques, temples, and other reconciling organizations share in the work which Jesus said is most important: love your neighbor. Participants will learn:

- Examples of communities of faith which see LGBTQIA persons, their sexuality, their gender, and their selfhood as wholly legitimate, and blessed
- Directly from LGBTQIA persons who were rejected by their previous religious traditions but found belonging for themselves and their marriages and families in inclusive faith communities
- Specific steps and practices that a faith community can take in order to create a safe and inclusive community which fosters healing and reconciliation

2:45 - 3:45pm**Exploring Ethical Non-Monogamy Using A Gottman Method Approach**

Christopher Scott, PhD (he/him) and Brenna Ansley, LMFT-A, LPC-I (she/her)

This presentation is designed for mental health professionals who work with couples who are interested in exploring ethical non-monogamy. Presenters will review a structured intake protocol, and workshop participants will learn to apply Gottman Method interventions to the presented case studies. Attendees will learn to:

- Describe two Gottman Method interventions designed to help previously monogamous couples explore nonmonogamy
- Identify negative consequences of making agreements that cannot be sustained including "vetoing" new partners
- Identify client variables that need to be addressed prior to creating new relationship agreements around non-monogamy

4:00 - 5:00pm

LGBTQ+ vs. GSRM: An Open Discussion Debating The Future Of Us

Ty David Lerman, LPC-S, CST, QTAP (he/him)

The battle of the acronyms rages on. From GLBT, to LGBTIQQAAGNCNB2S, to LGBTQ+, this ever-evolving term has sought it's best to keep with the continued exploration of identities around sexual orientations and gender identities and expressions, and attempt to represent them all. In recent years, we have seen, largely in Europe and academic circles, a new term arise: Gender, Sexual, and Romantic Minorities (GSRM). This umbrella term has been intentional to be more inclusive of the wide spectrum of identities that defines the overall queer community, but has faced some criticism within the community. This facilitator can think of no greater group of people to debate this topic than the clinicians and humans with lived experience in our community, in this meeting-of-the-minds open discussion. This presentation will:

- Briefly explore the history and progression of both terms
- Provide all participants the opportunity to voice their thoughts/feelings on the terms
- Set a path for further discussion in how we as academics, clinicians, and humans in the queer community define ourselves.

5:00pm

Conference Adjourns

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We believe that people are "whole," a synergy of history, experience, and dreams for the future. Who we are and how we live is a reflection of our physical and emotional health, our relationships and spiritual well being. Whether we, at SWPA, are working with individuals, couples, families, or groups, we look for strengths and approach all with the belief that people can and do make positive changes.

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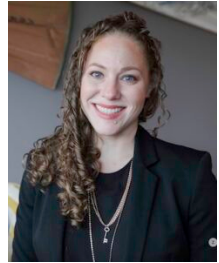
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Micki Grimland (she/her), LCSW
Owner and Chief Psychotherapist



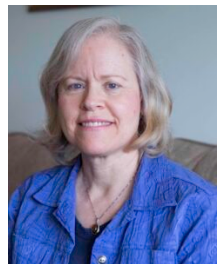
Brian Kunde (he/his)
MS, LCSW



Brandy Lerman (she/her)
MEd, LPC, CHt



Ty David Lerman (he/his)
MA, LPC-S, CHt, QTAP



Dianne Pulsipher (she/her)
MA, LPC



Jennifer Palmero (she/her)
MA, LPC



Sue Steinbruecker (she/her)
LCSW

SPEAKER BIOS

Ricardo Martinez, CEO, Equality Texas



Ricardo (he/him) is a first generation immigrant from Mexico who grew up in Brooklyn, New York. He was honored by the Obama Administration as an emerging LGBTQ Leader in 2012 and recently awarded the Stony Brook University's 40 Under 40 award for the impact he has had in Civil Service and Activism. Ricardo has also received an award from One N Ten, a Phoenix-based organization that helps LGBTQ youth with self-expression, self-acceptance, leadership development, and healthy life choices, after dancing in the 2019 Dancing with One N Ten event. Ricardo amassed seventeen years of experience with organizations like PENCIL, Summer Search, GLSEN, and Stand for Children.

Marisa Cohen, PhD



Marisa (she/her) is a relationship researcher and coach, and teaches college-level psychology courses. She is the author of *From First Kiss to Forever: A Scientific Approach to Love*, a book that relates relationship science research to everyday experiences and real relationship issues confronted by couples. She is also the author of *Finding Love: The Scientific Take*, a Psychology Today blog and Love Lessons, a Long Island Weekly newspaper column. She is passionate about discovering and sharing important research from the field, and has given guest lectures at the 92nd Street Y, Strand Bookstore, New York Hall of Science, and many other locations. She has also appeared in segments for Newsweek and is the subject of a piece focusing on her work, which aired on BRIC TV. For more information about Marisa and her work, please visit www.marisatcohen.com.

Traci Medeiros-Bagan, LMFT, QTAP



Traci (she/they) identifies as a queer vegetarian femme-inist of color, and sometimes as a closeted introverted activist. She has a Bachelor of Arts in Critical Gender Studies with a Focus in Sexuality from the University of California, San Diego, and a Master of Arts in Counseling Psychology from Argosy University, Orange County. Traci is a CA Licensed Marriage and Family Therapist and Co-Director and Owner of Gather & Grow OC, a group practice offering counseling, education, and wellness services. Along with her clinical training in Mental Health, she is also a trauma-informed and therapeutically focused Yoga Alliance Registered Yoga Teacher.

Alan Johnson, PsyD



Alan (he/him) is a clinical psychologist employed at the Weight Wellness program at UT Southwestern Medical Center. He earned his doctorate from The Chicago School of Professional Psychology in Chicago, Illinois and completed his internship and fellowship at Santé Center for Healing, a residential treatment center in Denton, Texas. He has trained and been employed in varied settings, which include outpatient substance abuse programs, college counseling centers, nursing homes, and private practice. While employed in private practice, Alan prioritized providing services to the LGBTQ+ community, nonmonogamous clients, and the kink community. His personal interests include baking, traveling, and watching horror films.

Erin Ebert, LCSW



Erin (she/her) is a Licensed Clinical Social Worker in Austin, Texas. She received her Masters of Science in Social Work from the University of Texas at Austin School of Social Work and holds a Bachelor of Arts in Communication Studies from the University of Tennessee, Knoxville. She is currently pursuing a Graduate Certificate in LGBT Health Policy & Practice at The George Washington University in Washington, DC. In Erin's professional life, she maintains a private therapy practice in Austin, Texas, working with folx experiencing eating disorders, body image distress, as well as working with the LGBTQ+ community. Erin is committed to providing workshops and size continuing education to her peers--especially about Health at Every Size, and diversity. She is excited to be a part of the QTAP instructor and consultant team, and can't wait to see what this adventure will bring. In her downtime, she loves spending time with her partner, pups, and on her Peloton.

Andrea Washington, LCSW-S, CSAT, CDWF



Andrea (she/her) provides therapeutic counseling to individuals with substance use or mental health disorders and their families. Her specialization as a CSAT (Certified Sex Addiction Therapist) allows her to work with people struggling with problematic or compulsive sexual behavior. Her work focuses on family of origin issues and the part they play in other relationships throughout life. Andrea has been a presenter at SAMHSA's national conferences. She was also sole clinical/practice consultant to CSWE and SAMHSA in the development of an integrated primary care behavioral health practicum curriculum used by many graduate social work programs. Outside of work, Andrea enjoys attending festivals, the zoo, and museums. She loves poetry readings, books, volunteering, creating zentangles, and spending time with friends and family.

Faith Harper, PhD, LPC-S, ACS, ACN



Faith (she/her) is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. She is the author of the book *Unf*ck Your Brain* and many other popular zines and books on subjects such as anxiety, depression, and grief. She is available as a public speaker and for corporate and clinical trainings.

Rev. Rick Diamond, D.Min



Rick (he/him) holds a B.A. and M. A. in English from Baylor University. He was an award-winning Instructor of English for ten years before being ordained a United Methodist minister in 1996. He earned his Doctor of Ministry from Drew University in 2001. Rick served as a pastor at traditional churches in East Texas and Austin, Texas, and then became the founding pastor of Journey Imperfect Faith Community in Austin, an emergent experiment in radically inclusive and open-source post-religious church, where he served for 16 years. He has led hundreds of workshops, retreats, seminars, and classes, with

expertise in men's spirituality, 21st century church models, spiritual formation, and more. He serves as an adjunct faculty member in Drew University's Theological School and Austin Presbyterian Theological School; he is also a professor at Northwind Seminary. His book *Wrestling With God* was first on the Borders Books' Best of 2004 Religion and Spirituality list. He is also the host of the podcast *Rick and Jesus Knock Shit Over*. He is married to Christina Wisdom; they live in Santa Fe, New Mexico, where Rick likes to read, fish, hike, draw, daydream, and cause good trouble.

Rev. Christina Wisdom, JD, MSF



Christina (she/her) is a spiritual director/companion in Santa Fe, New Mexico. After practicing corporate law for over a decade, she enrolled in seminary so she could wrestle with God and her notion of God in a guided space. During her time at seminary, Christina fell in love with the mystics and other faith traditions that expanded her view of who God is in her life and in the world. An active member of 12-step recovery for over 10 years, Christina particularly enjoys working with women, helping them find healing in their lives. She spent three years as a volunteer facilitator with Truth-Be-Told, a non-profit that works with incarcerated women teaching them how to write and tell their own

stories. Christina holds a Master of Arts in Spiritual Formation from the Seminary of the Southwest and a law degree from the University of Texas. She is an ordained minister at Journey Imperfect Faith Community in Austin, Texas. Christina is married to Rick Diamond. In her free time, she enjoys hiking, fishing, reading, working with textiles, and spending time with Emmy the cat and Heidi the dog.

Susan Kaye, PhD, QTAP



Susan (she/her) is a sexual well-being specialist with a PhD in Human Sexuality, and she has 30 years of experience as a somatic practitioner. She has expertise as a tantra teacher, bodywork practitioner, massage therapist, and yoga instructor. She also has 20 years of working in the sexual health field as a Sexologist, Sex Coach and Sex Educator. These combined years of bringing body and sex positive teachings to all diversities, has required multiple leaps of faith, explanations at family dinners and yes, hopping on many lily pads to become both a trained bodywork therapist as well as a clinical counselor and coach. She believes in offering clients total mind-body wellness and connects them with talk therapists as well as somatic experts to help them embody the healing they are seeking.

Kristel Why



Kristel (she/they) is an award-winning marketer with over 15 years of success working with a diverse selection of brands, including digital influencers, sexuality educators, therapists, and multimillion dollar corporations. As the 2021 XBIZ Industry Exec "Community Figure of the Year" Award winner, Why also runs boutique Marketing and PR firm, Ikigai Marketing, where she helps companies identify and cultivate their own unique "ikigai" (translation: reason for being) to create a framework for sustainable success. Why has spoken at numerous conferences across the country and currently does a popular

workshop helping sex workers find competent and affirming therapists. As an MA in Psychology student, Why understands the unique ethical responsibilities mental health professionals must uphold in the current digital landscape. She uses her professional experience and academic background to help therapists target their ideal client base, produce authentic content for brand recognition, and ethically navigate the responsibilities of being a public figure in a multicultural world. In 2020, Why started Sad But Rad Club, a digital project to change the narrative of mental health where she creates viral content on Tiktok. For more information, visit KristelWhy.com or SadButRadClub.com.

Rae, Stegall, BS, QTAP, Certified Sex Coach



Rae (they/them) is a trans-non-binary Transformational Guide and Certified Sex Coach™ @Golden RAE Coaching, located in Austin, Texas. Rae has been a successful Scientific Evidence Specialist for a decade with prominent corporate medical device companies. After graduating from Texas A&M as a marine biologist, they expanded into the biomedical realm of neural stem cell research and then infectious disease & vaccine R&D. Currently specializing in GSRD (gender, sexuality, and relationship diversity), LGBTQ+, and finding the

Authenticity in relationship with Yourself first, so then you can be truly closer with others and your soul's purpose. Golden-Rae.com and Team Member of Integrative Mind-Body Therapies: imbtinternational.com.

Ty David Lerman, LPC-S, CST, QTAP



Ty (he/him) is currently a PhD candidate in Clinical Sexology, with a specialty in non-traditional (open, polyam, kink) relationships at the International Institute of Clinical Sexology. With experience in both private practice and agency work, he has an expansive clinical practice, with an emphasis on Gender, Sexual, and Romantic Minorities (GSRMs) and anxiety. Ty is a Licensed Professional Counselor Supervisor, a Certified Sex Therapist (IICS) and hypnotherapist. He serves as the Director of Instruction for the Queer and Transgender Affirming Professionals (QTAP) certification program offered by

The Conference On Contemporary Relationships, where he also sits on the advisory board. His public speaking engagements include the Washington Post, Refinery29, the Fulbright Commission in Cairo, Egypt; The Jung Center (Houston, TX); and multiple college institutes, high schools and community centers. He has made multiple appearances on the "Great Day Houston" show with Deborah Duncan, news spots on ABC, NBC, and KHOU TV stations, and numerous shows on the KPFT 90.1 radio station. He was awarded "Best Male Mental Health Therapist" by OutSmart Magazine's Readers Choice Awards in 2018, 2019, and 2020. Ty is married and father of three Australian Shepherds, holds a black belt in Tae Kwon Do, has sung and stage-managed professionally, and is proud to have been referred to as "the orchid whisperer."

Caleb Matthews, LPC, LMFT



Caleb (he/him) is a Licensed Professional Counselor and Licensed Marriage and Family Therapist based in Austin, Texas. He is also the current Board President of The Human Empathy Project (thehumanempathyproject.com), a nonprofit in Austin, Texas dedicated to fostering empathetic connection around matters of Christian faith, gender, and sexual diversity through confidential consultations and resources. Caleb earned his Bachelor of Science in Psychology at Texas A&M University and his Master of Arts in Counseling at St. Edward's University. He specializes in counseling related to the LGBTQIA community, trauma (EMDR Certified), and couples/families.

Christopher Scott, PhD



Christopher (he/him) is a counseling psychologist in private practice in the Houston area. His practice focuses primarily on helping people improve their relationships and he works with a diverse clientele. He became a Certified Gottman Therapist in 2019 and is currently enrolled in the AASECT sex therapy certification program through the Sexual Health Alliance. Christopher was licensed as a psychologist in North Carolina in 2007 (license retired) and in Texas since 2009.

Brenna Ansley, LMFT-A, LPC-I



Brenna (she/her) is a sex, trauma and relationship therapist based in the Austin area. Brenna is passionate about working with clients that are LGBTQ+, in more than monogamous relationships and practice alternative sexuality and lifestyles. She is currently working towards AASECT and EMDR certification.

Julie Burke, LPC



Julie (she/her) is a therapist based in Austin, Texas. Julie helps people explore authenticity, vulnerability, and connection. She has extensive experience in working with youth and adults with intellectual and developmental disabilities. Starting as a tutor for an adolescent with autism in her sophomore year in college sparked a passion that led Julie to work in-home with special needs adults and graduate school where she achieved her Master's Degree in mental health counseling and becoming a Licensed Professional Counselor in the State of Texas.

Amy Wolfgang



Amy (she/her/they) is a queer Christian living and working in Austin, TX. She is passionate about how empathy, the body, and faith intersect to bring about healing in the world. As a current covenant member and former staff member at her church, Vox Veniae, Amy helped to inform the community's process of discernment around hospitality and sexual diversity. She is the current Board Vice President and Secretary of The Human Empathy Project and works in Human Resources at the University of Texas at Austin.

Joseph Green



Joseph (he/him) is a peer recovery coach and certified sex educator as well as a person in long-term recovery. He works at RecoveryATX, a peer support organization providing assistance with a focus on person-centered recovery, openness to multiple pathways, and harm reduction. RecoveryATX serves central Texas, including Austin, San Antonio, and the hill country. Joe is an author, political researcher, screenwriter, and playwright. More information can be found at joegreenjfk.com.

Lauren Spalding, LMFT, LPC-I



Lauren (she/her/hers) is an LGBTQIA+ ally, a Licensed Marriage and Family Therapist, and a Licensed Professional Counseling Intern practicing in Austin, Texas. She lives in Leander, TX with her husband, daughter, and aussiedoodles. Lauren earned a Bachelor of Arts in Psychology at the University of Texas at Austin and a Master of Arts in Counseling at St. Edward's University. She enjoys working with people who are overcoming trauma (IFS and EMDR Trained), and has a passion for helping those who have suffered from spiritual trauma including those who identify as LGBTQIA+ and Christian.

She is currently serving on the Board of The Human Empathy Project (<http://www.thehumanempathyproject.com/>), a nonprofit in Austin, Texas dedicated to fostering empathetic connection around matters of Christian faith, gender, and sexual diversity through confidential consultations and resources.

Vagdevi Meunier, PsyD



Vagdevi (she/her) is a licensed psychologist and Clinical Assistant Professor at The University of Texas. She has a private clinical and consulting practice in Austin where she specializes in relationship therapy, intensives, and retreats, professional training and supervision, and organizational consultation. Vagdevi has extensive experience with multicultural psychology, especially eastern influences on psychological practice, and cross-cultural research on relationships. She has over 30 years of experience as a therapist, consultant, and educator. Vagdevi has been a certified Gottman Couples Therapist and

workshop leader since 2006. As a Master professional trainer for the Gottman Institute, Vagdevi has presented workshops and retreats to professional and lay audiences in the US and abroad. Vagdevi incorporates mindfulness, relational neuroscience, and positive psychology into her presentations on relationships, and has published several book chapters and articles on the Gottman method of couples therapy. She is passionate about helping individuals, partners, teams, and organizations develop flourishing and authentic relationships to self and others. She is the founder and Executive Director of The Center for Relationships (<http://www.thecenter4relationships.com>) as well as the founder and President of Sukha International, Inc, (<http://www.sukhainternational.com>).



Jeff Lutes, LPC, QTAP

Jeff (he/him) has been in private practice for 32 years and is the founder and Executive Director of The Conference On Contemporary Relationships, which hosts the annual conference as well as the Queer and Trans Affirming Professional (QTAP) Certification Program. He produced the Q Marriage Mentors podcast, featuring conversations with remarkable LGBTQ couples. He is the co-author of two chapters in Affirmative Counseling with LGBTQI+ People (American Counseling Association, 2017), a chapter in the Handbook of LGBT-Affirmative Couple and Family Therapy (Routledge 2012), and author of 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.



www.swpsychotherapy.com

Queer & Trans Affirming Professional (QTAP) Certification

Conference Attendance + Anti-Racism Training + Core Curriculum + Consultation = 60 Hours

BEGINS APRIL 30, 2021

A certified Queer & Trans Affirming Professional (QTAP) meets widely accepted criteria of education, training, and experience in providing ethical and culturally competent services to the queer and trans community. QTAP certification is a 60-hour cohort program that begins each May with conference attendance, followed by live online anti-racism training, professional consultation throughout the following year, and comprehensive pre-recorded core curriculum courses. The Class of 2021/2022 is our FastTrack launch year, and qualified students receive credit for past training. For application qualifications, go to www.contemporaryrelationships.com.

REQUIRED COURSES (Subject to Change)

Shift Happens: Faith Crisis, Queer Sexual Identity, and Post-Traumatic Growth

Emily Stone, PhD, LMFT, QTAP (she/her)

Just Say Old: Your Later Years Can Be The Best Time In Your Life

Loren Olson, MD (he/him)

Counseling Trans And Gender Nonconforming Persons

April Owen, PsyD, QTAP (she/her)

Securing Your Future As You Age: Legal and Estate Planning For LGBTQIA+ Adults

Shelly Skeen, JD, FCI Arb, LLM (she/her), and Geron Gadd, JD, MTS, QTAP (she/her)

What's In A Name? The Legal Requirements And The Practical Considerations Of Changing A Name And Gender Marker For People In Transition

Chase Gregory Jones, Esq (he/him)

LGBTQ+ Addiction: Recovery From Substances

Andrea Washington, LCSW-S, CSAT, CDWF (she/her)

Relationships In A Gay Man's World: What Counselors Need To Know

Rahim Thawer, MSW, QTAP (he/him)

Coming Out: Clinical Models And Personal Stories

Andrea Washington, LCSW-S, CSAT, CDWF (she/her)

WPATH Standards, Hormone Therapy, & Gender Affirming Surgery

Zander Keig, LCSW, BCD, QTAP

Relationships In A Lesbian Women's World: What Therapists Need To Know

Emily Stone, PhD, LMFT, QTAP (she/her)

ELECTIVES (Subject To Change)

Beyond Bodies: Eating Disorders & Body Image Challenges in the LGBTQ+ Community

Erin Ebert, LCSW (she/her)

Sexual Orientation Change Efforts: Understanding The Trauma Caused By Reparative Therapy And Ex-Gay Ministries

Jeff Lutes, LPC, QTAP (he/him)

More-Than-Monogamous: A Look At Everything BUT Monogamy

Ty David Lerman, LPC-S, CST, QTAP (he/him)

Leather And Kink Culture

Ty David Lerman, LPC-S, CST, QTAP (he/him)

Families Of Origin: Coping As An LGBTQ+ Person

Crystal Collier, PhD, QTAP (she/her)

Families In Transition: Helping The Loved Ones Of Those Who Are Transitioning

Traci Medeiros-Bagan, LMFT, QTAP (she/they)

Dating And Hooking Up In The LGBTQ+ Community

Adam Maurer, LMFT, LPC (he/her)

LGBTQ+ Addiction: Recovery From Behavioral Addictions

Andrea Washington, LCSW-S, CSAT, CDWF (she/her)

Are We Out Of Touch With Our Humanity?

Susan Kaye, PhD, QTAP (she/her) and Rae Stegall, QTAP (they/them)

LGBTQ+ Muslims And Mental Health

Rahim Thawer, MSW, QTAP (he/him)

Working Effectively With HIV+ Persons

Rahim Thawer, MSW, QTAP (he/him)

Modern Monogamy In The LGBTQ+ Community

Adam Maurer, LMFT, LPC (he/her)

Intergenerational Relationships Part 1: No Bone In Your Boner

Loren Olson, MD (he/him)

Intergenerational Relationships Part 2: Don't Let Anyone Should On You

Loren Olson, MD (he/him)

Pathways To Parenting In The LGBTQ+ Community

Jeff Lutes, LPC, QTAP (he/him)

Queer And Trans History, Terms, And Pronouns

Zander Keig, LCSW, BCD

Yellow Peril: Dismantling White Psychology's Narrative of the Model Minority

Kristel Why and Traci Medeiros-Bagan, LMFT, QTAP

June 1, 2021

Deadline To Join The 2021 QTAP *FastTrack* Certification Program

Perhaps you only registered for the conference, but are now wondering “Can I still join the 2021 QTAP Certification Program?”

If you attended CRC 2021, the answer is yes, but you need to act before June 1, 2021. Go to www.contemporaryrelationships.com and register for QTAP using the discount code **QTAP20%OFF**.

Note: This discount code will only be honored for those who meet the QTAP eligibility criteria AND attended at least 8 hours of CRC 2021, including the anti-racism training on 4/30/2021.

In addition to attending CRC 2021, applicants for QTAP must meet one of the following criteria:

1. Attended the Contemporary Relationships Conference (CRC) two or more years (2014 - 2020), or
2. Attended CRC one year, and can provide documentation of 10 CE credits earned elsewhere in LGBTQ health/mental health, or
3. No CRC attendance, but can provide documentation of 21 CE credits earned elsewhere in LGBTQ health/mental health.

If you need additional CEU's to qualify for QTAP, you can rent all the workshops presented last year (CRC 2020) at <https://gum.co/iyonf>.





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