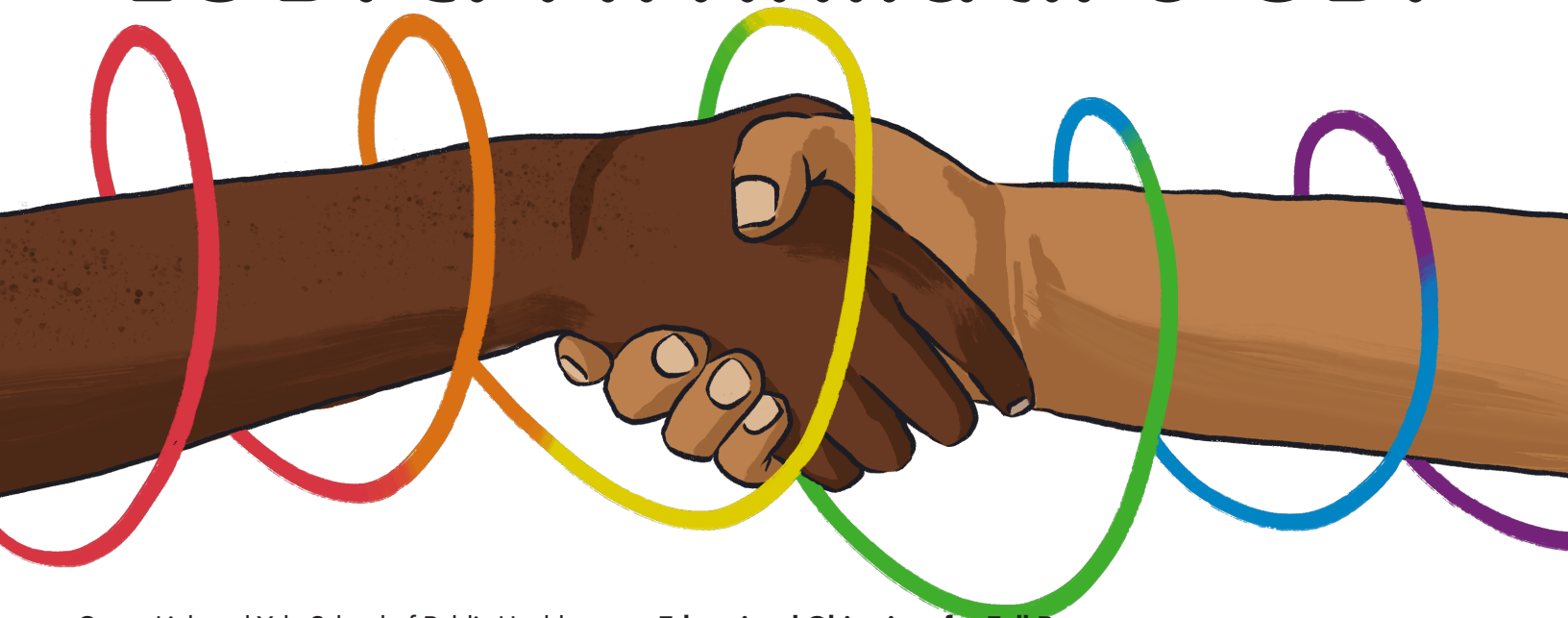


# Training Program in LGBTQ-Affirmative CBT



CenterLink and Yale School of Public Health are excited to offer the mental health staff of CenterLink members a comprehensive training in LGBTQ-affirmative cognitive behavioral therapy (CBT)! This training program consists of 11 weekly 1-hour seminars led by experts in state-of-the-art mental health care for the LGBTQ community. Participants will learn how to deliver a new type of evidence-based treatment that has been shown in federally-funded clinical trials to reduce depression, anxiety, substance use, and sex risk among diverse LGBTQ community members.

## Trainers and Credentials:



**John Pachankis, Ph.D.**  
Susan Dwight Bliss Associate  
Professor of Public Health and  
Psychiatry, Director of Yale Initiative  
for LGBTQ Mental Health



**Skyler Jackson, Ph.D.**  
Associate Research Scientist, Yale  
School of Public Health and Yale  
Initiative for LGBTQ Mental Health



**Ilana Seager van Dyk, Ph.D.**  
Postdoctoral Associate, Yale School  
of Public Health and Yale Initiative for  
LGBTQ Mental Health



**Zachary Soulliard, Ph.D.**  
Postdoctoral Associate, Yale School  
of Public Health and Yale Initiative for  
LGBTQ Mental Health

## Educational Objectives for Full Program:

- Apply CBT clinical skills specifically tailored to LGBTQ clients.
- Describe how minority stress theory can inform evidence-based mental health practice.
- Explain the principles and techniques of LGBTQ-affirmative CBT.
- Learning objectives for each session can be found here:

<https://bit.ly/3kAtPF3>

## Schedule and format:

All trainings will take place via live webinar on Zoom on Fridays from 12PM-1PM EST. Two date ranges for training (see back for more details):

1. **Oct. 16, 2020 – January 22, 2021**  
(except Nov. 27, Dec. 25, Jan. 1)
2. **March 5, 2021 – May 21, 2021**  
(except Apr. 2)

## Appropriate level of skill & cost:

Intermediate, free

## Participants for whom the activity is designed:

Mental health professionals and advanced graduate students at CenterLink community centers.

## Continuing Education (CE) Credits Offered:

1 CE per session attended (up to 11 CE's total)

**Register now for the course! —OR— Register for our October 2 informational webinar to learn more.**

Division 44 is approved by the American Psychological Association to offer continuing education for psychologists. Division 44 maintains responsibility for this program and its content. Grievances regarding this program should be submitted directly to the Division 44 CE Coordinator, Jae Puckett, Ph.D., at [jaepuckett1@gmail.com](mailto:jaepuckett1@gmail.com)



<https://bit.ly/338IL7p>

# Q&A

## **What skills can I expect to learn?**

You can expect to learn evidence-based skills for applying minority stress theory to CBT practice. Skills will include conceptualizing a case using minority stress theory; addressing the relevance of minority stress to emotional experience and avoidance patterns; and teaching evidence-based emotional, cognitive, and behavioral skills. We will also highlight the role of intersectional stressors and resiliencies on mental health.

## **What is the treatment approach that I will learn?**

The treatment is based on evidence that CBT can effectively address the harmful emotional, cognitive, and behavioral impact of minority stress. The treatment can be delivered flexibly (e.g., individual, group, online), to diverse populations (e.g., queer people of color, genderqueer, sexual minority, transgender, youth, young adults), and in as few as 9 weekly sessions. The Yale team has tested this approach and has found efficacy across LGBTQ people's common mental and behavioral health challenges, including depression, anxiety, substance use, and sex risk.

## **Who is this treatment for?**

The treatment has been tested for individual delivery with gay and bisexual young men and young queer and gender-diverse sexual minority women. It has also been tested for group delivery with young Black and Latinx queer men. All trials show strong success.

## **What format will the training take?**

The training will be delivered via live webinar for one hour each Friday. After an orientation the first week, we will spend the next 9 weeks reviewing each module of the LGBTQ-affirmative CBT treatment (e.g., recognizing minority stress reactions, mindfulness, addressing emotion-driven behaviors). We will describe each of the CBT techniques and underlying principles, watch example session clips, and discuss the content as a group. The training will end with a conclusion/wrap-up session on the final week.

## **Is there a research component?**

Yes. We are interested in studying whether this training works, so we will ask you to complete some survey questions and exercises about your experience with LGBTQ-affirmative CBT before, directly after, and about 3 months after the training. As part of the research, half of the training participants will be offered the training between October 16, 2020 and January 22, 2021. The other half of training participants will be offered the training between March 5, 2021 – May 21, 2021. You will receive more information about the research part of the training before the first session. The research portion of the training is voluntary. Those who choose to participate in the research will be compensated \$150 for their time spent completing the surveys (i.e., \$50 for completion of each of the three sets of surveys).

## **Can I receive Continuing Education (CEs) credits?**

We have been approved by the American Psychological Association (Division 44: Society for the Psychology of Sexual Orientation and Gender Diversity) to offer CEs for psychologists. Social workers, mental health counselors, and other mental health professionals can request to receive credit for this course through their state's professional licensing body.

## **Do I need to attend every training session?**

Because the training sessions build off of each other, it will be important to attend every meeting or at least as many as you can. In terms of CEs, attendees will earn 1 CE for each session that is attended. Every week, you will learn a new CBT skillset to build a comprehensive portfolio of LGBTQ-affirmative CBT skills. We'll keep the meetings engaging!

## **How will I be recognized for my participation?**

If you complete at least 7 of the training sessions, CenterLink and Yale will provide a signed certificate acknowledging your participation.

## **What have previous therapy clients said about the treatment you will learn?**

"So there was a session where we talked about mindfulness and just the... literally sitting still and paying attention to my breathing... just being in the moment with myself. That has helped tremendously, and that is still something months later that I do now."

– Black/African-American lesbian, cisgender woman, age 25

"[...] the therapist taught us to interpret things in a different way, taught us that not always the first thing you think about something is the only possibility to interpret it. [...] that was the one that got more of my attention."

– Black/Latino gay male, age 28

"I'm definitely less avoidant with uncomfortable conversations"

– Black/African-American queer, cisgender woman, age 26

"I felt happier when I left. I just felt more accomplished. I did feel like a better person [...] like managing stress is a little easier now and I'm more aware and cognizant of things that stress me out. And how to deal with them and just knowing that it's not the end of the world to be stressed [...] that it's manageable."

– Black/Latino gay male, age 33

"You guys showed me to be proud, strong, and stand for who we are"

– Latino gay male, age 33

## **How can I learn more?**

Attend our informational webinar on October 2! Or email us at [esteem@yale.edu](mailto:esteem@yale.edu)



<https://bit.ly/338IL7p>