



Regional Center of Excellence for Behavioral Health

Continuing Education Training

3 CEU - SW/MHC/CASAC Pending

March 27, 2020

LGBTQ+: Guidelines for Clinical Care

Kimberly Girdlestone, LCSW-R & Amanda D. Pollard, MS

Overview:

This workshop will be an opportunity to learn more about guidelines for clinical care while working with people who identify as LGBTQ+. It will provide education around the demographics, stigmas, and disparities encountered in the LGBTQ+ population, language and terminology, differences between gender identity, gender expression, biological sex and sexual orientation, clinical interventions and resources available for clients, families and staff.

Learning Objectives:

1. Identify reasons why cultural competency in health care matters: demographics, stigmas and disparities.
2. Define and learn about language and terminology concerning LGBTQ+ clients.
3. Introduce best practices for clinical mental health/substance abuse care of LGBTQ+ clients.
4. Learn the differences between gender identity, biological sex, gender expression and sexual orientation.
5. Learn about different theories related to LGBTQ+ clinical practice including identity development theories, minority stress theory, micro aggressions and how stigma affects clients.
6. Learn about clinical interventions for work with LGBTQ+ individuals.
7. Learn about gender dysphoria from a narrative perspective.
8. Build knowledge of resources for clients, families and staff.

Instructors:

Kimberly Girdlestone is a Licensed Clinical Social Worker (LCSW-R) licensed to practice psychotherapy in New York State. She has worked with children, adolescents and adults in various clinical settings for over 20 years. Currently, Kimberly is a Psychiatric Social Worker at Erie County Medical Center working with adults in the Outpatient Behavioral Health Clinic at 1285 Main Street providing co-occurring individual and group therapies. Her passion is providing clinical care to the LGBTQ+ population. She has created two group therapy treatment curriculums for LGBTQ individuals, including a trauma treatment module. Kimberly presented on the topic of LGBTQ Clinical Care to ECMC staff as well as to Social Work students at Daemen College. She also collaborates with other treatment providers at ECMC supervising their individual and group therapy treatment of LGBTQ individuals. Prior to this position, Kimberly treated patients in ECMC's inpatient psychiatry department. In addition, she currently provides individual psychotherapy to adolescents and adults in a private practice in Amherst, NY where her practice focuses on gender and sexual minority treatment. Kimberly also specializes in providing treatment for depression, anxiety and trauma using various treatment modalities including Seeking Safety, Compassion-Focused Therapy, Mindfulness, EMDR, CBT, DBT, and Schema Therapy.

Amanda D. Pollard, MS, is an Associate Professor of Sociology at Niagara County Community College. She has presented on the issue of Gender Diversity at Niagara County Community College, Building Bridges to the Liberal Arts series, and at Canisius College.

Training Hours: 3.0 CEU SW/MHC (CASAC Pending)

Cost: ECMC Employees: \$30 ea.
Non-ECMC Employees \$50 ea.
Students and Interns: No charge; No certificate will be provided.
Please register to receive CEU certificate.

Date: March 27, 2020
Time: 12:30pm-3:30pm
Registration: 12:00pm
Location: Smith Auditorium
ECMC, 3rd Floor
462 Grider St.
Buffalo, NY 14215

No partial credit can be awarded.
Please arrive on time and attend the entire training for CEU certificate.

Questions or requests related to accessibility accommodations, the training, or resources can be directed to:

MLYNCH@ECMC.EDU and
JHIGGINS1@ECMC.EDU

We ask that requests be made as soon as possible, at least two weeks in advance.
Thank you.

Registration Closes:
March 13, 2020

To register please visit:

<https://www.ecmc.edu/the-ecmc-foundation/continuing-education/>

Additional information:

- Confirmation email will be sent following successful registration.
- Please email us to arrange group payment.
- Refunds issued with more than 5 business days notice, credit toward future training if later.

Erie County Medical Center is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0075 and the State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0050, and New York State Office of Alcoholism and Substance Abuse Services (OASAS) Education and Training Provider Certification #817. Training under New York State OASAS Provider Certification is acceptable for meeting all or part of the CASAC, CPP, CPS education and training requirements.