

Program Title: **Responding to Sexual and Gender Minority Stress, Beginner Level**

Program Date(s): Sept. 28-29; Oct 27 2023

Start Time: 8:30 AM

End Time: 4:30 PM

Schedule

Day 1 (Sept. 28 & Oct. 27)

8:30-8:45	Welcome and Introduction by Denise Lash
8:45-10:30	Current overview of anti-SGM bias in society and psychotherapy
10:30	Break
10:45-12:00	Minority Stress and Social Safeness Model in Process-Based CBT
12:00	Lunch
1:00-2:30	ACT and Minority Stress (with partner exercises and demonstration)
2:30	Break
2:45-3:45	Interpersonal relationships and Alliance with SGM clients
3:45-4:30	Resilience factors and Closing

Day 2 (Sept. 29 Optional Add on day-No CME Credit Offered for Day 2)

8:30-10:30	Diving deeper into microaggressions and validation resistance
10:30	Break
10:45-12:00	Issues surrounding gender affirming care and letter writing
12:00	Lunch
1:00-2:30	Probing internal biases through self-reflective and partner work
2:30	Break
2:45-3:45	Developing and cultivating culturally competent teams
3:45-4:30	Reviewing case conceptualizations, role play, and final questions