



**Affirming Therapy with Queer and Trans Clients**  
**Friday, March 31, 2023**  
**10am to Noon Central Time**

**A Live Interactive Webinar**  
**Presented by**  
**Danielle Simmons, PhD**

**Free to IPA Members**

**2 Hours of APA Approved Continuing Education Credit**



Danielle Simmons, PhD, is a licensed psychologist and co-owner of Simmons Counseling & Consulting Services in Chicago, Illinois. As a clinician, she works primarily with Black and Brown, queer and trans individuals, couples, and families to grow through generational and historical trauma, often exacerbated by enduring systemic oppression, to empower sustainable growth, change, and healing. Dr. Simmons writes about affirmative psychotherapy clinical considerations when working with sexual and gender identity minorities in her chapter of *A Handbook on Counseling African American Women: Psychological Symptoms, Treatments, and Case Studies* (2022). She seeks to bridge her expertise and practice to support other practitioners through processes of honest self-reflection, increased unconditional self-compassion, and acceptance of strengths and limitations with a goal of expanding affirming therapeutic experiences for queer and trans individuals.

## **Program Description**

In an introductory LGBTQ+ workshop for clinicians in Spring 2023, participants will build on their working knowledge of gender and sexuality language, focus on self-awareness, and explore affirming clinical practices. By using a case example, clinicians will identify pertinent intersectional issues facing LGBTQ+ clients to understand their lived experiences. Clinicians will also incorporate reflexive questions to support an increased understanding of their biases to improve the provision of high-quality sexuality and gender affirming care.

## Learning Objectives

By the end of this course, participants will be able to:

1. Identify challenges and risks for lesbian, gay, bisexual, transgender, queer and questioning individuals
2. Develop insight into ways LGBTQ+ individuals survive, heal, grow, and thrive in the face of these challenges and risks
3. Examine best practices when providing affirming clinical support to LGBTQ+ clients.

## CONTINUING EDUCATION CREDITS

*Affirming Therapy with Queer and Trans Clients* is sponsored by: The Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

**2 continuing education credit for psychologists will be awarded.**

## CONTINUING EDUCATION GRIEVANCE POLICY

The Illinois Psychological Association (IPA) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists. The IPA will comply with all legal and ethical guidelines for non-discrimination in promotional activities, program content and in the treatment of CE participants.

While the IPA strives to assure fair treatment for all participants and to anticipate problems before they occur, occasionally grievances may be filed. In cases where a participant files a written or oral grievance, the following action will be taken:

If the grievance concerns the content of the workshop, an IPA representative will mediate and will be the final arbitrator.

### **Direct correspondence to:**

Illinois Psychological Association  
67 East Madison Street Suite 1904  
Chicago, Illinois 60603  
[mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)

## LOCATION

**This workshop is being held as a live webinar only.**

## REFERENCES

APA Task Force on Psychological Practice with Sexual Minority Persons (2021) APA Guidelines for Psychological Practice with Sexual Minority Persons. American Psychological Association. Available at: [www.apa.org/about/policy/psychological-practice-sexual-minority-persons.pdf](http://www.apa.org/about/policy/psychological-practice-sexual-minority-persons.pdf).

American Psychological Association. (2015). Guidelines for psychological practice with transgender and gender nonconforming people. *American Psychologist*, 70(9), 832-864.

Chang, S. C., Singh, A. A., & dickey, l. m. (2018). A clinician's guide to gender-affirming care: Working with transgender and gender nonconforming clients. Oakland, CA: New Harbinger.

Follins, L. D., Walker, J. N. J., & Lewis, M. K. (2014). Resilience in Black lesbian, gay, bisexual, and transgender individuals: A critical review of the literature. *Journal of Gay & Lesbian Mental Health*, 18(2), 190-212.

Kort, J. (2018). *LGBTQ clients in therapy: Clinical issues and treatment strategies*. New York: W.W. City, State: Norton & Company.

Simmons, D. (2022). Sexual Orientation and Gender Identity Minorities. *A Handbook on Counseling African American Women: Psychological Symptoms, Treatments, and Case Studies*, 227. ABC-CLIO.

## Cancellation Policy

There are generally no refunds for cancellations, but refunds may be made on a case-by-case basis if requested in writing to Marsha Karey, [mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)

## REGISTRATION

*Affirming Therapy with Queer and Trans Clients* will be held on Friday, March 31, 2023 from 10am to Noon, Central Time in a live interactive Webinar format.

**IPA Members only -Register by emailing Jaclyn Psenka at [jpsenka@illinoispsychology.org](mailto:jpsenka@illinoispsychology.org)**

**Registration Deadline March 24, 2023**

### Workshop Fees

**Free to IPA Members Register by emailing Jaclyn Psenka at [jpsenka@illinoispsychology.org](mailto:jpsenka@illinoispsychology.org)**

**\$45 for Non-Members—Register online at [www.illinoispsychology.org](http://www.illinoispsychology.org)**

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, they should contact Marsha Karey by March 31, 2023 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Marsha Karey 312-372-7610 x201.

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

