



Activism and LGBT Psychology (Journal of Gay & Lesbian Psychotherapy)

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Go beyond traditional approaches to therapy, research, and teaching Psychotherapy works toward change, but has traditionally focused solely on the individual. Today it is understood that discrimination and other adverse social conditions adversely affect the mental health of minority groups. Activism and LGBT Psychology takes note of the influence of social factors and offers examples of how mental health professionals can use their professional skills to empower the LGBT community. Respected leaders in the field of psychotherapy describe theoretical, clinical, community interventions, and personal approaches to changing attitudes toward LGBT people and within LGBT communities. Prejudice against a minority has an undeniable impact on mental health treatment. Recognizing and understanding this dynamic, Activism and LGBT Psychology reveals strategies to lessen societal discrimination, work for positive change, and reinforce LGBT-affirmative mental health practices. This valuable guide shows how to integrate the mental health professional's unique skills into activism for lesbian, gay, bisexual, and transgender issues. Topics in Activism and LGBT Psychology include:

- integrating activism into clinical practice
- theoretical alternatives for clinical practice
- mental health issues as the consequences of social injustice
- strategies for using liberation psychology in psychotherapy with LGBT clients
- practical strategies to bring an integrated clinical approach which encourages client empowerment and self-definition
- how research can be social activism
- providing training and support to make educational professionals agents of change
- personal accounts of integrating professional work with an activist role
- *and more!*

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