

Asking the Right Questions 2: Talking about sexual orientation and gender identity in mental health, counselling and addiction settings

Angela M. Barbara, Gloria Chaim

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Lesbian, gay, bisexual, transgendered, transsexual, two-spirited, intersex and queer (LGBTTTIQ) people have specific life factors that relate to substance use and/or mental health problems. These factors include coming out, gender transition, societal oppression, loss of family support, isolation, and the prominence of bar culture in their communities.

This manual will help counsellors create an environment where LGBTTTIQ clients feel comfortable talking about their sexual orientation and gender identity. This will allow the counsellor to:

- best assess the needs of LGBTTTIQ clients
- engage clients in a positive treatment process
- develop tailored treatment plans
- make appropriate referrals.

Asking the Right Questions 2 includes:

a glossary of concepts and terms.

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