

# ALGBTICAL NEWSLETTER

FALL 2015



## PRESIDENT'S MESSAGE

### COUNSELORS AS ADVOCATES

By Michael Lebeau, ALGBTICAL President

Dr. Martin Luther King Jr. said it best: "Cowardice asks the question: is it safe? Expediency asks the question: is it politic? Vanity asks the question: is it popular? Conscience asks the question: is it right? And there comes a time when one must take a position that is neither safe, nor politic, nor popular. But one must take it because it's right."

As counselors who are ethical and compassionate, and who care about human rights, the need to stand up and be advocates becomes increasingly important. As counselors who pay particular attention to the needs and concerns of LGBTQ students and clients, we are called to defend the rights of others and to guard the dignity of others.

In an article from the *Journal for Social Action in Counseling & Psychology*, the following observation was made: "Students in counselor education programs must be made aware that effective interventions when working with oppressed and disenfranchised clients will be conducted outside of their offices and in the communities, exacting change at the sociopolitical level. Mental health practitioners who rely heavily on traditional counseling and psychological paradigms and theoretical orientations that emphasize weekly, face-to face sessions have discovered inadequacies when addressing modern society's marginalization of diverse groups and individuals."

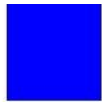
We must exhibit the courage to confront the inequities we see around us regarding members of the LGBTQ community. When we hear misinformation about LGBTQ issues, we must speak up. When we hear about efforts to discriminate against LGBTQ people, we must speak up. We hear about oppressive acts against LGBTQ people, we must speak up. When we hear hate speech directed at LGBTQ people, we must speak up. And, ultimately, we need to do more than speak up. We must act.

As Green, McCullom, and Hayes point out in their research, "Advocacy counseling is viewed as being as much a philosophy as a practice. To be an advocate in counseling requires strong beliefs about equity and speaking out on behalf of those who believe that they are powerless. The social and political justice way of thinking has produced advocacy counseling, a form of counseling that not only addresses the immediate issues of non-empowered clients, but changing the external environment of clients as well."

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## Alabama's First Transgender Conference on Trans Students in Higher Education

September 2015

As gender identity and gender expression are an area of growing diversity on college campuses nationwide, leaders at the University of Alabama at Birmingham are taking steps to ensure that individuals who identify themselves as transgender and gender nonconforming, often generally referred to as transgender or trans, can be successful at UAB. UAB's medical and mental health providers and student services leaders attended the Supporting Trans Students mini-conference Sept. 28-29; it was the first event of its kind at an institution of higher education in Alabama. Organizers say the effort is consistent with the institution's longstanding commitment to diversity and support of student success.

"UAB has well-established policies that position us as an institution providing a leadership example in the areas of welcoming and inclusion of all students in the provision of educational programs and other services," said Vice President of Student Affairs John R. Jones III, Ph.D. "In support of student success on one of the nation's most diverse campuses, UAB will continue our commitment to meet the needs of all our students, and I commend those advancing this effort."

Student Health and Wellness Counseling Services Director Angela Stowe, Ph.D., says faculty and staff work very hard within the campus community to address the needs of students who may require additional services or resources to optimize their ability to thrive in higher education and life. "Each student at UAB has challenges to overcome in getting the most out of his or her time here, and there are

countless services and resources across this campus dedicated to addressing them," Stowe said. "While the transgender community may be small on campus, it is our duty to help our students succeed, and this initiative is evidence of UAB's commitment to our students' success."

The Supporting Trans Students mini-conference began with a Trans 101 Opening Session for all attendees, led by Gabriel C. Javier, M.A., assistant dean/director of the LGBT Campus Center at University of Wisconsin-Madison. Javier leads a team of content experts on the inclusion of LGBTQ+ people at UW and helped develop the integrated model of trans-inclusive health services. He is past co-chair of the Consortium of LGBT Higher Education Resource Professionals.

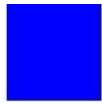
Breakout sessions followed, covering medical, mental health and student services tracks. Student Health and Wellness personnel attended the medical and/or mental health tracks appropriate to their duties, to ensure providers of such services are trained and competent in meeting the needs of transgender students. The Student Services track was open to leaders of student service across the university to prepare UAB personnel to provide compliant, appropriate and supportive services.

Student Services track goals included: Educate student services leaders about the needs of trans students on campus and the responsibility of our institution to address their unique needs. Inform student services leaders about the existing and available resources on campus and in the community for trans students.

Provide consultation to UAB student services areas about how to establish and provide appropriate and relevant services. Bring student services departments together to have a unified discussion and establish plans of action in order to avoid fragmentation of initiatives and services. Clinically, transgender individuals are frequently diagnosed with gender dysphoria, a condition broadly defined as discomfort or distress caused

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## Transgender Continued



by a discrepancy between a person's gender identity and that person's sex assigned at birth. This discrepancy, and the societal acceptance or discrimination against transgender individuals, contributes to significantly greater health risks, including but not limited to greatly increased suicide ideation, up to 64 percent; actual suicide attempts, ranging between 16 and 37 percent; and greater likelihood of becoming a victim of violence, 27 percent.

Assistant Vice President for Student Development, Health and Wellness Jake Baggott says this conference, which gathered UAB leaders in targeted areas, is a first of many steps that will take place on campus to meet the health and wellness needs of a diverse student population. "Student Health and Wellness staff place a premium on providing a comfortable, safe and respectful environment for all students," Baggott said. "We take this responsibility seriously, and we will continue to offer the highest standards of medical and mental health care and support for all students." Baggott says Student Health and Wellness will provide student-centered integrated health and mental health care for students across the gender spectrum, which he expects to positively impact academic performance, retention and mental health status for students.

(From Jim Bakken, UAB Media Relations)

[ALGBTICAL Website Link: First Transgender Conference](#)

## ALGBTICAL WEBSITE HIGHLIGHTS

[Jeffrey Tambor: Wins Golden Globe for Transgender Role](#)

[Tim Cook: Apple's New CEO is Openly Gay and From Alabama](#)

[Imitation Game: New Film About Gay Mathematician Alan Turing](#)

[Gay in Alabama](#)

[Hear Mary Lambert's Latest Song](#)

[BP Former CEO John Browne Comes Out](#)

[Counseling LGBT Clients](#)

[Homophobia and Heterosexism](#)

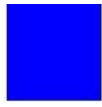
[Going Beyond the Stereotypes](#)

[Transgender Information and Resources](#)

[Tips and Support for Parents of LGBT Children](#)

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## Glenda Elliott Featured on NPR's Story Corps

Angela Stowe sat down with Glenda Elliott on National Public Radio's Story Corps radio program. Glenda shared a personal love story. It was featured on the air on NPR under the title, "A First And Lasting Love, Long Before The World Would Let It Live."



Glenda Elliott, who is a retired associate professor of counselor education at UAB, told her story during her visit to StoryCorps. When Glenda Elliott was growing up in rural, small-town Georgia in the 1940s, the modern gay rights movement hadn't exactly arrived yet. In fact, it wasn't even really on the horizon. And so, when she fell in love with a woman when she was in her 20s, she didn't have a road map of how to react. "There were certainly no role models of what it means to love someone of the same sex," recalls Glenda Elliott, 75, on a visit with StoryCorps in Alabama.

"I didn't know how to understand that." The woman's name was Lauree — but she wasn't the person Elliott married. That distinction went to Elliott's high school sweetheart. "I thought at that time, that's what a woman did, she got married," Elliott says. "And it didn't take me very long to realize that I'd made a mistake. So he and I decided to get a divorce." But she and Lauree continued to talk. Elliott knew she loved her, but Lauree wanted



children. Eventually, Lauree met a man, married him and conceived a child. Lauree promised that, if the child was a girl, she would name her after Elliott. "Well, it turned out it was a little boy, and I was relieved," Elliott says. "It really would have been excruciatingly painful if she had had a little girl named after me." Then, Lauree made her another promise: "If I outlive my husband and you don't have a partner, perhaps we can grow old together." Somehow, Elliott says, that made the situation more bearable. But then Lauree was diagnosed with cancer. She didn't live very long. "And I did not get to see her again," Elliott says. Lauree's death really hit Elliott when she turned 60 and began to think about old age. "This was the time that Lauree and I were gonna have," she says, "and it didn't happen. "There are certain kinds of love that never die," Elliott says. "But I don't regret at all our time together. It is where I learned that I could love and I could be loved in that complete sense of the word."

(From National Public Radio, Story Corps Project)

[ALGBTICAL Website Link: Glenda Elliott Featured on NPR Story Corps](#)

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## ALCA SOARS

Service • Outreach • Advocacy • Recognition • Social Justice

### Alabama Counseling Association

The 2015 ALCA Annual Conference will be presented under the leadership of ALCA President Vincent Hinton. His theme for this year's conference is, "ALCA SOARS: Service, Outreach, Advocacy, Recognition, Social Justice." This event will take place **November 18-20**, in **Montgomery**, at the Montgomery Renaissance Hotel and Convention Center.

The ALCA Annual Conference will feature inspiring keynote speakers, interesting content sessions, poster sessions, business meetings, exhibitions, and various receptions.

The big kick-off activity is the **Awards Breakfast on Wednesday morning**. Some of our ALGBTICAL members have been nominated for awards. We encourage our members to attend this free breakfast event.

**—ALGBTICAL's Division Meeting will be held on Wednesday at 1:45 PM.**

**—We will host an Information Table in the pre-event/registration area.**

**—We will sponsor a "Get Acquainted" Information Reception on Wednesday at 6:00 PM in the President's Suite (Embassy Suites Hotel).**

**—And we will sponsor a Division Social Activity on Wednesday at 7:00 PM.**

ALGBTICAL members are urged to take part in this big event! **Register today!**

<http://www.alabamacounseling.org/annualconf.html>

Here is a list of some of the content sessions that will feature LGBT issues:

**Wed 2:30 / Utilizing the ALGBTIC Competencies for Counseling with Transgender Clients to Provide Transgender Affirmative Counseling**

**Wed 4:00 / Enhancing the Health and Well-Being of LGBT Elders: Challenges, Opportunities, and Resources**

**Thu 10:30 / Counselor Ethics and LGBT Issues**

**Thu 10:30 / I'll Have Double McDiversity, Large Coca-Culturalism, Some Seasoned Lies: Making Healthier Choices and Ending Social Bias, Disrespect of Diversity, and Denial of Human Dignity**

**Thu 1:30 / Providing Services and Counseling to LGBTQ Youth**

**Thu 3:00 / Domestic Violence: It's Not Just a Lower Class Heterosexual Issue**

[ALGBTICAL Website Link: More About ALCA Annual Conference in Montgomery](http://www.algbtical.org)

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## TROY UNIVERSITY SAFE ZONE PROGRAM

April 10<sup>th</sup>, 2015 marked the first Troy University "Safe Zone for All" Training. The 2<sup>nd</sup> Safe Zone for All training was held on August 25<sup>th</sup>, 2015. Between the two trainings, we had 78 faculty, staff and students attend to learn how to create safe spaces for anyone requiring assistance and how to assist in resolving issues of discrimination and marginalization.

The *Safe Zone for All* mission is to create an inclusive, supportive and understanding environment for students to feel safe on campus. It is our intent to provide training and education to all parties interested in becoming allies. The purpose is to educate against myths and misinformation that could harm people. The program intends to provide a safe environment where members of the campus or community can show their support for individuals affected by discrimination, harassment, hate and violence. The program strives to develop a deeper awareness of ideas, stereotypes and assumptions related to marginalized populations.

The *Safe Zone for All* training program is designed to create an atmosphere in which individuals are free to be themselves, without fear of judgment. On campus, all students should know that they will be respected and affirmed and that they can talk about personal issues without guarding or editing their language.

Along with our *Safe Zone for All* Training, April 11<sup>th</sup>, 2015 marked the first Troy University *Peace Walk*, a community walk around campus to show support and bring awareness to the concept of *RADICAL INCLUSIVITY* for all. It was a rainy spring day, a bit cool, a bit overcast, but well attended for the first event of its kind on campus.

On September 26<sup>th</sup>, 2015 we held our second *Peace Walk* and it was an even bigger success with 45 people attending to support dignity and respect for all.

We would like to thank to the Association of Lesbian, Gay, Bisexual and Transgender Issues in Counseling of Alabama for giving us our roots by funding this project. Your financial support afforded us the opportunity to introduce *RADICAL INCLUSIVITY* and is helping us make ALL Troy student Trojans feel safe on Troy University's Campus.

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**VISIT THE ALGBTICAL WEBSITE**

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**ALGBTICAL WEBSITE HIGHLIGHTS**

**[LGBT Dictionary: Glossary of Terminology](#)**

**[Profile of LGBT People](#)**

**[Definition of Gay](#)**

**[Frequently Asked Questions](#)**

**[Myths and Misconceptions](#)**

**[Famous LGBT People](#)**

**[Historical Notes](#)**

**[Pride Symbols](#)**

**[Quotations](#)**

**[Important Days](#)**

**[Counseling LGBT Clients](#)**

**[Drag? Travestism? Crossdressing?](#)**

**[Homophobia and Heterosexism](#)**

**[LGBT Parents Raising Straight Kids](#)**

**[Going Beyond the Stereotypes](#)**

**[Competencies for Career Counselors Serving LGBT Clients](#)**

**[Discussion on Sex and Gender](#)**

**[What Does it Mean to be Curious and Questioning](#)**

**[Transgender Information and Resources](#)**

**[Concerns of LGBT Seniors](#)**

**[Tips and Support for Parents of LGBT Children](#)**

**[Are You Seeking an LGBT-Friendly Counselor?](#)**

**[LGBT Services and Resources in Alabama](#)**

**[Support for LGBTQ Youth in Crisis](#)**



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## ALGBTICAL Purpose Statement

The mission of the Association of Lesbian, Gay Bisexual & Transgender Issues in Counseling of Alabama (ALGBTICAL) is...

To promote greater awareness and understanding of sexual minority issues among members of the counseling profession and related helping occupations.

To develop, implement and foster interest in charitable, scientific and educational programs designed to further the human growth and development of lesbian, gay, bisexual and transgender (LGBT) clients and communities.

To protect from harm LGBT individuals by language, stereotypes, myths, misinformation, threats of expulsion from social and institutional structures and other entities, and from beliefs contrary to their identity.

To provide educational programs and resources to raise the standard of practice for all counselors who serve LGBT clients and communities.

## ALGBTICAL Officers 2015-16

**President** – Michael Lebeau  
**President Elect** – Dina Marble  
**President Elect Elect** – Gary Williams  
**Past President** – Angela Stowe  
**Treasurer** – Jim Loew  
**Secretary** – Patrick Faircloth  
**Awards Chair** – Kathy Echols  
**Workshop Chair** – Angela Stowe  
**Public Relations/Communications**  
– Michael Lebeau, Dina Marble,  
Amanda Dickey, Jayne Richards  
**Members at Large** – Gary Williams,  
Paul Hard, Mark Leggett, Jamie  
Satcher, Linda Foster, Kelli Lasseter,  
Stephanie Puleo, Linda Foster, Anita  
Neuer  
**Founders/Mentors** – Frank Hrabe,  
Glenda Elliott

## Association for Lesbian Gay Bisexual & Transgender Issues in Counseling of Alabama

The Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling of Alabama (ALGBTICAL) is an official state branch of the national organization, the Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling (ALGBTIC), and is an official state division of the Alabama Counseling Association (ALCA).

ALGBTICAL seeks to promote greater awareness and understanding of sexual minority issues among members of the counseling profession, related helping occupations, their clients, and the community.

ALGBTICAL is an organization of dedicated advocates, allies, and activists. We are an organization of compassionate professionals that provide counselors and other skilled helpers common ground, support, and resources for their work with sexual orientation and sexual identity.

Working in a wide range of counseling and counseling-related fields, and in a variety of settings, we are committed to finding ways to connect with each other around issues that affect sexual minorities, including persons who are Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning.

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