



University of Kansas

October 2008

Newsletter

Vol. 1, Issue 1

UPCOMING  
EVENTS

**October**

**20<sup>th</sup> (Monday) Noon until supplies run out**

Punkin' Luncheon – Visit JRP this afternoon and decorate a pumpkin!

**23<sup>rd</sup> (Thurs.) 7:00 pm**

CPSO Meeting – JRP 622

**30<sup>th</sup> (Thurs.) 7:00–8:30 pm**

Safe Zone Training – JRP Room TBA

**31<sup>st</sup> (Halloween!) 6:00 pm**

Costumes, Maze, Pumpkin Carving, and Party! Meet in the JRP parking lot.

**November**

**2<sup>nd</sup> (Sunday) 9:45 am – noon**

Service Activity: EARTH – Meet at the top floor of the Kansas Union parking structure.

**6<sup>th</sup> (Thursday) 7:00 pm**

CPSO Meeting – JRP 622

**18<sup>th</sup> (Tuesday) 8:30 pm**

Dr. Harriet Learner, Guest Speaker – Location TBA

**20<sup>th</sup> (Thursday) 7:00 pm**

CPSO Meeting – JRP 622

DSM MOVIE  
REVIEW

By: Thomas Motl

This Weeks Case:

*Nightmare on Elm Street*

DSM-IV-TR Code:

307.47 – Nightmare Disorder

This Movie's GAF:

68; Scary but not as frightening as the stockmarket this week

Prognosis: See, but be

ready to sleep with the lights on!

The Man Behind the Mustache

Jim Lichtenberg, Ph.D.

Professor of Counseling Psychology and Associate Dean for Graduate Programs and Research for the School of Education

By: Marcel Tassara

I met with Dr. Lichtenberg to ask him a few questions so that we could all get to know the man behind the mustache, just a little 'bit better.

*Favorite Article from 08:* Staines, G.L. (2008). The causal generalization paradox: The case of treatment outcome research. *Review of General Psychology*, 12, 236-252.

*Research Superhero:* Bruce Wampold, Ph.D. University of Wisconsin-Madison

*Who would play you in a Movie about your life?*

JL: Matt Damon

*Dancing with the Stars or CPSY meeting?*

JL: Dancing with the Stars!

*Barbara Streisand or Bette Midler?*

JL: Bette Midler

*Should eyebrows be considered facial hair?*

JL: For some people

*Lastly I put Dr. L's Mp3 player on shuffle and asked him to justify the first three tunes that came up.*

JL: That needs no justification

1.Sunny Skies, James Taylor.

JL: I just melt inside when I hear this one.

2.Feels like Home, Randy Newman.

JL: One the few concerts I've been to.

3.Sangria Wine, Jerry Jeff Walker.

Event Review

**CPSO Peer Mentoring Program and Social**

By: Carrissa Phillippe

Incoming counseling psychology students had less to fret about this fall semester as the new CPSO Peer Mentoring Program was unleashed. Last year's CPSO members created the program designed to match each first-year student up with a continuing student to whom they could ask questions and receive support from regarding the program, department, and even Lawrence. It was at the first CPSO social of the year that mentors and mentees met face to face and were able to get input on everything from how to park near JRP to where to find the best pizza in Lawrence. The event had an explosive turn out of over 30 counseling psychology students. It seems as though a new CPSO tradition has been born.

Halloween Poll

Conducted & compiled by Abbey Campbell & Jillian Woodford

When asked to complete a questionnaire about Halloween favorites, 32 Counseling Psych Students & Faculty responded:

\* *Favorite Halloween candy:* 35% said Snickers!

\* *Favorite Halloween tradition:* 30% love carving pumpkins!

\* *Favorite Halloween movie:* 31% enjoy watching 'Hocus Pocus'!

\* *Favorite Halloween costume:* lots of witches, cats, and princesses, but answers also ranged anywhere from a cow, to a mad scientist, to a human iPod!

\*The average age of everyone's most recent Trick or Treat adventure was: 13.83 years old

\*The winner of the MOST EMBARRASING Halloween memory was:

*"My bladder malfunctioned at a Haunted House when I was in middle school."*

\*The winner of the BEST Halloween memory was:

*"I was sick with chicken pox and couldn't go trick-or-treating, so my little sister went and told each house I was sick...she came back with three-times as much candy as we would normally get!"*

Joke of the Month

By: Rhea Owens

"Knock, knock"

"Who's there?"

"Wanda Witch"

"Wanda Witch, who?"

"Wanda Witch you a Happy Halloween!"

# LGB Awareness

By: Matt Robinson

Many, if not all of us will interact with a client who identifies as Lesbian, Gay, or Bisexual (LGB) at some point in our career. Just like working with any other oppressed, minority population, it is important to reflect on behaviors, thoughts, biases, techniques, etc. that affect (positively or negatively) the therapist-client interaction. A recent study titled *Gender and Sexual Identity-Based Predictors of Lesbian, Gay, and Bisexual Affirmative Counseling Self-Efficacy* by Frank R. Dillon, Roger L. Worthington, Angela M. Soth-McNett, and Seth J. Schwartz looked at the impact a counselor's LGB-affirmative counseling self-efficacy has on interactions with members of the LGB community. The study considered 178 psychotherapists of different ages, races, sexual orientations etc. and attempted to discover what characteristics of the psychotherapists led to them being efficacious when working with LGB clients (Dillon et al. 355). Some of the characteristics the study found to lead to higher self-efficacy for therapists follow.

Therapists who identify as Lesbian, Gay, or Bisexual, in contrast to heterosexual therapists seem to be more self-efficacious when working with LGB clients. According to the article they "Possess greater knowledge regarding LGB issues, engage in LGB-affirmative counseling-related professional activities, and learn from and are supported by LGB-affirmative colleagues who share knowledge and encourage LGB-affirmative psychotherapy behaviors" (Dillon et al. p. 358). The authors also commented that, "Although the finding that LGB counselors are higher on LGB self-efficacy may not be especially surprising, the skills and knowledge that underlie this difference may be transferable to heterosexual psychotherapists" (Dillon et al. p. 358).

Various types of heterosexism and homophobia may limit heterosexual psychotherapist's ability to gain access to transferable knowledge that leads to LGB self-efficacy. Dillon et al. suggest that:

It may be useful to develop and offer continuing education workshops and psychologist training programs to identify and promote ways in which psychotherapists and trainees can (a) explore and commit to a set of ideas regarding what their sexuality means to them and (b) explore their gender identity to gain confidence in their gender self-definition. This may be especially important for heterosexual psychotherapists, for whom sexual identity may be taken for granted (p. 358).

For anyone interested in working with LGB clients, it will be important to attain as much knowledge and experience as possible. This might mean immersing oneself in the LGB culture, attending awareness and advocacy events and seeking any opportunity for exposure to LGB issues. While a mastery of various LGB topics is necessary, more important may be knowledge of oneself.

Dillon et al. found that "Psychotherapists who explore what their gender means to them via training programs, supervision, and continuing education may be less likely to exhibit heterosexist biases grounded in discomfort with LGB clients" (p. 358). The authors also found that:

Placing more awareness and emphasis on one's gender may ground a clinician more solidly in his or her gender and sexual identity, potentially translating to (a) forming positive working alliances with LGB clients, (b) learning about and applying knowledge of LGB issues, and (c) implementing LGB-affirmative counseling strategies (p. 358).

Compared to those who have not done so, psychotherapists who have committed to a sexual identity (presumably after thorough exploration) are more likely to express confidence in engaging in LGB-affirmative counseling behaviors because they may be more receptive to diverse sexual identities (Dillon et al. p. 358).

Therapists who know themselves well and are confident both in their sexual-identity and gender are most qualified to work with LGB clients. A knowledge and solidarity concerning LGB issues, lifestyles and culture are also important. It is not important how the knowledge is attained, whether you self-identify and participate actively in the cultures or communities, or you identify as heterosexual and simply educate yourself adequately. The most important thing is to have experience with LGB clients so you can empathize with and embrace the client's worldview.

Source:

Dillon, Frank R., Worthington, Roger L., Soth-McNett, Angela M., & Schwartz, Seth J. (2008). Gender and Sexual Identity-Based Predictors of Lesbian, Gay, and Bisexual Affirmative Counseling Self-Efficacy. *Professional Psychology: Research and Practice*, 39, 353-360.