Evidence Based Therapies with Gender Diverse Youth

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Evidenced Based in Psychology (EBPP)

Integration

- Best Research
- Clinical Expertise
- Patient Characteristics, Values, Context

(American Psychological Association., 2006)
Cultural Humility

Cultural humility principles

- Lifelong Learning and Critical Self-reflection
- Recognize and Change Power Imbalances
- Institutional Accountability

(Tervalon, & Murray-Garcia, 1998)
Family Based Intensive Treatment (FBIT)

Intensive Home-Based Treatment Services Definition

- IHBT is an Evidence-Based Practice

- IHBT is an intensive, time-limited mental health service for youth with serious emotional disabilities and their families, provided in the home, school and community.

- Comprehensive set of services (CPST; Behavioral Health Counseling and Therapy; Crisis Response; mental health assessment; supportive services) integrated by a team of providers.

- Main Purpose:
  - Placement prevention
  - Reunification
  - Stabilization and safety

(Ohio Mental Health Addictions Services., 2013)
Identifying Risk and Safety Concerns

Self Harm Behaviors
- Suicidal ideation, gestures, attempts
- Self Injurious Behaviors

Community Safety
- To persons
- To property

Trauma
- Abuse and neglect
- Family violence

Temperament:
- Poor emotional regulation;
- Reactivity;
- Impulsivity
- Risk taking/ Thrill seeking

Personal Safety/Risk
- Runaway
- Sexual acting out
- Unrestricted internet access
- Sexting
- Cyberbullying

Ecological Risk
- Neighborhood
- Negative peer involvement: Gang activity

Destabilizing Factors
- Lack of parental monitoring and supervision
- Parental disabilities: MH, MRDD, SA
- Availability of weapons
- Youth substance use

(Shepler, 1991; Shepler & Cleminshaw, 1999)
Comprehensive Service Array Matched to Need

Recovery & Resiliency
Supportive Environments and Positive Functioning
Adaptive Developmental Skill Sets
Basic Needs and Safety

(Shepler, 1991; Shepler & Cleminshaw, 1999)
Gender Identity

- Gender awareness
- Gender psychoeducation
- Disclosure of gender
- Gender identity exploration
- Transition exploration
- Integration

(Lev, 2000)
Multisystemic Therapy (MST)

- Intensive, home-based treatment for adolescents with delinquent behaviors and their families.
- Systemic approach to look at all parts of child life.
- Ultimate goal is to avoid out of home placement.
- Heavy focus on parenting and relationships.
- MST is a path with a set of guiding principals. It is designed to be filled in with details of whatever this particular family needs!

(Borduin, 1995; Durso & Gates, 2012)
Caregiver Focus

- Maintaining boundaries and hierarchies AND building warmth with child.
- Family therapy provides opportunities for balanced discussions and for families to *interact* on gender issues.
- Work with CG’s on own needs.
- Focus on future planning and sustainability.

(Borduin, 1995)
Youth Focus

- MST Medical – can help kids with sticking to medication, hormones, etc.
- Effective communication.
- Address increased risk of substance abuse.
- Address other MH concerns – in treatment, sustained with parents, and future linkage.

(Marshal, et al., 2008)
Multi-Systemic Focus

- Gender diversity can add complexity to many parts of life... youths environments are often maintaining factors of behavioral problems!
- Avoid simplifying behavior problems as leading to/because of gender.
- Address bullying and victimization.
- Create authenticity and safety in all environments!

(Borduin, 1995)
Dialectical Behavioral Therapy (DBT)

- Cognitive Behavioral Treatment of Borderline Personality Disorder
- Dialectical Behavioral Therapy with Suicidal Clients

(Linehan, 1993; Miller, Rathus, & Linehan, 2006)
Dialectical Behavioral Therapy (DBT)

- Coremindfulness
- Distress Tolerance
- Interpersonal Effectiveness
- Emotion Regulation
- Walking the Middle Path

(Miller, Rathus, & Linehan, 2006)
Trauma Focused–Cognitive Behavioral Therapy (TF–CBT)

- Originally developed to treat children and adolescents who have experienced sexual abuse
- Now being used to treat children with multiple types of traumas and complex (multiple) traumas.
- Workgroup on LGBT+ addendum

(Cohen, Mannarino, & Deblinger, 2017)
Trauma Focused–Cognitive Behavioral Therapy (TF–CBT)

- Education
- Relaxation
- Emotional Expression and Regulation
- Cognitive Coping
- Trauma Narrative & Exposure
- Parent/Child Sessions
- Future Growth

(Cohen, Mannarino, & Deblinger, 2017)
References


Durso, L.E. & Gates, G.J. (2012). Serving our youth: Findings from a national survey of service providers working with lesbian, gay, bisexual, and transgender youth who are homeless or at risk of Becoming Homeless. Los Angeles: The Williams Institute with True Colors Fund and The Palette Fund

References


References


Disclosure

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