

WEBVTT

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00:00:12.269 --> 00:00:18.480

Ann Murphy: Welcome, everyone, and thank you for attending. We're just going to wait a minute here for others to be able to join the room.

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00:00:47.130 --> 00:01:03.030

Ann Murphy: Okay, we'll go ahead and get started. Welcome today to the webinar on addressing blended family and trauma issues with affection and gender minority parents. This webinar is sponsored by the northeast and Caribbean mental health technology transfer

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00:01:03.030 --> 00:01:05.220

Ann Murphy: Center or MH TTC

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00:01:05.730 --> 00:01:13.320

Ann Murphy: housed at Rutgers School of Health Professions in the department of psychiatric rehabilitation and counseling profession.

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00:01:13.320 --> 00:01:13.650

Anthony Zazzarino: So,

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00:01:14.010 --> 00:01:15.510

Ann Murphy: My name is Anne Murphy and

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00:01:15.510 --> 00:01:21.660

Ann Murphy: I'm the co director of the MH TTC, and I'll be Phyllis facilitating the webinar today.

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00:01:22.770 --> 00:01:23.040

Anthony Zazzarino: The

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00:01:23.070 --> 00:01:25.920

Ann Murphy: MH TTC. Oh. Next slide. Anthony, if you don't mind.

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00:01:26.940 --> 00:01:33.120

Ann Murphy: Then MH DTC is funded by SAMHSA the Substance Abuse and Mental Health Services Administration.

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00:01:33.600 --> 00:01:36.630

Ann Murphy: To enhance the capacity of the behavioral health

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00:01:36.750 --> 00:01:45.510

Ann Murphy: And other related workforces to deliver evidence based and empirically supported practices to individuals with mental health conditions.

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00:01:45.930 --> 00:01:56.550

Ann Murphy: We encourage you to visit the HTC network website for additional information at em HTC network.org and then you can visit our

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00:01:57.240 --> 00:02:05.070

Ann Murphy: Regional network page by clicking on the tab that says find your center and clicking on northeast and Caribbean

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00:02:05.880 --> 00:02:24.240

Ann Murphy: You can also sign up to receive notifications of our activities at the bitly link that's on the screen, or if you go to our website. You can also scroll down to the bottom and click Connect with us and sign up to receive our notifications there.

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00:02:27.450 --> 00:02:34.950

Ann Murphy: We did want to let you know that we are required by our funder by SAMHSA to evaluate our services.

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00:02:35.280 --> 00:02:38.760

Ann Murphy: And we rely heavily on your input.

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00:02:39.090 --> 00:02:54.570

Ann Murphy: And your feedback in order to inform future activities. So we do ask that you complete the survey that you'll be redirected to after the completion of this webinar will also include a QR code.

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00:02:55.200 --> 00:03:02.760

Ann Murphy: At the bottom, I'm sorry, on, on one of the final slides that you can also utilize to get to our

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00:03:03.720 --> 00:03:11.910

Ann Murphy: Survey. I did want to take just a second here to provide a

little bit more information about the survey, because we've gotten some questions about it.

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00:03:12.540 --> 00:03:29.220

Ann Murphy: So just very quickly the surveys quite brief, it really only takes a minute or less to complete it does, however, ask you for information at the beginning to create a personal code. And it asks for

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00:03:30.630 --> 00:03:37.380

Ann Murphy: The I believe the first and last number of your social security and the first letter of your mother's

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00:03:37.830 --> 00:03:46.650

Ann Murphy: maiden name in the last letter of your mother's maiden name or something to that effect. Some people are uncomfortable, providing that specific information.

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00:03:47.280 --> 00:03:55.950

Ann Murphy: So I did want to let you know that if you would prefer to pick different numbers or a different name to utilize. You are welcome to do that.

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00:03:57.210 --> 00:04:00.870

Ann Murphy: We're not. It's just intended to kind of assign

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00:04:00.900 --> 00:04:02.490

Ann Murphy: A code number to you so

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00:04:02.730 --> 00:04:11.580

Ann Murphy: It's up to you if you want to protect select different letters or numbers were more interested in your feedback than the code that you create for yourself.

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00:04:13.980 --> 00:04:24.000

Ann Murphy: And if you have any other questions you can you can inquire with us and we also wanted to let you know that the webinar is being recorded.

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00:04:24.360 --> 00:04:43.080

Ann Murphy: And we will post a link to the recording as well as to the

presenter slides on our website, usually within a day or two after the completion of the webinar, we will send you a link to that posting so you have access to both the recording and to the slides, following the webinar.

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00:04:45.960 --> 00:04:57.960

Ann Murphy: The webinar will be interactive. So we encourage you to ask questions of the presenter, you can do that using the Q AMP a button at the bottom of your screen.

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00:04:59.010 --> 00:05:08.700

Ann Murphy: Those questions will be visible both to the panelists and to the other attendees and we will get to those at the end as time permits, you can

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00:05:08.730 --> 00:05:11.550

Ann Murphy: Also post questions in the chat box.

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00:05:11.850 --> 00:05:29.490

Ann Murphy: And in the chat box, you have flexibility over who you want your comments to be visible to. So there's a drop down arrow and you can choose to make your questions or comments available only to the presenter and panelists, or you can make them available to everyone.

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00:05:31.230 --> 00:05:34.050

Ann Murphy: There may also be poll questions that we present to you.

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00:05:35.070 --> 00:05:35.550

Ann Murphy: Thank you.

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00:05:36.810 --> 00:05:39.420

Ann Murphy: Okay, now let's get to why you're all here.

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00:05:39.420 --> 00:05:40.950

Ann Murphy: For the actual webinar.

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00:05:41.880 --> 00:05:53.340

Ann Murphy: I want to introduce to you, and welcome, Dr. Anthony's as a Reno. He's an assistant professor at Rutgers University in the department of psychiatric rehabilitation and counseling professions.

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00:05:54.120 --> 00:06:04.500

Ann Murphy: He's currently a core faculty member within the department and field experience coordinator for the counselor education and supervision track.

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00:06:05.130 --> 00:06:16.380

Ann Murphy: Previously doctors as a reno provided instruction for professional education courses for New Jersey's supportive housing agencies implementing Community support services.

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00:06:17.400 --> 00:06:29.940

Ann Murphy: He actively presents a local, state, national and international conferences related to sexual. I'm sorry, affectionate and gender minorities multiculturalism psychiatric rehabilitation methods.

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00:06:30.240 --> 00:06:47.550

Ann Murphy: counseling services, housing and supervision practices in addition to his work at Rutgers doctors as reno continues to conduct clinical work by facilitating group therapy for adolescents and adults at an intensive outpatient program, providing outpatient counseling services.

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00:06:47.550 --> 00:06:48.900

Ann Murphy: At his private practice.

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00:06:49.170 --> 00:06:51.060

Ann Murphy: And providing clinical supervision for

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00:06:51.060 --> 00:06:51.780

Anthony Zazzarino: Counselors

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00:06:52.110 --> 00:06:53.400

Ann Murphy: Who are in need of supervised

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00:06:53.400 --> 00:06:55.740

Ann Murphy: Clinical out hours in the state of

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00:06:55.740 --> 00:06:56.610

Anthony Zazzarino: New Jersey.

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00:06:57.300 --> 00:06:58.500

Ann Murphy: So with that,

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00:06:59.070 --> 00:06:59.940

Ann Murphy: I will now.

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00:07:00.420 --> 00:07:03.420

Ann Murphy: Turn it over to doctors as a Reno to provide the webinar.

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00:07:05.370 --> 00:07:16.650

Anthony Zazzarino: Thank you. And thank you all for being here today for what is the sixth and final webinar in the sectional and gender diversity webinar series.

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00:07:18.120 --> 00:07:31.380

Anthony Zazzarino: So those of you who have been here before. Thank you for coming back for those of you that this is your first time. Where have you been, no thank you for being here today and some of the stuff that we're going to talk about. I

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00:07:31.380 --> 00:07:39.390

Anthony Zazzarino: Might reference to other webinars and just know that you can always go on and watch and listen to the webinars at your

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00:07:40.110 --> 00:07:55.620

Anthony Zazzarino: Own leisure. So today's topic, I think is a really interesting topic that we're going to discuss, just like I feel like they all are, but also need to preface it with the information that you're going to get today.

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00:07:56.850 --> 00:08:05.850

Anthony Zazzarino: Really is just the beginning of your learning journey. I think when it work when it comes to working with a sexual and gender diverse families.

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00:08:06.930 --> 00:08:14.880

Anthony Zazzarino: So thank you for being here and know that the learning process with this should continue after this webinar.

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00:08:15.570 --> 00:08:24.600

Anthony Zazzarino: So today we are going to talk briefly about understanding the multiple cultural identities of parents who identify as a sexual and gender minorities.

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00:08:25.230 --> 00:08:44.760

Anthony Zazzarino: We will begin to discuss how past relationships and traumatic experiences feelings of oppression and privilege to shape the development as a person and as a parent, and hopefully by the end of this, we will leave with some strategies for supporting a sexual and gender diverse families.

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00:08:47.160 --> 00:08:57.180

Anthony Zazzarino: And thank you for for posting the link. So in the link that was posted and I always start these topics off just with a really brief conversation about language.

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00:08:59.400 --> 00:09:05.880

Anthony Zazzarino: Some of you might be hearing the word of sexual identity and think to yourself, what is that, where did that come from.

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00:09:06.420 --> 00:09:25.530

Anthony Zazzarino: I will say that if you are more aware of the term sexual identity, you're probably around the same period of understanding as the majority of the population because this term affectionate identities really a newer term that's been coined over the past few months.

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00:09:26.640 --> 00:09:36.420

Anthony Zazzarino: But really, if you look at that webinar. It's an interesting change. I think that comes from more strengths focused approach where the word of sexual identity is

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00:09:36.870 --> 00:09:48.000

Anthony Zazzarino: geared more towards the multiple layers of connection between two people and does not just stigmatize or situate the connection in the term sex or sexual

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00:09:48.510 --> 00:09:59.370

Anthony Zazzarino: And that's really a big shift. And that's in that PowerPoint, along with other terminology that we might talk about

today. We know that one of the things I'm

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00:10:01.380 --> 00:10:14.880

Anthony Zazzarino: consciously aware of is trying to separate out the term of sexual identity with gender identity and trying not to use as much as I can. The acronym LGBT q plus

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00:10:16.020 --> 00:10:37.260

Anthony Zazzarino: For me, and for a lot of what I'm seeing in the research is that we tend to lump both groups together as one and fail to recognize the unique experience of affectionate individuals that identify as a sexual minority and individuals who identify as a gender minority.

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00:10:38.610 --> 00:10:51.300

Anthony Zazzarino: Who we love is very different from who we are. And I think if we can begin to separate those two out and it starts with our language, we can begin to really look at those unique experiences a little bit closer.

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00:10:53.340 --> 00:10:59.850

Anthony Zazzarino: So what do I have up here is just some general guidelines, which is also in the, the one PowerPoint on language.

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00:11:00.930 --> 00:11:11.130

Anthony Zazzarino: I wanted to start with this just to really reinforce that the language is a constantly evolving. What we need to do is just become more self aware

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00:11:12.510 --> 00:11:25.860

Anthony Zazzarino: And thank you for doing number two, right, with catching yourself and replacing it earlier when you said sexual identity not affectionate identity and I will also probably catch myself and replace it today.

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00:11:27.060 --> 00:11:35.010

Anthony Zazzarino: Part of this is that our language is constantly evolving and we need to be more aware but also

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00:11:36.540 --> 00:11:43.320

Anthony Zazzarino: Be more mindful, if we do mess up that it's okay let's just catch ourselves replace it and keep practicing without

judgment.

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00:11:44.430 --> 00:11:54.180

Anthony Zazzarino: For many of us, we've lived many years using certain words and certain phrases. So to have an expectation that we're just going to switch over and our language.

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00:11:55.290 --> 00:12:08.370

Anthony Zazzarino: Overnight is not very realistic. And the more that we hold on. And the more that we placed a judgment on certain words. The longer they're going to stay so that keeping keep practicing without judgment is really important here.

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00:12:09.930 --> 00:12:14.010

Anthony Zazzarino: When we're with clients right and when we're with people that we're providing services to

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00:12:15.270 --> 00:12:20.430

Anthony Zazzarino: In terms of language. It's really important to ask them how they identify

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00:12:20.820 --> 00:12:34.830

Anthony Zazzarino: And one of the things that I do when I'm working with people is I'll open up a conversation with somebody that I'm meeting for the first time and say, you know. Hi, my name is Anthony I go by the pronouns, if he, him and his and I'm here to work with you today.

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00:12:36.030 --> 00:12:49.320

Anthony Zazzarino: I don't necessarily ask them immediately. Well, what pronouns do you use, but by opening up that dialogue and having and announcing my pronouns. If that person feels comfortable. They will, they will share that with me.

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00:12:49.860 --> 00:13:00.870

Anthony Zazzarino: And in general conversation when we just asking about a sexual identity and you know if the terms that they use. Do not assume that you know what those terms mean.

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00:13:02.220 --> 00:13:10.170

Anthony Zazzarino: Because what I find is that even when i think i believe what a certain term means right like Demi sexual or pan

gender.

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00:13:11.520 --> 00:13:21.810

Anthony Zazzarino: I might not know exactly what how that person perceives that term. So when we're talking about language. Just don't assume just like we would with anything else.

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00:13:22.230 --> 00:13:31.170

Anthony Zazzarino: You know, we were working with somebody who had anxiety and said, You know, I'm feeling really anxious today. I wouldn't say, Okay, I know what anxiety is let me move on.

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00:13:31.710 --> 00:13:38.010

Anthony Zazzarino: I'm more so it say, Okay, can you tell me what anxiety feels like for you. What does it mean for you to feel anxious right now.

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00:13:38.460 --> 00:13:44.550

Anthony Zazzarino: And I think we need to look at that and use the language. Similarly, when we're working within this population.

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00:13:45.450 --> 00:14:02.160

Anthony Zazzarino: And at the end of the day, if they identify as with a term, even if we don't think that that's the right term, for instance, maybe they're saying that they are pan sexual and we believe that they are actually bisexual.

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00:14:03.870 --> 00:14:10.740

Anthony Zazzarino: We need to empower and validate the individual and the language that they are that they're comfortable with using so use their language.

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00:14:12.930 --> 00:14:20.880

Anthony Zazzarino: So that really is a whole hour of language rolled into five minutes, but I do encourage you all to

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00:14:21.630 --> 00:14:35.910

Anthony Zazzarino: Take a look at that video, because if we are working with individuals for working with family members and people that identify as a sexual or gender minority, we need to understand how to use appropriate language and the value of doing that.

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00:14:38.070 --> 00:14:48.690

Anthony Zazzarino: So before we even get into looking at families. I think we definitely have to just really briefly touch on different types of relationships and

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00:14:50.580 --> 00:14:56.880

Anthony Zazzarino: I was hesitant to start with this because I don't want people to believe that only

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00:14:58.020 --> 00:15:12.750

Anthony Zazzarino: Individuals that identify as an effectual or gender minority are in these types of relationships. However, historically, they are at higher rates within this population. So really is important to to just quickly address this.

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00:15:14.010 --> 00:15:18.510

Anthony Zazzarino: This could be a whole nother separate conversation and a whole nother separate topic, but

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00:15:18.930 --> 00:15:37.440

Anthony Zazzarino: Just thinking in terms of when we're working with families. Right. They might be in these types of relationships. And what do we know about them. How much awareness. Do we have. And as we'll talk about later on. How much bias. Do we have regarding some of this. So again,

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00:15:39.420 --> 00:15:46.170

Anthony Zazzarino: These types of relationships in terms of consensual non monogamous relationships are not just strictly

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00:15:46.590 --> 00:15:52.740

Anthony Zazzarino: Found and are not just strictly seen within the effectual in gender diverse communities. However, they are

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00:15:53.130 --> 00:16:00.810

Anthony Zazzarino: At higher rates. So when we're talking about different types of relationships which then might ultimately lead to working with

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00:16:01.710 --> 00:16:14.010

Anthony Zazzarino: Families, we're looking at individuals that might

identify as being in an open relationship where I might be with one partner and still have the ability and the permission to seek

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00:16:16.080 --> 00:16:19.950

Anthony Zazzarino: connections with other with other individuals, maybe one, maybe two.

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00:16:21.360 --> 00:16:31.500

Anthony Zazzarino: I might be in a polyamorous relationship or triad or ruffle where it's three people. Right. So it might be me and my partner and another partner and maybe it's

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00:16:32.280 --> 00:16:43.710

Anthony Zazzarino: We're in a triad forever. Maybe we're in a triad for a couple weeks and we get to define that or quad where it's for individuals in a relationship.

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00:16:45.090 --> 00:16:52.380

Anthony Zazzarino: And then the newer term. I think that's come out is monogamous where, you know, me and my partner are strictly monogamous.

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00:16:53.160 --> 00:17:09.780

Anthony Zazzarino: We are strictly in a committed monogamous relationship unless we go to like Paris right and we're in Paris and you know it's a whole nother country, then maybe we can be open just in Paris. So we're monogamous, most of the time.

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00:17:10.800 --> 00:17:22.560

Anthony Zazzarino: Then you have another type of relationship, which typically falls under the acronym of BD SM. And for those of you who

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00:17:23.850 --> 00:17:37.290

Anthony Zazzarino: Are not quite fully aware of what the DSM stands for it is the practice of Bondage, Discipline, Dominance, submission sadomasochism sadomasochism

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00:17:38.610 --> 00:17:45.600

Anthony Zazzarino: And I think when we're looking at this type of relationship as well. There's a lot of stigma that's associated with

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00:17:46.770 --> 00:17:51.540

Anthony Zazzarino: The DSM relationships or even consensual non monogamous relationships.

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00:17:53.040 --> 00:18:01.620

Anthony Zazzarino: So what I want us to do is in the chat. So if you're away from your computer just come back for a couple seconds.

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00:18:02.430 --> 00:18:21.150

Anthony Zazzarino: And in the chat box. I just want you to write the first word or two that comes to mind when you when you heard or when you saw this slide of open relationships polyamorous relationships triads quads monogamous or be DSM.

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00:18:22.530 --> 00:18:27.660

Anthony Zazzarino: Just type in the chat box. What's the first word or two that comes to my left that

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00:18:31.470 --> 00:18:33.930

Anthony Zazzarino: Loves 50 shades of grey with

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00:18:35.010 --> 00:18:36.240

Anthony Zazzarino: Community and people

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00:18:38.700 --> 00:18:59.550

Anthony Zazzarino: Okay, stepping stereotype love. Ooh, wow, this is the most active group. I have had in the chat box. So thank you so active I'm struggling to keep up new generational free sister. She's a member boundaries relationships love communication college preference relational

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00:19:01.380 --> 00:19:05.790

Anthony Zazzarino: Freedom to do things. Absolutely. Thank you so much for for going through this

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00:19:10.170 --> 00:19:16.770

Anthony Zazzarino: The reason I asked you all to do that. And when I do this sometimes in an in person training.

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00:19:17.190 --> 00:19:25.170

Anthony Zazzarino: I'll have cards laid out ahead of time at different tables and on index cards. They'll have different words or even

different pictures and they ask them to write

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00:19:25.560 --> 00:19:42.210

Anthony Zazzarino: The first thing down on the backside of the card that comes to mind, and then I'll collect them and then I'll read them. And typically what I'll see because we're not in this conversation yet is that there's slightly more dig stigmatized words.

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00:19:43.650 --> 00:19:47.970

Anthony Zazzarino: Some of the terms and some of the things that I will read are more in line with

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00:19:49.020 --> 00:19:50.820

Anthony Zazzarino: More stigmatized language with

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00:19:52.440 --> 00:19:55.770

Anthony Zazzarino: Weird confusing unique even

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00:19:57.360 --> 00:20:00.840

Anthony Zazzarino: I always get and thank you for doing this in here 50 Shades of Grey.

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00:20:02.070 --> 00:20:09.510

Anthony Zazzarino: Sometimes when I talk about what types of trainings. I do to my mom. She then says, oh, like that 50 shades of grey book.

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00:20:10.620 --> 00:20:13.680

Anthony Zazzarino: And then I have to educate her a little bit more

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00:20:15.120 --> 00:20:23.310

Anthony Zazzarino: Why this is so important is because we need to understand our own biases and power biases might impact our actions.

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00:20:25.980 --> 00:20:26.100

Anthony Zazzarino: Whoo.

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00:20:27.780 --> 00:20:38.550

Anthony Zazzarino: So because it could skew how we work with people and historically what's misunderstood that individuals within a

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00:20:39.300 --> 00:20:58.320

Anthony Zazzarino: consensual non monogamous relationship or a DSM relationship actually have higher rate of trust and communication within their relationship, which is really the exact opposite of what some of the words and some of the views are have when we do these trainings in person.

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00:20:59.820 --> 00:21:20.220

Anthony Zazzarino: So thank you for going through that because we know right that from a relationship may or may not create a family. And that's what we're going to talk about for the rest of the time today so families right affection on gender minority families in numbers.

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00:21:21.600 --> 00:21:26.910

Anthony Zazzarino: higher rates than we or that historically, people would would believe

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00:21:27.630 --> 00:21:38.010

Anthony Zazzarino: So we're looking at anywhere between 40% of women and 20% of men who identify as an affectionate or gender minority are raising approximately

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00:21:38.430 --> 00:21:53.820

Anthony Zazzarino: Two to 3 million children under the age of 18 and I'll say that these statistics come from some research and all the references are going to be at the back of the PowerPoint from 2016 2017. I'm sorry.

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00:21:55.590 --> 00:21:58.110

Anthony Zazzarino: So these numbers are most likely a little bit higher.

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00:21:59.670 --> 00:22:14.070

Anthony Zazzarino: Also, we know that the numbers keep on rising right so 1.4% of all adopted children under the age of 18 in the United States are being raised by effectual and gender diverse individuals and we'll talk about in a little bit.

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00:22:15.180 --> 00:22:23.070

Anthony Zazzarino: Where some of these numbers might be headed to and what might be going on that really does impact these numbers.

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00:22:24.360 --> 00:22:45.600

Anthony Zazzarino: What is really promising though is that the shift in public opinion is has been totally changed. So back in 2015 which there was a really good study that looked at the perception of individuals and their view of a sexual and gender diverse families so

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00:22:47.490 --> 00:22:55.050

Anthony Zazzarino: We looked at the figure was 50% of the United States view that gay and lesbian relationships and morally acceptable.

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00:22:56.310 --> 00:23:05.550

Anthony Zazzarino: Acceptable sorry about that. But most importantly, we saw the number of the percentage of Americans who supported

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00:23:07.080 --> 00:23:13.440

Anthony Zazzarino: same sex couples should have the legal right to adopt children and I have some issue with the term, same sex.

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00:23:15.420 --> 00:23:18.000

Anthony Zazzarino: But this is a statistic that comes straight from

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00:23:19.470 --> 00:23:30.810

Anthony Zazzarino: From this research. So I will continue to use that language to quote it accurately. So in 1992 we were looking at 29% and then in 2014 that figure was up to 63%

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00:23:31.350 --> 00:23:40.950

Anthony Zazzarino: And even higher for marriage among same sex couples. So we know that these numbers are getting better that perception is getting a little bit better.

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00:23:42.900 --> 00:23:56.250

Anthony Zazzarino: So what do we see as the rates, get a little bit higher and perception gets a little bit better. We might see more choices and options for affection on gender minority couples to become parents right

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00:23:57.510 --> 00:24:10.350

Anthony Zazzarino: However, with more choices is going to come its own set of challenges and obstacles and that's when we all, you know,

might be working with families or even just the children of

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00:24:10.860 --> 00:24:21.270

Anthony Zazzarino: Affection and gender diverse and parents and they might we might have a greater rate or greater incidence of working with this population.

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00:24:22.470 --> 00:24:25.740

Anthony Zazzarino: We will continue to see a generational shift right

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00:24:27.840 --> 00:24:35.130

Anthony Zazzarino: Working with teams right now though I get confused, sometimes with some of the words they use and some of the language and

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00:24:35.580 --> 00:24:58.080

Anthony Zazzarino: Some of their social media and I still am not a fan of Tick tock. I apologize if anybody in here is I am hopeful at the level of acceptance and just flexibility when it comes to talking about a section on gender identity and that to me is

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00:24:59.400 --> 00:25:08.670

Anthony Zazzarino: A promising thing to see in terms of our teams and looking at how that could shift the work that we do over the next few years. And next few generations.

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00:25:10.050 --> 00:25:16.800

Anthony Zazzarino: And what are we seeing more of we're seeing a lot more affectionate and gender minority blended family we see with more

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00:25:17.640 --> 00:25:21.660

Anthony Zazzarino: Families and we need to see a change in family resources and services.

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00:25:22.200 --> 00:25:36.240

Anthony Zazzarino: Right. So what we need to start to do a little bit more is creating those necessary resources and we're going to talk about where and maybe why those resources are important and increase in education and training so

152

00:25:38.100 --> 00:25:42.390

Anthony Zazzarino: This is really sad for me to say. But even in grad

school.

153

00:25:44.040 --> 00:25:59.460

Anthony Zazzarino: Completing a 60 credit master's degree in a pretty good graduate program. I had one week of education on the LGBT q plus population, which happened to fall in the multicultural class.

154

00:26:00.720 --> 00:26:10.740

Anthony Zazzarino: No. Where did I ever touch on working with LGBT Q couples or LGBT families, not even in my, my family therapy class.

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00:26:11.760 --> 00:26:29.700

Anthony Zazzarino: So for me, and like many other people what we see in the field is we have to seek out our own training and our own education like this, right. So thank you for taking an hour out of your week and out of your day to seek out additional training because

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00:26:31.140 --> 00:26:44.880

Anthony Zazzarino: Workshops like this and like I said, there's a lot more that needs to get done is really the beginning of our competence in our education. We need to be active learners when we're working with this population.

157

00:26:46.980 --> 00:26:47.760

So,

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00:26:49.410 --> 00:26:51.360

Anthony Zazzarino: We're going to do a quick poll here.

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00:26:54.780 --> 00:26:57.600

Anthony Zazzarino: So we're going to pose a poll question.

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00:27:00.900 --> 00:27:06.270

Anthony Zazzarino: So very simple. So if you're away from your computer again like making something he just come right back.

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00:27:07.020 --> 00:27:29.400

Anthony Zazzarino: I just want you to click on how many of you know an affectionate or gender minority family personally or professionally. How many know people that identify as either affection or gender minority that raise children or our man I can vote or are creating a

family.

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00:27:31.140 --> 00:27:32.040

Anthony Zazzarino: So we're going to be about

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00:27:33.180 --> 00:27:38.400

Anthony Zazzarino: Five seconds and just one of the poll and see how many in terms of the percentage here.

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00:27:39.690 --> 00:27:41.070

Anthony Zazzarino: All right, let's see the result.

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00:27:45.330 --> 00:28:08.340

Anthony Zazzarino: Okay. The 77% of us of the people who respond to do know 60 of us know an 18% and don't know. So what I will say is up to the hype to that 7060 people here that do know. Thank you. My memory faded with the numbers with the 60 people that do no

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00:28:09.600 --> 00:28:11.490

Anthony Zazzarino: Thank you, thank you for

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00:28:12.690 --> 00:28:22.890

Anthony Zazzarino: Interacting and being a part of that that family and I would encourage you to speak to those individuals about what their experience has been, like, because

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00:28:23.400 --> 00:28:31.320

Anthony Zazzarino: Sometimes by understanding that unique experience. It really does shape the way we provide services. And for those of you who don't,

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00:28:32.070 --> 00:28:42.810

Anthony Zazzarino: That's okay. I think you will know more and more as time goes on, and I would encourage you to talk to peers and talk to friends that do know, and try to understand those unique experiences.

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00:28:44.010 --> 00:28:47.820

Anthony Zazzarino: But yeah, this is something that is definitely changing. And we're seeing a lot of

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00:28:49.110 --> 00:28:52.110

Anthony Zazzarino: Higher numbers. So I think we will be seeing more and more of this.

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00:28:54.750 --> 00:28:55.140

Okay.

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00:28:59.880 --> 00:29:17.490

Anthony Zazzarino: So sadly I think we know that even though views of affection and gender minority individuals have been shifting and you know we just, I just gave you that statistic. We also know that there is still clear discrimination prevalent for this population.

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00:29:18.900 --> 00:29:23.310

Anthony Zazzarino: I only have 30 minutes left. I'm not and I cannot get into

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00:29:24.840 --> 00:29:26.370

Anthony Zazzarino: political and religious

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00:29:29.250 --> 00:29:33.450

Anthony Zazzarino: Possibilities behind this number, but we just have to be aware that

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00:29:34.590 --> 00:29:46.170

Anthony Zazzarino: That it's happening. So, and it's happening and impacting on these different levels. Right. So many of sexual and gender minority parents still experience social victimization.

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00:29:46.770 --> 00:29:56.700

Anthony Zazzarino: stigmatization and harassment due to their non traditional family structure and that really impacts their daily living, and their careers, um,

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00:29:58.020 --> 00:30:13.830

Anthony Zazzarino: You know something. Oh, and I hate to say this but you know even thinking and I know the federal government is slow to to change things. But I was thinking about when and was talking about the evaluations and that your mother's

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00:30:14.970 --> 00:30:35.460

Anthony Zazzarino: First name or initial first initial first name and last name. And I thought to myself, Well, what if I was a young adult who was raised by two dads, how would I feel being asked that question right and i also think about it with children. Sometimes, or even family members in schools where

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00:30:36.840 --> 00:30:49.410

Anthony Zazzarino: Some schools still do. Daddy, daddy, daddy daughter dance or mommy some ball and, you know, seeing those really regimented

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00:30:50.640 --> 00:30:55.320

Anthony Zazzarino: gender specific parent activities and how that is

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00:30:56.610 --> 00:31:10.260

Anthony Zazzarino: Really assign a stigma, you know, to stigmatize affection on gender minority families and we're working through it right where we can only, you know, continue to advocate make changes and we will continue to do that.

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00:31:12.150 --> 00:31:28.650

Anthony Zazzarino: The perceived discrimination continues to be a risk factor for emotional and behavioral problems across the lifespan, making it more difficult to work through parental stress. Right. So as we continue to feel those the victimization. We continue to feel that harassment.

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00:31:30.000 --> 00:31:36.720

Anthony Zazzarino: From not only non traditional due to that non traditional family structure, but just from people that are just not aware

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00:31:38.190 --> 00:31:54.540

Anthony Zazzarino: That stress continues to build up and becomes a risk factor for other emotional and behavioral problems, both individually and then what happens when two individuals, then come together and then they have another layer from a family perspective.

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00:31:55.590 --> 00:32:05.010

Anthony Zazzarino: And sadly, we often hear that affection will engender minority parents, your criticism that they are selfish damaging or dangerous for children.

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00:32:06.450 --> 00:32:14.400

Anthony Zazzarino: There's experiences of hetero sexism that continue to be associated with poor psychological outcomes and a sectional in gender minority parents

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00:32:15.120 --> 00:32:27.240

Anthony Zazzarino: So there's a couple things I was doing some extra research and came across some of these myths about LGBT q plus parents and where I see this

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00:32:28.200 --> 00:32:42.390

Anthony Zazzarino: Happen where I see this comment about often hear criticism, they being selfish and damaging is when we look at a section or gender diverse adults who might have had

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00:32:44.370 --> 00:32:52.200

Anthony Zazzarino: That traditional marriage with the child and then have come out later in life and then want to create a family with

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00:32:53.790 --> 00:32:55.800

Anthony Zazzarino: The same gender partner.

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00:32:57.120 --> 00:33:01.290

Anthony Zazzarino: And how does that feel to the family and then that's where you hear a lot of that criticism.

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00:33:02.640 --> 00:33:05.070

Anthony Zazzarino: There's also a lot of myths out there that

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00:33:06.570 --> 00:33:18.150

Anthony Zazzarino: Individuals that identify as an effectual gender minority parent might be hearing from some of those family members. So I just kind of wanted to go through five quick myth.

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00:33:19.290 --> 00:33:20.040

Anthony Zazzarino: Just to

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00:33:21.210 --> 00:33:33.150

Anthony Zazzarino: Highlight that they are out there and that they are not true. Right. So the one of the most Miss biggest misconceptions is that a child needs a mother and father

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00:33:34.290 --> 00:33:47.970

Anthony Zazzarino: What studies have showed is that they are equally good outcomes from children of gay or lesbian parents as those that with a mother and father so that myth is completely

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00:33:48.990 --> 00:33:57.270

Anthony Zazzarino: Natural a second misconception that often people here is that gay people cannot provide stable home.

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00:34:00.030 --> 00:34:13.950

Anthony Zazzarino: Luckily, grounded in the research there really has been no study that found anything unstable about the families created by gay or lesbian people or individuals that identify as gender diverse or gender minority.

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00:34:19.050 --> 00:34:28.170

Anthony Zazzarino: The third misconception is that gay people pose a risk of child sexual abuse, and these are myths that

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00:34:29.820 --> 00:34:48.390

Anthony Zazzarino: The adoption from the heart. There's a from P flag have released of common myths from 2019 so when I was reading this, I was like, oh, this has got to be from like the 80s. Right. And unfortunately, that's not true. Right. So we're know we know that there are still people who

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00:34:49.620 --> 00:35:09.240

Anthony Zazzarino: Say these things and effectual in gender diverse parents have to hear these things. And what does it do for that person in terms of feeling that they are beginning to blame themselves or thinking that they are inadequate those internalized senses of stigma that then develops.

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00:35:10.590 --> 00:35:19.590

Anthony Zazzarino: So that Misconception number three that gay people pose a risk of child abuse and there is simply no basis behind this harmful and persuasive claim.

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00:35:21.720 --> 00:35:31.170

Anthony Zazzarino: A fourth one, that being raised by gay parents will cause a kid to be gay. Again, not, not a valid statement at all. So,

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00:35:32.370 --> 00:35:38.220

Anthony Zazzarino: And then the last one is kids have a gay parent will get picked on. Unfortunately, kids or

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00:35:39.630 --> 00:35:41.640

Anthony Zazzarino: With any parent can get picked on, but

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00:35:44.790 --> 00:35:56.070

Anthony Zazzarino: Or the individuals are sexual orientation or gender orientation typically is not being number one cause for bullying. So I read those five statements.

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00:35:57.210 --> 00:36:07.020

Anthony Zazzarino: Just because it still shocks me that they're prevalent, but mostly because to highlight what are some of those experiences of social victimization and stigma.

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00:36:07.560 --> 00:36:16.470

Anthony Zazzarino: Feel like what does it feel like for a person that be bombarded with some of these myths that maybe they heard of when they were younger, growing up, or maybe

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00:36:16.800 --> 00:36:28.980

Anthony Zazzarino: When they're, you know, trying to talk to family members. That's what's being bombarded to them, you know, I always say this and these trainings. I'm very fortunate to be in the Northeast in New Jersey.

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00:36:30.300 --> 00:36:37.020

Anthony Zazzarino: But if anybody else in here is from New Jersey. We also know that not all of New Jersey, as is as

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00:36:38.190 --> 00:36:48.690

Anthony Zazzarino: Liberal and open and accepting and makes me think with people from other parts of the country that we know are definitely not as liberal and openness and accepting so

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00:36:49.710 --> 00:37:00.150

Anthony Zazzarino: Sometimes I think, well, this situation, can't be happening. But then I think it could be happening because of you know

people's values and beliefs and where people are from

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00:37:02.610 --> 00:37:10.170

Anthony Zazzarino: And if you've been in any of my other training. I brought up minority stress a lot, but I think in terms of working with parents and working with families.

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00:37:10.650 --> 00:37:30.900

Anthony Zazzarino: It's understanding the multiple levels of minority stress that has an impact. Right. So when we hear some of those statements. Right. That's an external stigma that individual external stigma that can and ultimately does promote some sort of internal views or bias or shame or guilt.

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00:37:32.280 --> 00:37:38.280

Anthony Zazzarino: If we have two people that both experienced that. And now we're coming together. Now we have a whole nother layer.

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00:37:38.760 --> 00:37:51.030

Anthony Zazzarino: So it's like an onion right where we have multiple layers of trying to peel back and work through some of the the trauma from the individual level. And now as a family level what that what that also adds

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00:37:58.740 --> 00:37:59.160

Anthony Zazzarino: Okay.

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00:38:00.390 --> 00:38:02.130

Anthony Zazzarino: So we're a family. Now, what

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00:38:03.240 --> 00:38:03.990

Anthony Zazzarino: When

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00:38:05.160 --> 00:38:12.060

Anthony Zazzarino: And these are, this is where it begins to understanding some of the strategies and what we need to do to really help support.

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00:38:13.500 --> 00:38:23.880

Anthony Zazzarino: A sexual and gender diverse parents and families so extended family concerns about the child and the challenges they will

encounter as a family. So trying to help people.

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00:38:27.960 --> 00:38:36.090

Anthony Zazzarino: Trying to help people just understand what those extended family concerns are. And this is where we often talk about when

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00:38:38.970 --> 00:38:48.150

Anthony Zazzarino: We I talked about the coming out process really having an honest conversation. What will your family think what will your family. Talk about what are your family's values.

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00:38:49.170 --> 00:38:56.640

Anthony Zazzarino: The second one. So encounters with care professionals who invade this choice with a lack of support hetero sexism and hostility

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00:38:57.630 --> 00:39:06.720

Anthony Zazzarino: I would like to think that all practitioners that are in this field in the behavioral healthcare field are really warm open and accepting and provide unconditional positive regard

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00:39:07.530 --> 00:39:16.590

Anthony Zazzarino: Unfortunately, I know that's not to be true. And this is where I think sometimes it goes back to language and I will have a very honest.

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00:39:18.300 --> 00:39:21.300

Anthony Zazzarino: Story were just two weeks ago.

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00:39:22.320 --> 00:39:36.750

Anthony Zazzarino: I was running a group of adults and it was I hadn't run a group with them in a while, but one of the guys in the group mentioned just getting married and having some conflict and is no longer

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00:39:37.650 --> 00:39:48.990

Anthony Zazzarino: And had to move out and my next question was, Oh, well, what does your wife, like what is your wife think or what is your I feel, and I had to stop myself.

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00:39:49.710 --> 00:39:59.970

Anthony Zazzarino: And again, I stopped myself. I apologize to the group and I corrected it and provided some education as to why asking about your wife was was a hetero sexist.

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00:40:00.450 --> 00:40:12.870

Anthony Zazzarino: Comment and that had to take a, take a time afterwards to kind of process that and process where that came from. For me and continuing to check our language. Right. So even though I was not

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00:40:14.280 --> 00:40:15.630

Anthony Zazzarino: Intentionally being

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00:40:18.210 --> 00:40:36.840

Anthony Zazzarino: Hurtful my words were, and needing to validate if anybody was her and processing that because using more common terms like partner is a much better term, because then I'm not projecting what that is and that that when we're talking about hetero sexism.

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00:40:38.760 --> 00:40:49.290

Anthony Zazzarino: The emotional distancing from family members who choose not to accept to be a part of the relationship child of the family dynamic. So thinking about all the stresses that comes into play.

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00:40:50.490 --> 00:41:02.070

Anthony Zazzarino: What does it feel like to have your mom, your dad. Your cousin's your brothers say yeah i i hear the song I support you for who you are. I just don't want to be a part of it.

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00:41:03.120 --> 00:41:10.560

Anthony Zazzarino: So you're dealing with a lot of that even emotionally. I need to emotionally distance myself from that from my family of origin.

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00:41:12.090 --> 00:41:25.380

Anthony Zazzarino: Then we know that as I begin to distance myself when I don't have that support you begin to have feelings of stress and isolation as well as an overwhelming void of support, advice and help navigating the parenting world.

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00:41:26.490 --> 00:41:40.770

Anthony Zazzarino: Typically, and you know I can't, I can't lie. I do not have kids, but when I work with families and when I work with couples and my friends and they have parents questions today. They typically go to their parents.

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00:41:41.940 --> 00:41:54.150

Anthony Zazzarino: What did you do when this was going on. How can I handle this. And unfortunately if you distance yourself from your family of origin, you don't have that that ability to turn to them or

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00:41:57.990 --> 00:42:01.980

Anthony Zazzarino: Or seek that support or seek that that advice and you start to feel isolated.

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00:42:05.130 --> 00:42:10.530

Anthony Zazzarino: And then the fifth one experienced a loss of other affection and gender minority friends and community.

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00:42:11.490 --> 00:42:18.750

Anthony Zazzarino: Who do not engage in kid friendly activities and our dust on able to provide the unnecessary support. I mean, the necessary support.

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00:42:19.260 --> 00:42:29.010

Anthony Zazzarino: I would like to change this as well, because it's not just the sexual and gender minority friends. I think it's when people start having children and developing families.

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00:42:30.180 --> 00:42:34.230

Anthony Zazzarino: Friends who don't have children. I think there is that separation just

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00:42:36.210 --> 00:42:48.270

Anthony Zazzarino: Just as a natural occurrence. But what's really difficult is when it is individuals that people might view them as my chosen family. Right, so maybe

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00:42:48.900 --> 00:42:58.740

Anthony Zazzarino: A parent had issues coming out earlier in life and had already distanced themselves from family members and has kind of worked through all of that trauma.

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00:42:59.160 --> 00:43:08.670

Anthony Zazzarino: And really created a nice chosen family for them and they decided to start having kids and then that chosen family then separates because

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00:43:09.060 --> 00:43:23.370

Anthony Zazzarino: You know, maybe they don't want to be around kids or maybe they do want to go out to the bars and too late night dinners and now we're looking at that the additional trauma of now on separating from my shows and family. And what does that really do.

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00:43:24.600 --> 00:43:36.510

Anthony Zazzarino: That really decreases the amount of protective factors and support systems in somebody's life during the time we're having children is such a stressful.

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00:43:37.110 --> 00:43:48.360

Anthony Zazzarino: Situation. Right. We talked about lack of sleep. We talked about not knowing what to do that uncertainty. All of that has so much brings so much stress to a person's life.

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00:43:49.500 --> 00:43:55.620

Anthony Zazzarino: And we can see that all that lack of support really limits the protective factors for the individuals.

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00:43:56.790 --> 00:44:03.000

Anthony Zazzarino: So how do we support families. We need to check our own biases. First off, and foremost, which we started to do already.

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00:44:03.810 --> 00:44:22.410

Anthony Zazzarino: We need to understand that the individuals are very strong right and come from a strengths perspective and then understand your role. So there's a couple things that we'll talk about today. And I actually will give a really quick case vignette. And I will give a disclaimer that

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00:44:23.910 --> 00:44:29.580

Anthony Zazzarino: Understanding your role in all of this is really important. Right. So if you are

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00:44:30.480 --> 00:44:48.540

Anthony Zazzarino: You know, a practitioner, maybe with a bachelor's degree high school diploma master's degree just supporting individuals in different settings. We need to understand that sometimes our role is to just create that really nice nurturing unconditional positive regard safe environment.

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00:44:49.620 --> 00:44:58.920

Anthony Zazzarino: And then maybe create a nice warm handoff with a life and clinician to do some little bit to do some deeper work that

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00:44:59.700 --> 00:45:15.360

Anthony Zazzarino: Our role sometimes is not to do everything right. We're not a license clinician, we do not do license clinician work. And I think that's really important in this because of the layers of trauma that might come out.

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00:45:21.210 --> 00:45:30.930

Anthony Zazzarino: So what do they need, right. So one of the things might be to make a referral or provide resources to couples in marriage counseling.

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00:45:33.630 --> 00:45:52.680

Anthony Zazzarino: That in itself is a really difficult process because trying to find a competent counselor or a competent, licensed clinical social worker or competent, licensed marriage and family therapist that has training and experience working with sexual and gender minority families.

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00:45:54.330 --> 00:46:00.930

Anthony Zazzarino: Is really difficult. And we all know that the relationship you build really helps create that change.

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00:46:02.220 --> 00:46:07.290

Anthony Zazzarino: We also know that just like many new marriages and many new relationships. There's a lot of

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00:46:08.130 --> 00:46:25.770

Anthony Zazzarino: Situations that people have to work with and work through. So when we know that there are higher rates of victimization and harassment oppression and discrimination from an individual basis. And we know that when they come together. We're going to amplify

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00:46:26.790 --> 00:46:36.750

Anthony Zazzarino: Those minority stresses. We know that referrals to counseling would be such an important and critical aspects to to provide

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00:46:38.460 --> 00:46:44.130

Anthony Zazzarino: It also allows for that support system right that might have already been taken away.

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00:46:45.600 --> 00:46:48.660

Anthony Zazzarino: It allows to have that family to have some type of support.

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00:46:50.430 --> 00:47:06.390

Anthony Zazzarino: We also know that we need to provide opportunities for family and community support. This is where it's so important to understand your resources in your community and for maybe some parts of this country. The resources might be online.

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00:47:07.440 --> 00:47:10.530

Anthony Zazzarino: People flag parents and family.

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00:47:13.410 --> 00:47:23.580

Anthony Zazzarino: Oh my gosh, I just drew a blank piece flag. We'll get to that in a second. P flag is a great resource. And it helps the individuals work on strengthening strengthening

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00:47:24.030 --> 00:47:32.760

Anthony Zazzarino: The couple's support from family and friends. And when I say family. Again, I think I'm also talking about biological family and shows and family.

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00:47:33.570 --> 00:47:47.520

Anthony Zazzarino: And then also social support, right, we need to build back in those protective factors we need to build it back in those support systems. The support systems of love understanding and care.

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00:47:52.590 --> 00:48:01.380

Anthony Zazzarino: And I think that's where many of us play a really big role is helping, even if we can't do it within our agencies or

within our practices.

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00:48:01.800 --> 00:48:11.850

Anthony Zazzarino: What do we know in the community. How do we foster these types of resources and sometimes they might not be there and you have to be the one who starts it

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00:48:12.870 --> 00:48:14.730

Anthony Zazzarino: And that's okay too.

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00:48:16.050 --> 00:48:16.680

Anthony Zazzarino: when to quit.

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00:48:17.730 --> 00:48:31.890

Anthony Zazzarino: So why is the connection to the larger community so important. It really helps sometimes build those relationships with other affectionate and gender minority parent families which reemergence that connection to a sense of community.

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00:48:33.390 --> 00:48:42.330

Anthony Zazzarino: Support Groups social support, like I said, is a protective factor and it helps to reduce the the minority stress and the impact of that minority stress.

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00:48:43.140 --> 00:48:55.650

Anthony Zazzarino: And all of this really provides to not only the parents, but the children and opportunity to engage with other families that are in a that could be a similar to them and are in an affirming environment.

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00:48:57.000 --> 00:49:08.010

Anthony Zazzarino: There's nothing more exciting to hear from a kid, then, to hear them say, oh, that families, just like me and it makes the children feel

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00:49:08.730 --> 00:49:21.750

Anthony Zazzarino: Less different and begins to help them feel like with their family is just like other families. And I think that's such an important role. And we'll talk about understanding and exploring the needs of children and a little bit

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00:49:23.130 --> 00:49:31.590

Anthony Zazzarino: And you all providers might have to create that safe affirming states for diverse affection and gender minority parent families to interact with one another.

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00:49:32.790 --> 00:49:35.250

Anthony Zazzarino: I mean, I hate to say this but sometimes because

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00:49:36.540 --> 00:49:38.310

Anthony Zazzarino: I think in other trainings. I've said that

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00:49:39.930 --> 00:49:58.860

Anthony Zazzarino: Just because I might be gay or lesbian or transgender does not mean that I only want to socialize and be friends with only gay, lesbian or transgender individuals in this situation, it is really helpful to have at least one other

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00:50:00.390 --> 00:50:16.200

Anthony Zazzarino: Affectionate gender, gender minority parent or family to be safe to be friends with and support each other because of the US multiple layers of minority stress and those unique experiences. It really is extremely helpful in that in this capacity.

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00:50:23.790 --> 00:50:27.450

Anthony Zazzarino: We also must consider that the needs of the children within the family.

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00:50:28.680 --> 00:50:35.400

Anthony Zazzarino: Like I said, as some families and some individuals separate from

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00:50:36.510 --> 00:50:52.800

Anthony Zazzarino: Their own biological family or even their chosen family, children may view themselves as alone and without family and, you know, especially when it comes time to holidays and they hear stories in school, they might start to feel a little isolated and down themselves.

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00:50:53.940 --> 00:51:01.620

Anthony Zazzarino: They also might view themselves as a minority among their peer groups due to the sexual and gender minority status of the parents and I said that

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00:51:01.980 --> 00:51:13.350

Anthony Zazzarino: That, um, that comes into play. A lot of times when schools still do these gender specific activities which I can only say for New Jersey. I know that shifting, but

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00:51:15.390 --> 00:51:22.890

Anthony Zazzarino: I know in Texas, my really good friend, their school system still does a daddy daughter dance.

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00:51:23.550 --> 00:51:39.420

Anthony Zazzarino: And then when I have this conversation with her and her husband is on the school board. I said, Well, what about changing it like when we have these conversations than the reaction is well as a daddy daughter dance or a special person damn and

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00:51:41.790 --> 00:51:47.490

Anthony Zazzarino: Just the feelings. I think that might come along with that, and I just don't understand why that is so called a special person dance.

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00:51:48.600 --> 00:51:52.230

Anthony Zazzarino: But that's not for me to change the Board of Ed down there.

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00:51:53.760 --> 00:52:12.930

Anthony Zazzarino: And then also understanding that, yes, that maybe sometimes children also do need that type of support, but not assume that just because they are a child of an affection or gender diverse individual that that that that support or that counseling support or

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00:52:13.980 --> 00:52:17.880

Anthony Zazzarino: Is really always needed, because just like any other child.

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00:52:19.050 --> 00:52:25.020

Anthony Zazzarino: Children are extremely revealing into individuals and just because of their

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00:52:26.100 --> 00:52:31.530

Anthony Zazzarino: sexual and gender diverse parents has not always

been that they need additional support themselves.

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00:52:33.750 --> 00:52:48.450

Anthony Zazzarino: So now if you are a license clinician and you are doing some some good work, or you're looking to do some good work with gender and sexual minority families, it goes back to the wonderful Gina Graham.

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00:52:49.560 --> 00:53:02.550

Anthony Zazzarino: Junior grams are or what a lot of people like to refer to them as a family tree. They are critical within family therapy theories

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00:53:04.050 --> 00:53:18.660

Anthony Zazzarino: But a lot of the research is now shifting Gina grams to integrate the needs of cultural diverse families and even more recently, looking at providing Gina grams for affection and gender minority lead families.

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00:53:20.520 --> 00:53:30.120

Anthony Zazzarino: It really helps them to understand their individual members identity as well as understand the larger community and it's been very, very helpful.

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00:53:31.350 --> 00:53:35.280

Anthony Zazzarino: I won't go through this brief vignette, you will have the slide.

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00:53:37.050 --> 00:53:50.430

Anthony Zazzarino: And I have to make sure that this is. Oh, it should be in the reference to this is coming out of a counseling workbook. But here's a small vignette that you can all read on your on your own time.

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00:53:51.480 --> 00:53:57.060

Anthony Zazzarino: And then it comes with a Gina Graham legend that is diverse in its

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00:53:58.170 --> 00:54:01.680

Anthony Zazzarino: Symbols colors and making sure that we account for

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00:54:03.000 --> 00:54:06.450

Anthony Zazzarino: This gender transgender. So we're accounting for gender identity.

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00:54:10.290 --> 00:54:11.220

Anthony Zazzarino: I don't know where that

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00:54:12.810 --> 00:54:15.510

Anthony Zazzarino: That should be a green square as well.

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00:54:16.860 --> 00:54:23.820

Anthony Zazzarino: And these are typical symbols in a family tree or Gina grand in terms of a hostile relationship.

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00:54:25.050 --> 00:54:38.130

Anthony Zazzarino: close relationship distance. So those are those are pretty concrete, but based on that example here would just be a mock up of that families that vignette Gina Graham.

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00:54:38.850 --> 00:54:47.970

Anthony Zazzarino: And it comes with some just reflective questions that you can use to guide discussion right ultimately if you're using a Gina Graham and again

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00:54:49.380 --> 00:55:02.370

Anthony Zazzarino: Understanding your role right so this would be more for licensed clinical individuals because there are some there will be some some responses and some trauma and some there could be, I should say.

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00:55:03.840 --> 00:55:11.220

Anthony Zazzarino: And using these reflective questions to help guide conversation and really guide the conversation about

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00:55:12.630 --> 00:55:31.050

Anthony Zazzarino: The individuals family of origin. You can see here we have family one and family two and then when they came together then looking at their whole overall system, it's been it's been a newer really helpful way to guide conversation.

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00:55:32.880 --> 00:55:42.720

Anthony Zazzarino: And then when you're done really just using a strengths based approach to move forward and facilitating parent lead conversations about the uniqueness of the family.

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00:55:44.130 --> 00:55:51.780

Anthony Zazzarino: As a licensed clinician as well, highlighting the sources of support available within the extended family and the community.

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00:55:52.410 --> 00:56:01.230

Anthony Zazzarino: And understanding, just like practitioners, understanding the resources that are in the community and making sure that whatever resource you provide

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00:56:01.950 --> 00:56:21.030

Anthony Zazzarino: Is an affirming resource is an open resource and is an active resource. Right. We don't want to provide referrals to people who already are hesitant to go somewhere and they're no longer open or it's not an affirming resource that's definitely not good. We need to check our resources.

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00:56:23.400 --> 00:56:24.450

Anthony Zazzarino: And then just some

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00:56:26.010 --> 00:56:38.580

Anthony Zazzarino: Professional readings and other resources if you are really interested in understanding some more. The Handbook of LGBT affirmative affirmative couple and family therapy is really helpful.

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00:56:40.020 --> 00:56:50.910

Anthony Zazzarino: Modern families stories of extraordinary journeys is really helpful and then mindfulness and acceptance for gender and sexual minorities.

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00:56:51.600 --> 00:57:02.940

Anthony Zazzarino: Is really helpful. And then some other online resources we have the family equality Council, we have peace flag and then we have the gay parents LGBT magazine.

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00:57:03.960 --> 00:57:06.360

Anthony Zazzarino: Or some really great resources and then

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00:57:07.530 --> 00:57:09.510

Anthony Zazzarino: All the references are

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00:57:10.620 --> 00:57:13.770

Anthony Zazzarino: Back here to if there's anything more that you want to follow up on

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00:57:15.270 --> 00:57:30.930

Anthony Zazzarino: Before we get to question and answer. You know, here's our contact information like an had mentioned earlier related to our email our website and I will leave it on this page because this is where you can screenshot to do your evaluation.

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00:57:32.250 --> 00:57:36.000

Anthony Zazzarino: So with that, we have one more minute. I do apologize.

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00:57:37.050 --> 00:57:41.970

Anthony Zazzarino: There are some books on p flags website and on

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00:57:45.150 --> 00:57:52.830

Anthony Zazzarino: And if you go into the webinar that I did on gender diversity. There's some really good resources and on the coming out.

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00:57:54.300 --> 00:58:09.510

Anthony Zazzarino: Coming out webinars some really good resources that are developmentally appropriate for teen and for children related to having conversations about affectionate identity and gender identity and gender affirmation. Absolutely.

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00:58:16.920 --> 00:58:22.290

Ann Murphy: Thank you. Anthony and in our last 30 seconds or so.

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00:58:22.860 --> 00:58:25.590

Ann Murphy: Do you also have any suggestions.

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00:58:26.730 --> 00:58:32.970

Ann Murphy: It around working with children who are struggling with the transitioning of a parents relationship.

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00:58:34.140 --> 00:58:43.290

Ann Murphy: This in the question it's specified as a transition from a non monogamous relationship to one that might include multiple partners.

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00:58:45.840 --> 00:58:48.210

Anthony Zazzarino: That's a really good question. Um,

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00:58:50.400 --> 00:59:03.450

Anthony Zazzarino: There's some really good honestly there's some really good support groups online for those consensual non monogamous relationships and resources that I could find a couple

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00:59:04.560 --> 00:59:12.900

Anthony Zazzarino: And and if that's okay. I can send it to either you or coffee and you can email it out. Absolutely. I can definitely do that. Great.

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00:59:13.980 --> 00:59:21.390

Ann Murphy: Thank you so much. Thank you. Anthony for the presentation. Thank you to all the participants. We really appreciate it.

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00:59:22.680 --> 00:59:33.510

Ann Murphy: We want to remind you that will send you a link that will take you to a recording of this webinar, you're welcome to share with your colleagues, as well as a copy of the slides.

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00:59:33.990 --> 00:59:42.180

Ann Murphy: You will also receive a certificate of attendance for having participated in the webinar that will come in your email.

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00:59:42.720 --> 00:59:59.280

Ann Murphy: Give us a few days to get that to you. And we'll also send the resource that resources that doctors as arena was just mentioning. So thank you again be well and take care of yourself and each other going forward. We hope to see you again soon. And thank you again to doctors as arena.

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01:00:00.660 --> 01:00:01.350

Thank you all.

