



Sexual and Gender Minority Stress: Pride and Prejudice

Live Webinar: Feb 4, 2022 10-11:30AM PT

Webinar objectives:

- 1) Name an assessment tool for SGM stress
- 2) Define two gender minority stressors
- 3) Identify two evidence-based practices for SGM stress

Topics to be addressed in this workshop:

1. History and definition of sexual and gender minority stress
2. Application of SGM model to trans and gender diverse clients with case examples
3. Applying SGM model to sexual behavior
4. Introduction of EBTs to address minority stress

**The workshop will conclude with a 20-30 minute Q+A / panel discussion.
Please bring all of your questions!**

About the Presenters



Dr. Greg Stanford is Associate Clinical Director of Cognitive Behavior Associates and a Clinical Instructor in the Department of Psychology at University of California, Los Angeles (UCLA). Dr. Stanford is a licensed clinical psychologist and received his doctorate in clinical psychology from California School of Professional Psychology in 2009. His teaching and clinical work focuses on addictions recovery, Sexual and Gender Minority (SGM) Stress, and trauma. Dr. Stanford directs the SGM Program at Cognitive Behavior Associates.



Dr. Jae Puckett is an Assistant Professor of Psychology at Michigan State University (MSU). Dr. Puckett is a licensed clinical psychologist and received their doctorate in clinical psychology from the University of Massachusetts Boston. Their research and clinical work focuses on minority stress and resilience in transgender and gender diverse individuals and the sociopolitical drivers of health disparities in these communities. Dr. Puckett leads the Trans-illience research team at MSU. They also direct MSU's Sexual and Gender Minority Clinic and provide therapy services in private practice at Wild Ferns Wellness in Lansing, MI.



Dr. Trevor Hart is the Director of the HIV Prevention Lab. He holds a Research Chair in Gay and Bisexual Men's Health from the Ontario HIV Treatment Network. Dr. Hart received his doctorate in clinical psychology from Temple University. After graduate school, he completed a post-doctoral fellowship at Emory University School of Medicine, through which he received training at the Division of HIV/AIDS Prevention of the U.S. Centers for Disease Control and Prevention.

Dr. Hart is currently conducting several studies, two of which are being led by Dr. Hart. The first study is a 3-city longitudinal cohort study on how biomedical HIV prevention is changing the sexual health and well-being of gay and bisexual and other men who have sex with men. The second study is a randomized controlled trial comparing CBT and applied relaxation for social anxiety treatment and HIV prevention among HIV-negative gay and bisexual men. He is also working on several other projects, such as studies of non-monogamy, pre-exposure prophylaxis medication, combination HIV prevention, and use of the internet for HIV prevention among young gay and bisexual men. Dr. Hart has received several awards for his advancements to research and clinical work, including being a Fellow of the Canadian Association, a Fellow of the Association for Behavioral and Cognitive Therapies (ABCT), and the Sarwan Sahota Research Award for research excellence, the highest honour awarded at Ryerson University for research excellence.



Discussant: Dr. Joel L. Becker, Ph.D.

Founder and Director of Cognitive Behavior Associates and Cognitive Behavior Therapy Institute
Clinical Professor, UCLA
Former Chair of the Sexual and Gender Minority-SIG of ABCT

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Joel L. Becker, Ph.D., Founder and Director

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All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
Founder and Clinical Director of CBA &
Cognitive Behavior Therapy Institute
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