

# Featured Workshop



**Christopher Martell, Ph.D., ABPP** is Director of the Psychological Services Center and Lecturer in the Department of Psychological and Brain Sciences at the University of Massachusetts, Amherst Massachusetts, USA. Dr. Martell is first author of one of the first books on CBT with sexual minority clients, and has co-authored many chapters and articles on affirmative care with sexual minority and gender diverse clients. He was in private practice in Seattle, Washington for 23 years prior to turning his attention to training the next generation of students. He has conducted workshops around the world on topics of behavioral interventions for depression, and on conducting LGBTQ+ affirmative CBT.

## **Affirmative CBT: What to know when working with LGBTQ+ clients**

Featured Workshop | May 12, 2022 | 9:30 am - 3:30 pm PST

Sexual minority and gender diverse individuals have disproportionate rates of some mental health concerns, particularly depression and anxiety disorders. Research has clearly pointed to the impact of minority stress on the well-being of these individuals. This workshop will present an affirmative CBT for LGBTQ+ individuals that takes into account the literature on minority stress, randomized clinical trials on CBT with this population, and general psychotherapy literature on evidence-based practice. The workshop will include presentation of clinical strategies that are particularly useful with LGBTQ+ clients.

In this workshop, you will learn:

1. To define minority stress
2. To talk to LGBTQ+ about minority stress
3. To identify common mental health problems to which minority stress contributes
4. To choose CBT interventions that can be particularly useful with LGBTQ+ clients

