

The Office of Continuing Education and The Association for Counseling Sexology & Sexual Wellness
present:

RCT Approach toward Sexual Health of Women who have Sex with Women

Program Offers 2.0 APA CEs for Psychologists, and 2.0 BBS California CEUs for LPCCs, LPSW, and LMFTs

Webinar was recorded via Zoom on April 16th, 2021

Workshop Description:

Relational Cultural Theory (RCT) is a feminist approach to counseling that emphasizes human development through relational connection, explores the impact of culture and social systems on emotional and psychological development, and (Jordan, 2010; Walker, 2008), and underscores how development and relationships with others cannot be understood separately from how those connections have been “raced, engendered, sexualized, and situated along dimensions of class, physical ability, religion or whatever constructions carry ontological significance in the culture” (Walker, 2008, p. 90). Wellness, therefore, is fostered through relationships that encourage empathy, authenticity and empowerment wherein individuals can realize their relational competence and create relationships that can sustain disruption and relational injury (Jordan, 2010). When counseling cisgender women in same-sex relationships, maintaining an RCT approach will allow the clinician to review and examine how clients have been impacted by heteronormative societal messages of what it means to be female, to be sexual as a woman, and how to perform in relationships.

In this webinar, we will discuss what RCT is as theory and how to apply it to counseling cisgender women in same-sex relationships. This will offer the clinician a lens that supports a nonheteronormative approach and which situates women’s development within a cultural framework.

Learning Objectives:

After attending this intermediate-level workshop, participants will be able to:

- 1) Describe the influence a heteronormative lens has on the development of relationships for cisgender women in same-sex relationships
- 2) Describe the utility of RCT when counseling cisgender women in same-sex relationships

Professional Bio of Joy S. Whitman, Ph.D in Counseling Psychology, Clinical Full Professor at the Family Institute of Northwestern University

Joy S. Whitman, PhD, is a licensed professional counselor (LPC) in Missouri and a licensed clinical professional counselor (LCPC) in Illinois. She currently is Clinical Full Professor at the Family Institute of

Northwestern University in the master's Counseling@ Northwestern program. She is Past-President of the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities, was the Governing Council representative for the division, and served as a member of the ACA Ethics Committee. She is a board member of the International Academy for LGBT+ Psychology and Related Fields and serves on the editorial board for the Journal of LGBT in Counseling. She is the coeditor of Homework, assignments, and handouts for LGBTQ+ clients: A mental health and counseling handbook; The therapist's notebook for lesbian, gay, and bisexual clients; Preparing the Educator in Counselor Education; and Skill Development in Counselor Education. She has published and presented on affirmative counseling with and training of affirmative therapy with LGBTQ+ clients. She maintains a private practice and focuses her practice on working with the LGBTQ+ communities.

Program Standards and Goals

This program meets APA's continuing education standard 1.3: Program content focuses on topics related to psychological practice, education, or research other than application of psychological assessment and/or intervention methods that are supported by contemporary scholarship grounded in established research procedures.

This program meets APA's continuing education goal 1: Program is relevant to psychological practice, education, and/or science.

Registration and Fees:

ACSSW Members: Free

General Admission: \$40.00

TCSPP Staff/Faculty: Free

TCSPP Students: Free

TCSPP Alumni: \$20.00

Community Partners/Site Supervisors: \$20.00

Non-TCSPP Students: \$10.00

References:

Jordan, J. V. (2017). Relational cultural therapy. In M. Kopala & M. Keitel (Eds.), *Handbook of counseling women* (2nd ed., pp. 63-73). Los Angeles: Sage Publications.

Bloom, Z. D., Guitierrez, D., Lambie, G. W., Ali, S. (2016). Counselors' comfort with sexuality, attitudes, towards pornography, and propensity to assess and treat client issues related to pornography use. *Journal of Mental Health Counseling*, 38, 327–345. Singh, A.A. and Moss, L. (2016), Using Relational-Cultural Theory in LGBTQQ counseling: Addressing heterosexism and enhancing relational competencies. *Journal of Counseling & Development*, 94,398-404. <https://doi.org/10.1002/jcad.12098>

CONTINUING EDUCATION:

Target Audience: Any mental health or health care practitioner engaged in therapeutic care and interested in furthering the discussion about evidence-based practice. Graduate students are welcome.

Psychologists. This program, when attended in its entirety, is available for 2.0 continuing education credits. The Chicago School of Professional Psychology is committed to accessibility and non-discrimination in its continuing education activities. The Chicago School of Professional Psychology is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Danielle Bohrer at 312-467-2364. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

MFTs, LPCCs, and LCSWs. Course meets the qualifications for 2.0 hour of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences. *If you are licensed outside of California please check with your local licensing agency to determine if they will accept these CEUs.* The Chicago School of Professional Psychology is approved by the California Board of Behavioral Sciences (BBS) to offer continuing education programming for MFTs, LPCCs, LEPs, and/or LCSWs. The Chicago School of Professional Psychology is an accredited or approved postsecondary institution that meets the requirements set forth in Sections 4980.54(f)(1), 4989.34, 4996.22(d)(1), or 4999.76(d) of the Code.

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Participation Certificate. The Chicago School of Professional Psychology is able to provide students and other participants who simply wish to have documentation of their attendance at the program a participation certificate.

****Participants must attend 100% of the program in order to obtain a Certificate of Attendance.***



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