



CONTINUING EDUCATION SESSION

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SESSION	CE HOURS	DATE/TIME
CE8	1.0	Friday, November 4th 3:30pm-4:30pm
TITLE		
<i>Resilience And Hope: LGBTQ+ Emerging Adults and The Impact Of COVID-19</i>		
AUTHORS		
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AASECT - Core Knowledge Areas and Training:		B; D; H
APA - Curriculum Content Criteria:		1.1; 1.3
NCHEC - Areas of Responsibility:		1.3.3; 4.5.1; 4.5.2; 4.5.3; 4.5.4; 8.1.4
ABSTRACT		
<p>Purpose: The purpose of this workshop will be to focus on developmental considerations and mental health risk factors experienced by LGBTQ+ emerging adults during the COVID-19 pandemic. Issues: The lifespan stage of Emerging Adulthood, from ages 18 to 28, is typically a time of exploration and instability. However, it is also a time of increased vulnerability to the onset of depression, anxiety, and risk-taking behavior. For emerging adults who identify as having a minority sexual orientation or gender identification, this stage more often involves complex vulnerabilities due to chronic levels of minority stress. For example, LGBTQ+ emerging adults are more likely to present with significant anxiety, depressive symptoms, and suicidal ideation related to experiencing microaggressions, fear of rejection from family or friends, isolation, lack of community, issues with identity congruence and degree of outness, and high levels of internalized sexual stigma. During the COVID-19 pandemic, many LGBTQ+- identified emerging adults have had to navigate multiple constraints that have exacerbated already existing risk factors: Stay at home orders have limited access to peer communities and other critical communities of support; college closures and distance learning has increased isolation; returning to live within home environments that restrict expression of identity has modified or interrupted the trajectory of coming out. The presenters will discuss the current literature on the intersection of pandemic-related stress and emerging adulthood. In addition, this presentation will present excerpts from current clinical cases that illustrate the potential for mental health crises in the LGBTQ+ emerging adult population. Finally, this presentation will discuss implications for treatment. Overview of Session Activities 1. Presentation of brief case example to illustrate challenges for this population. 2. Lecture and discussion of the intersection of developmental trajectories and Covid-19-related stress 3. Second case example to elicit participant feedback. 4. Question and answer period Anticipated Participant Outcomes 1. Participants will be able to discuss common factors related to identity development and assumption of LGBTQ+ emerging adults 2. Participants will be able to describe unique intersection of stressors for LGBTQ+ Emerging adults during the COVID pandemic 3. Participants will be able to consider clinical and therapeutic treatment considerations for this population.</p>		
LEARNING OBJECTIVES		
<p>To name one common factor related to the development of LGBTQ+ emerging adults.</p> <p>To list two mental health factors associated with LGBTQ+ emerging adults and the impact of pandemic-related stress.</p> <p>To describe one strategy to better support LGBTQ+ emerging adults through both normal developmental milestones and those altered by the COVID-19 pandemic.</p>		