



National Center for
PTSD

POSTTRAUMATIC STRESS DISORDER

**BOSTON
UNIVERSITY**

VA Boston
Healthcare System

***Clinical Considerations and
Guidance for the Treatment
of Trauma, PTSD, and Co-
occurring Minority Stress
among LGBTQ Individuals***

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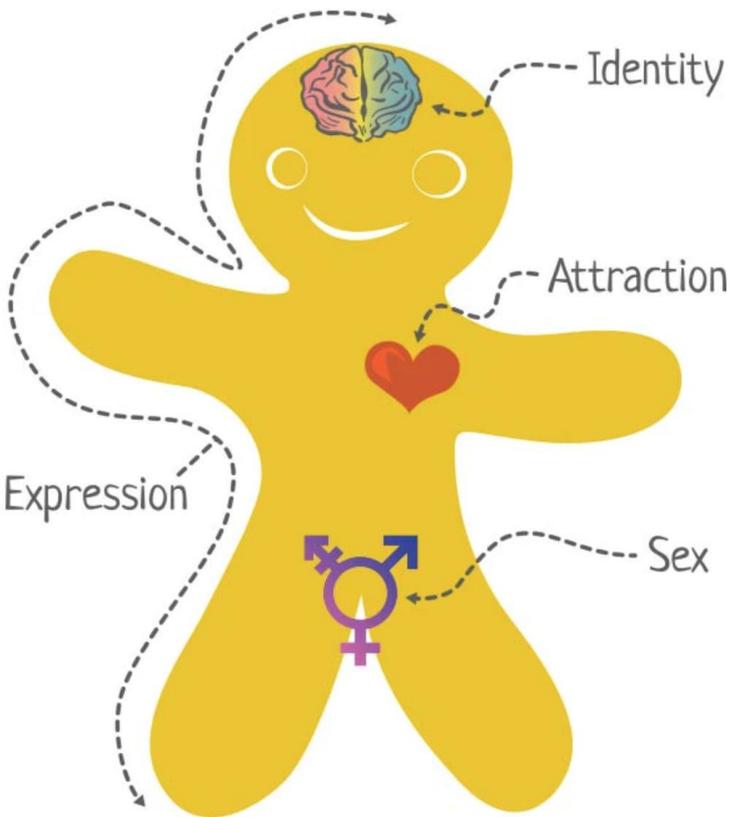
Excellent care has no boundaries. VHA is committed to serving Lesbian, Gay, Bisexual and Transgender Veterans.

1. Terms to Know
2. Trauma, Minority Stress, and Health Disparities
3. Screening and Assessment
4. Treatment Options and Recommendations



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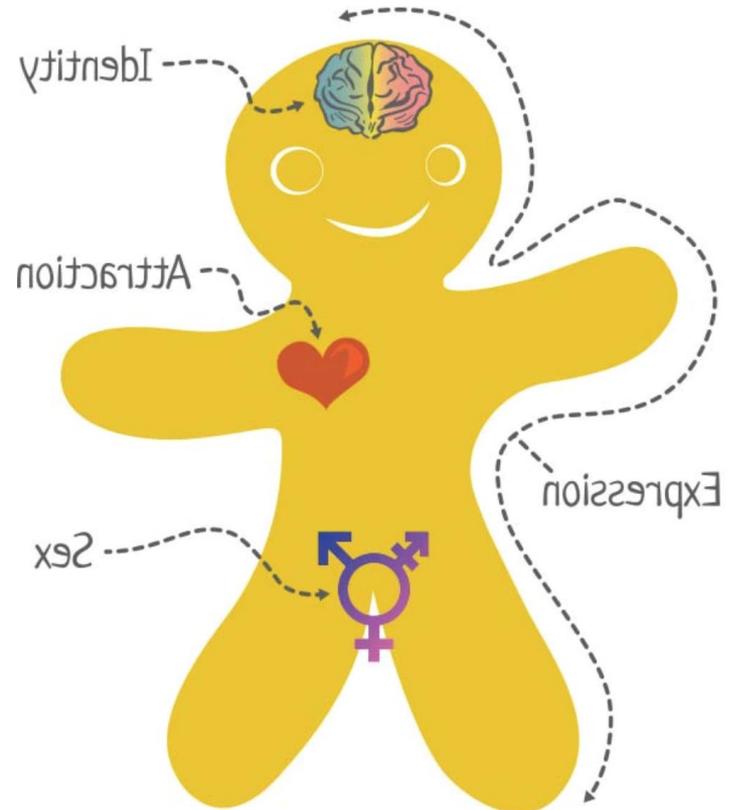
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- **Sex**
- **Gender**
 - **Gender identity**
 - Cisgender (sex, gender align)
 - transgender
 - Trans*
 - FtM/MtF
 - Gender diverse
 - Non-binary
 - Gender fluid
 - **Gender expression (aka “performance”)**
- **Sexual orientation**
 - Sexual identity
 - Sexual vs. romantic attraction
 - Sexual behavior

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[https://23u0pr24qn4zn4d4qinlmyh8-wpengine.netdna-ssl.com/wp-content/uploads/2015/10/Trans and queer glossary.pdf](https://23u0pr24qn4zn4d4qinlmyh8-wpengine.netdna-ssl.com/wp-content/uploads/2015/10/Trans%20and%20queer%20glossary.pdf)

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SGM individuals in the military

- VA largest HCS
- **1 in 5** (or more) transgender individuals have served in the military, compared to **1 in 10**

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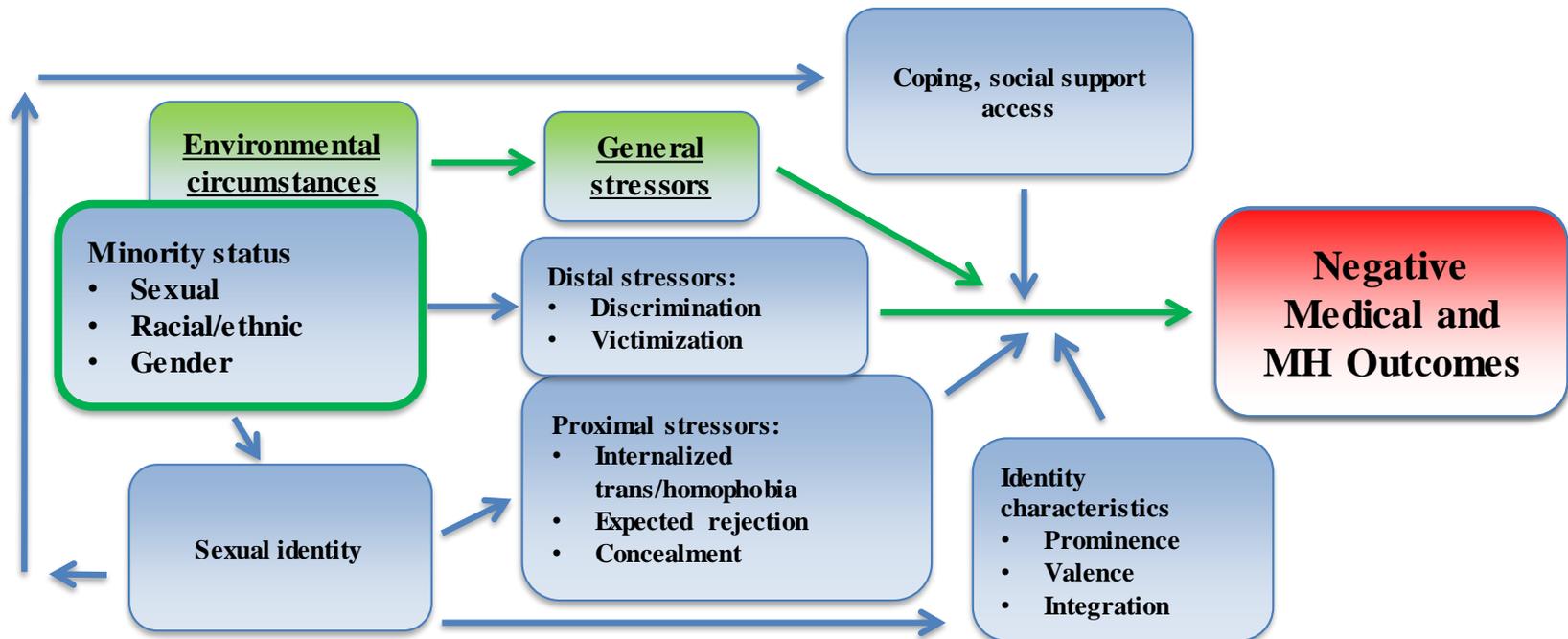
Elevated Risk for...

- **Trauma exposure**, including physical/sexual violence in childhood and adulthood
- **Substance use**
- **Depression, PTSD**, other mental health outcomes
- **Medical concerns** and physical complaints (e.g., chronic pain)
- **Co-occurring conditions** (and more complex)
- Increased risk for **suicide**

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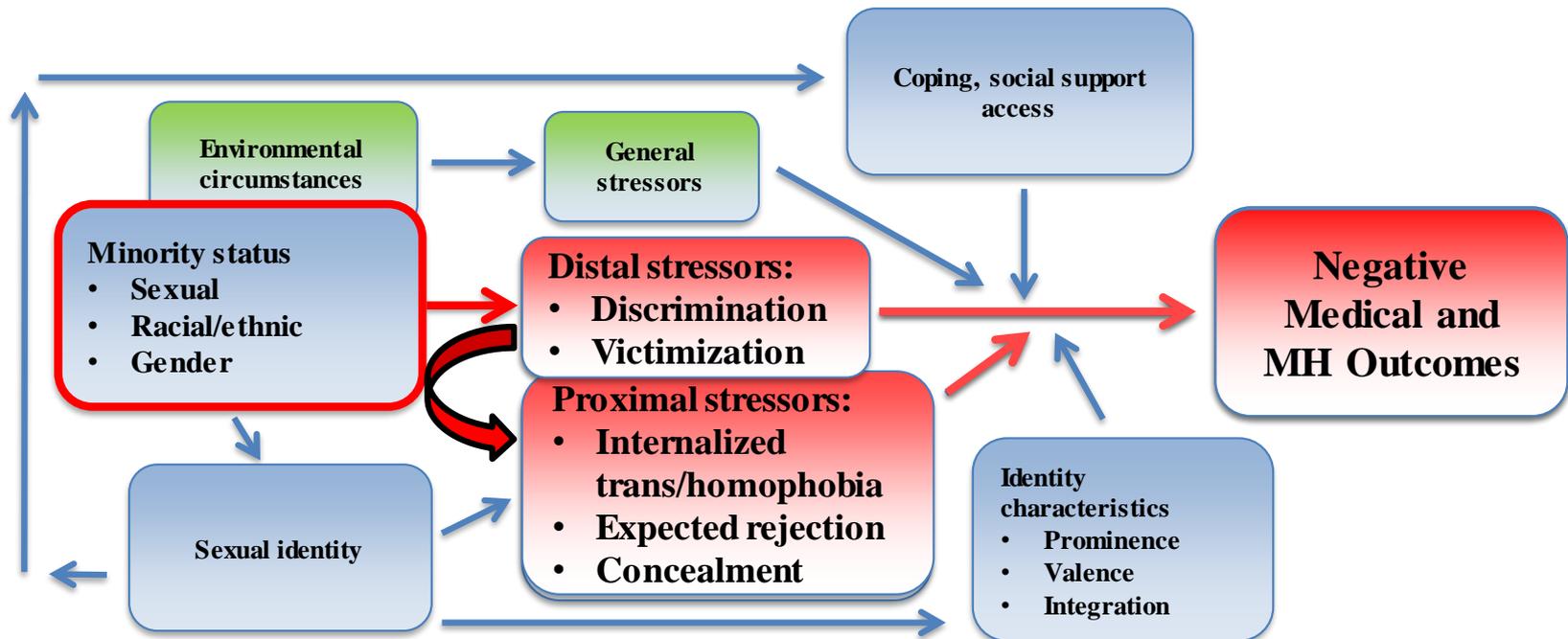
Meyer's Minority stress model (2003)



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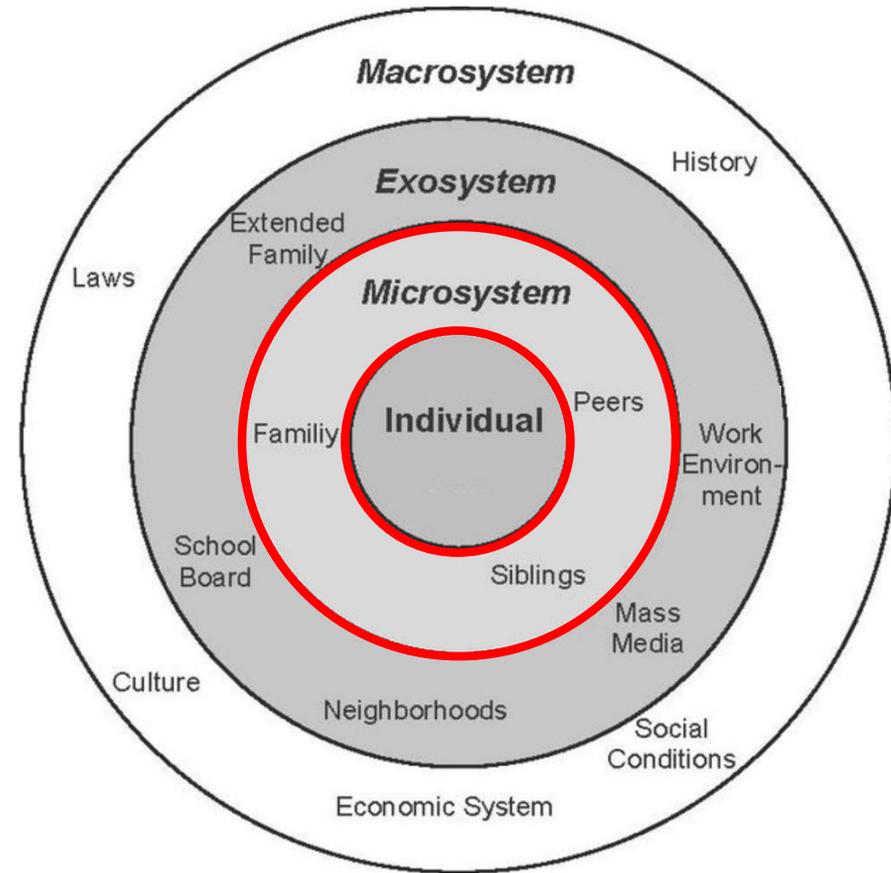
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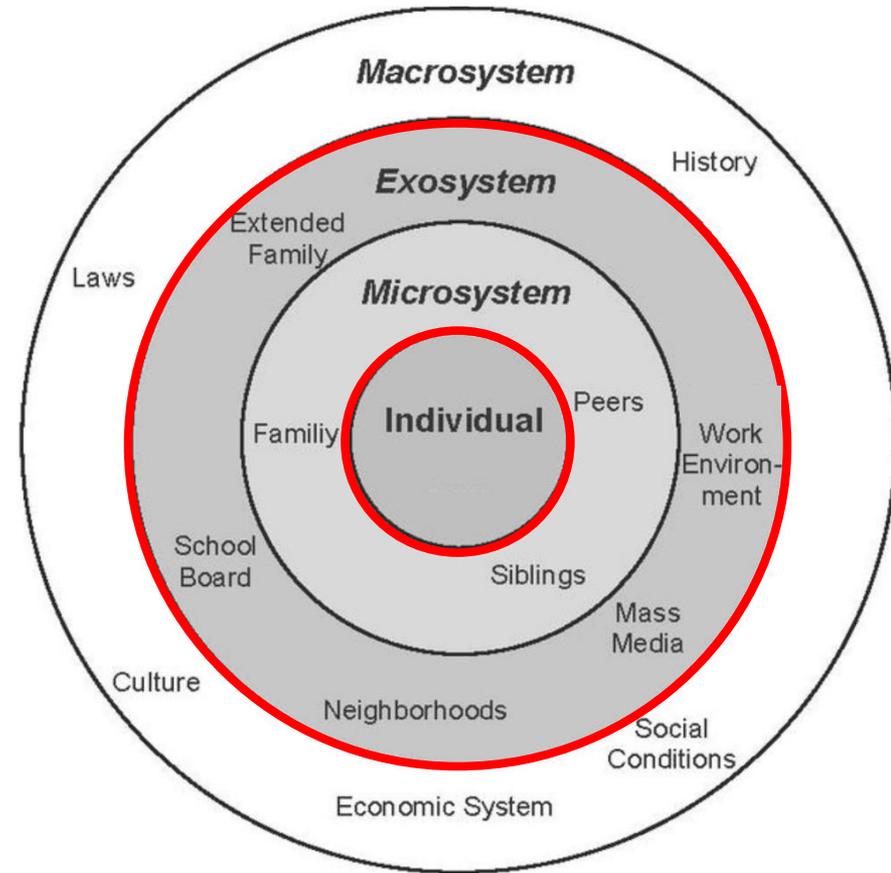
- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers



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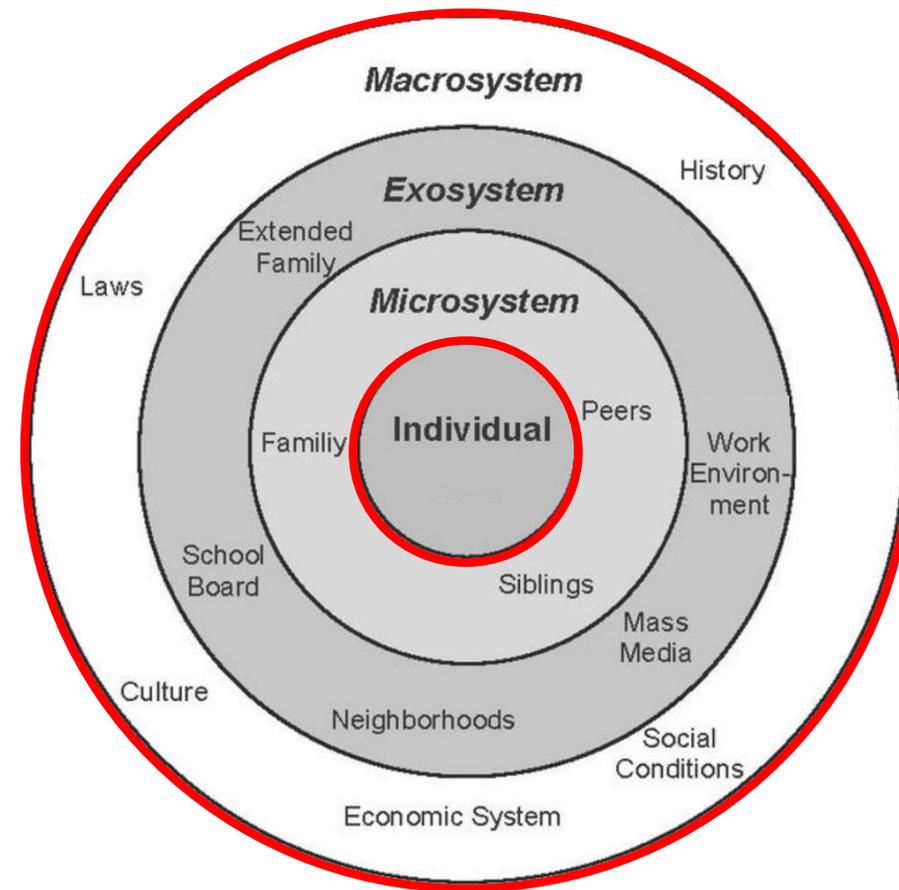
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- **Exosystem:** Local community, healthcare settings, extended family, schools



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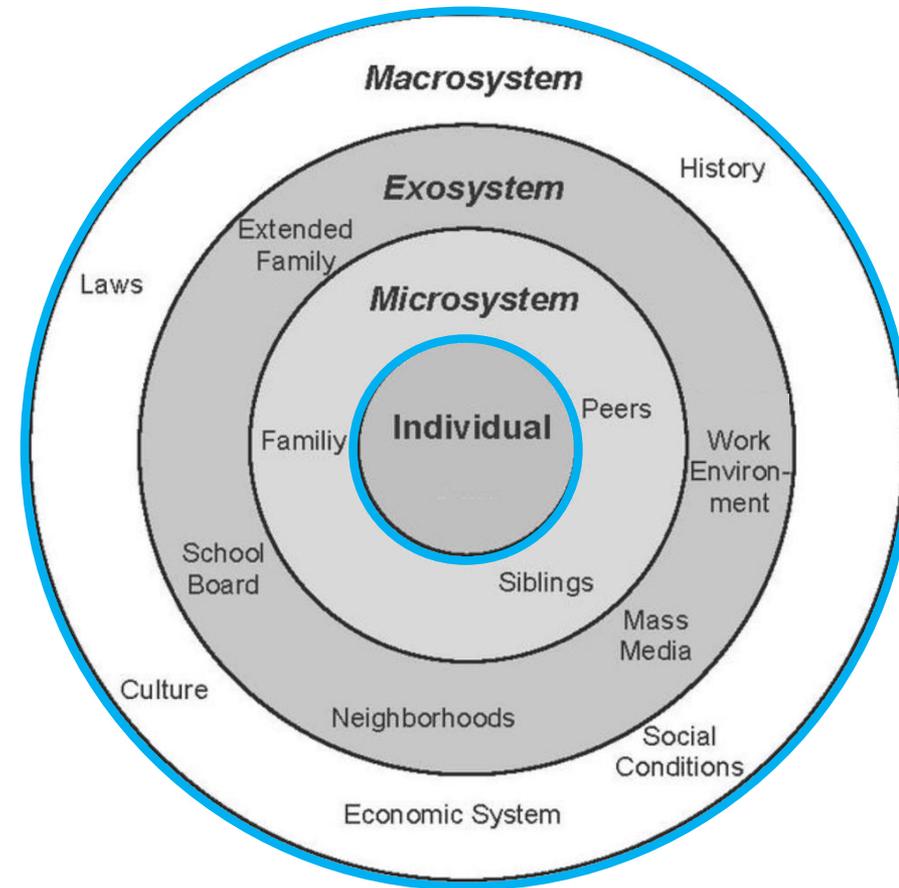
- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
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- **Macrosystem:** Culture, laws, policies (DADT)



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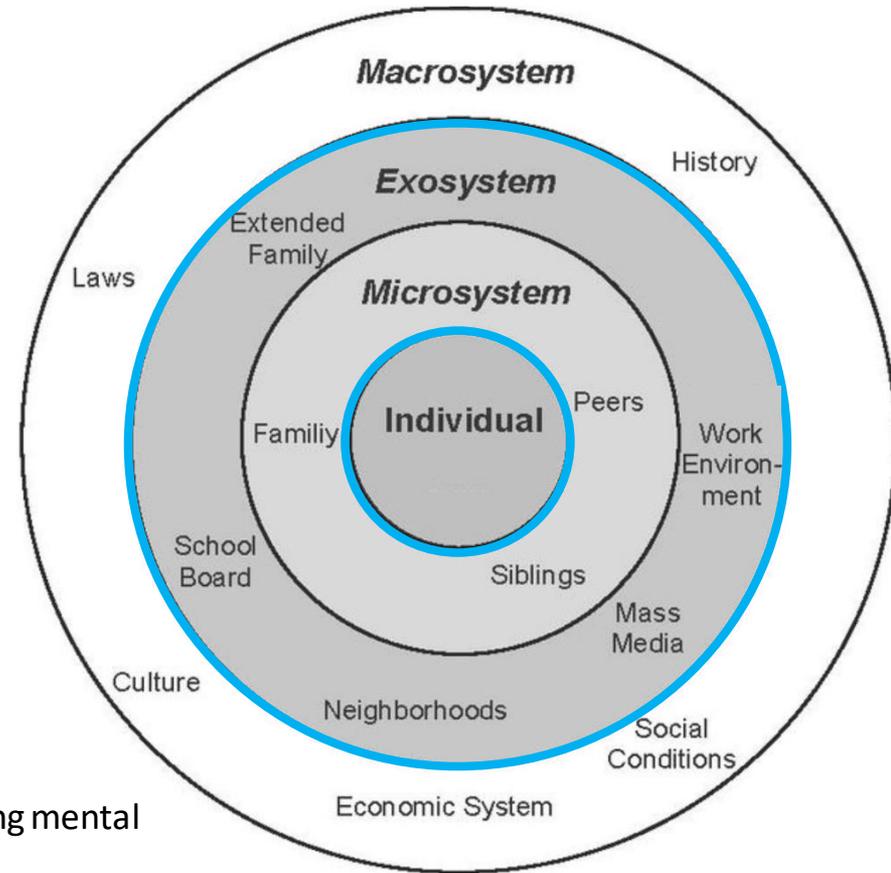
- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
- **Exosystem:** Local community, healthcare settings, extended family, schools
- **Macrosystem:** Culture, laws, policies (DADT)
 - Leverage positions to educate and advocate
 - Empower and fortify patients to advocate



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- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
- **Exosystem:** Local community, healthcare settings, extended family, schools
 - Support community connectedness
 - Create, maintain, and maximize inclusivity in our clinics

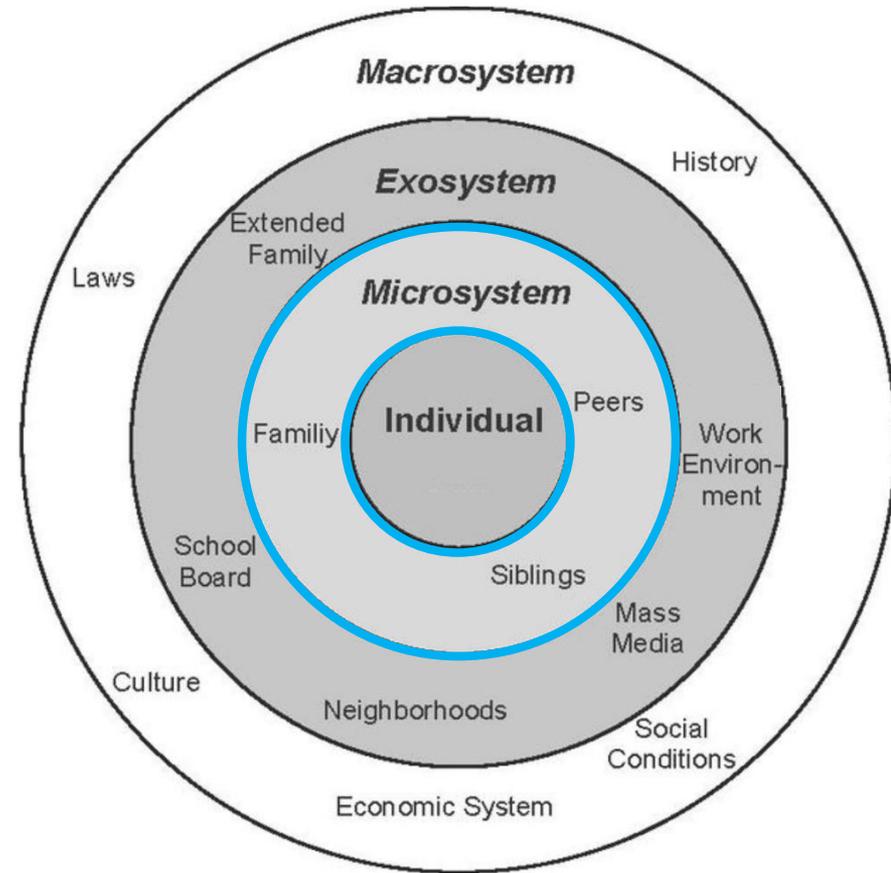


Cochran, B. N., Reed, O. M., & Gleason, H. A. (2018). Providing a welcoming environment. In M. R. Kauth, & J. C. Shipherd (Eds.), *Adult transgender care: An interdisciplinary approach for training mental health professionals* (pp. 44–60). New York, NY: Routledge.

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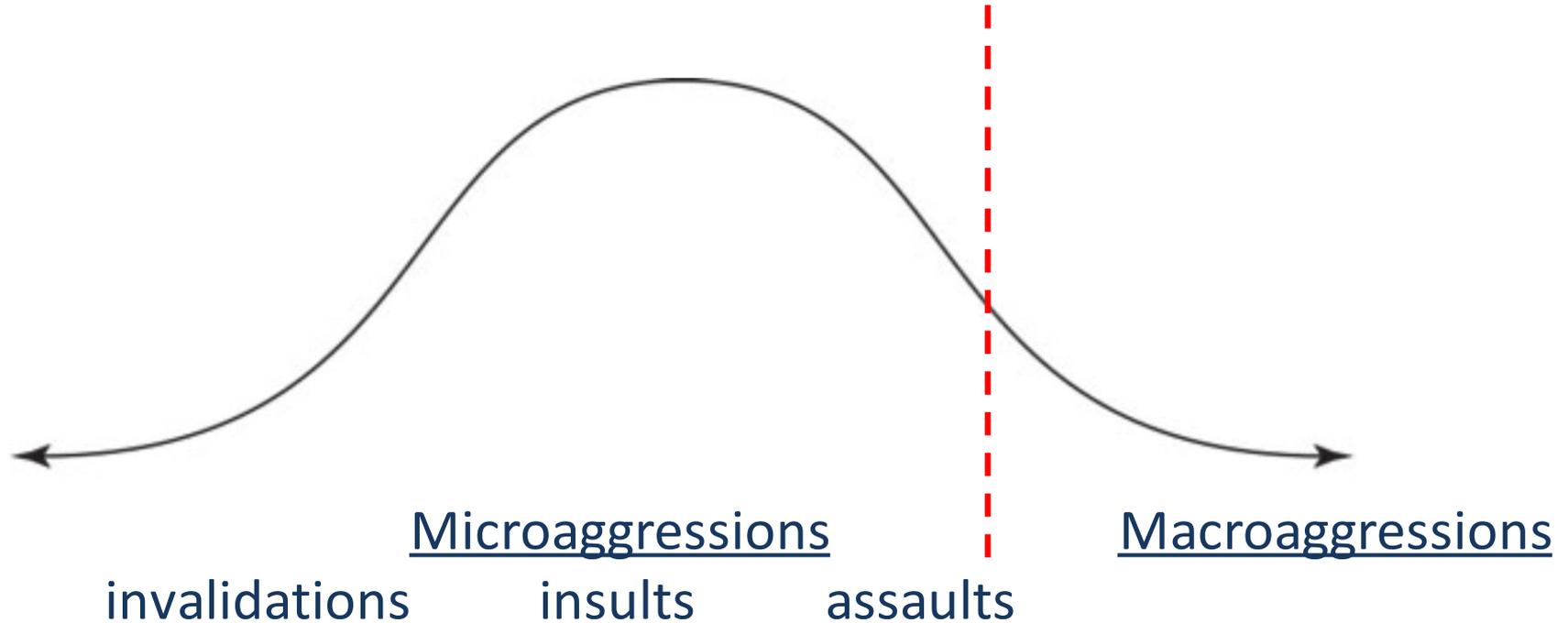
- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
 - Educate yourself on SGM concerns and care
 - Good patient-provider communication



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- **Microaggressions** – brief, common, and *often* subtle slights or indignities



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- **Microaggressions** – brief, common, and *often* subtle slights or indignities
 - Depression
 - Anxiety
 - Alcohol and illicit drug use

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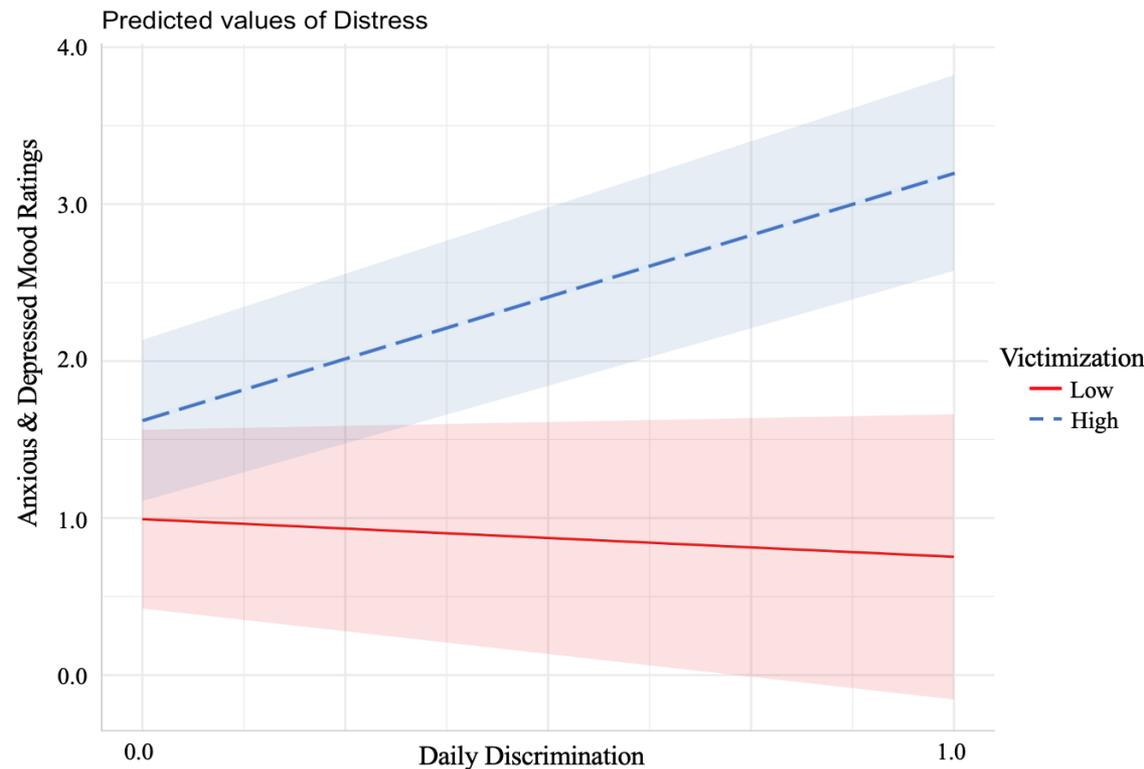
– **Microaggressions** – brief, common, and *often subtle* slights or indignities

→ **Depression**

→ **Anxiety**

→ **Alcohol and illicit drug use**

...And especially among SGM individuals with previous victimization exposure ...

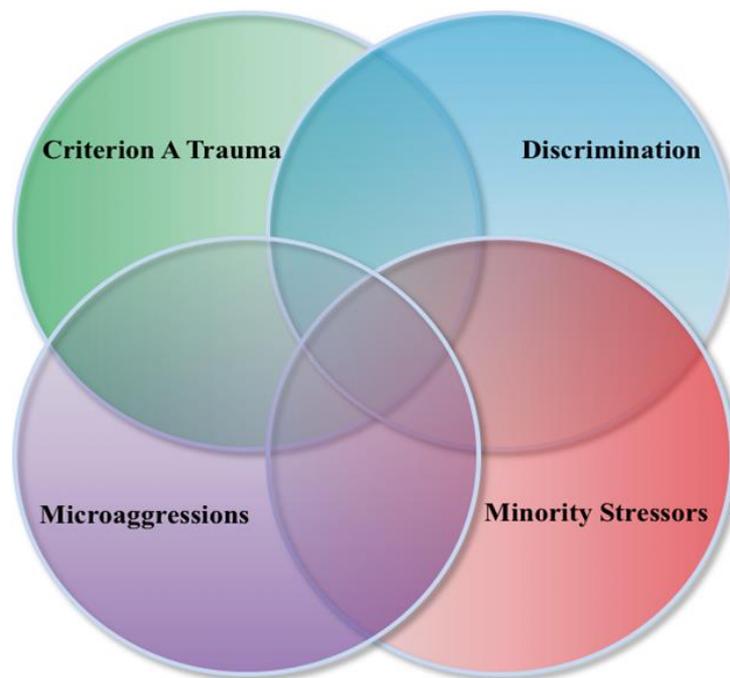


Livingston, Flentje, Heck, Szalda-Petree, & Cochran, 2017;

Livingston, Flentje, Brennan, Mereish, Reed, & Cochran, 2020

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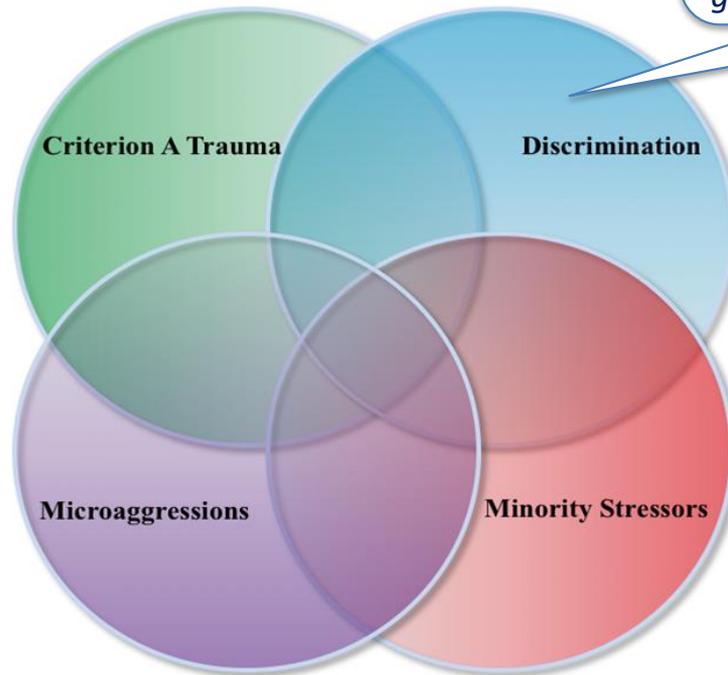
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"...They charged me with a violation of AR-635-89, which is homosexuality. I had to defend myself in 'The United States of America versus' and my name.' I got a general discharge."

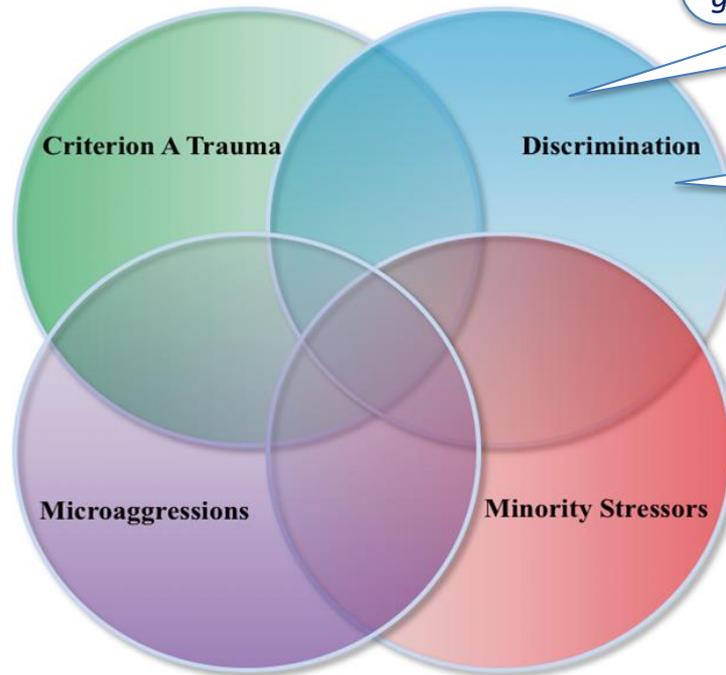


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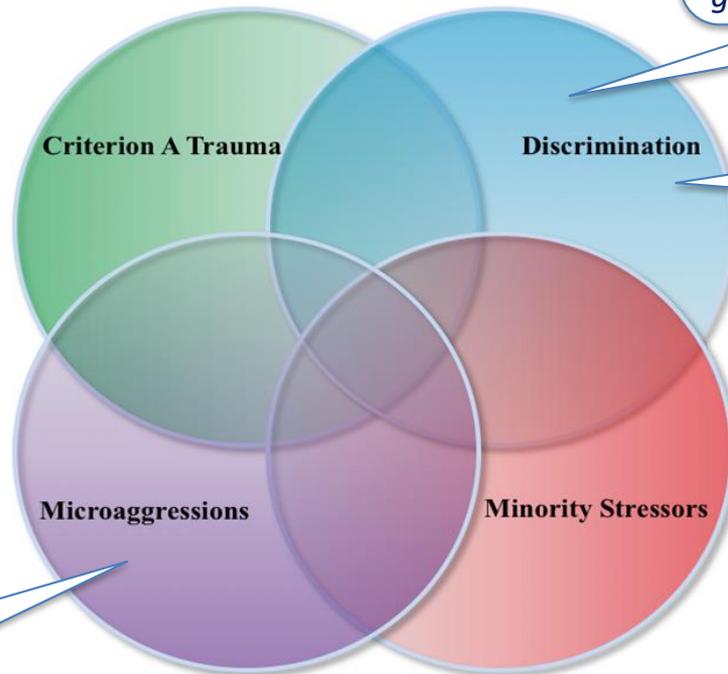
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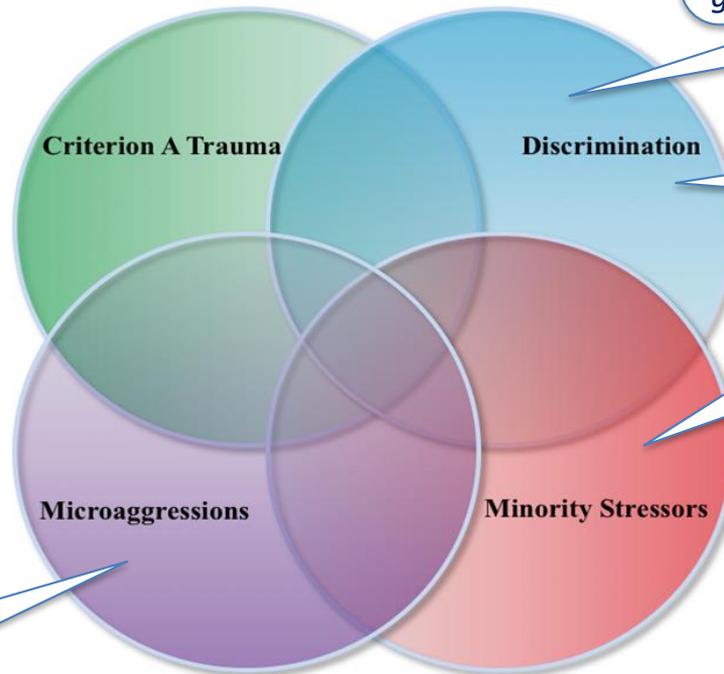
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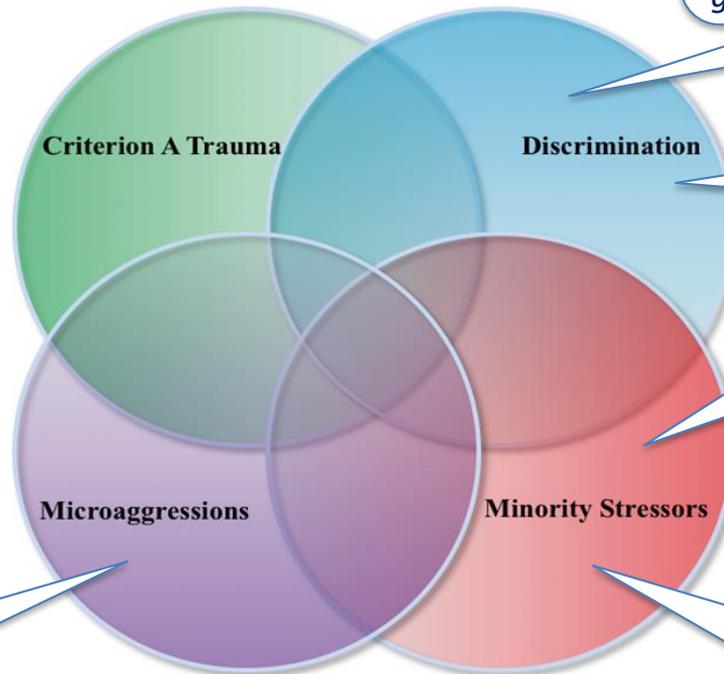
“I was denied admission into a residential SUD treatment program because of my gender identity”

“I had my straight clean life that I was living simultaneously with a gay drug life...”

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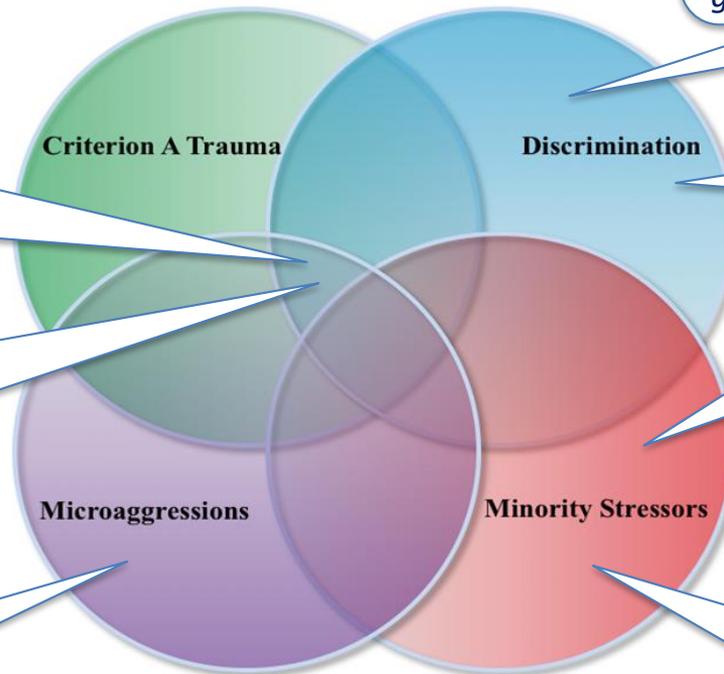
“I had my straight clean life that I was living simultaneously with a gay drug life...”

“They mis-gendered me in the waiting room”

“We were both gay but we didn't want to get fired and we wanted to make a career out of it, so we got married.”

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*"... **He was beat and thrown in the river, where he drowned.** He was a good friend of mine."*

*"I was in a unit where a guy was **beaten to death with a baseball bat for suspicion of dating a transgender partner.**"*

"They mis-gendered me in the waiting room"

*"...They charged me with a violation of AR-635-89, which is homosexuality. I had to defend myself in '**The United States of America versus' and my name.**' I got a general discharge"*

*"**I was denied admission into a residential SUD treatment** program because of my gender identity"*

*"I had my **straight clean life** that I was living simultaneously with a **gay drug life...**"*

*"We were both gay but we didn't want to get fired and **we wanted to make a career out of it, so we got married.**"*

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"I've had people point M16's at me, try to kill me... I was more afraid of my own unit than [the enemy]"

"...They charged me with a violation of AR-635-89, which is homosexuality. I had to defend myself in 'The United States of America versus' and my name.' I got a general discharge"

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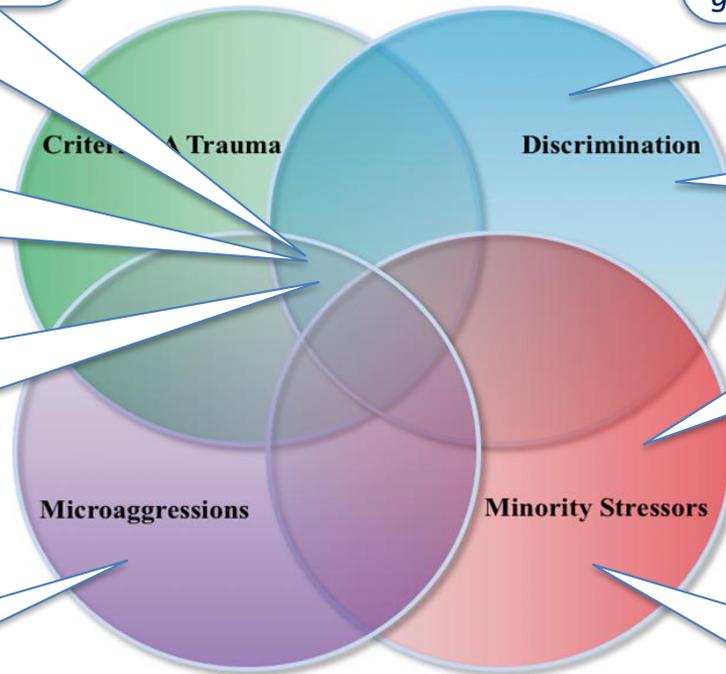
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"They mis-gendered me in the waiting room"

"We were both gay but we didn't want to get fired and we wanted to make a career out of it, so we got married."



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"I've had people point at me, try to kill me... more afraid of my own country than [the enemy]"

"[They] called us 'homos' and 'faggots', and they kicked me in the back, but we ran out of there and we left the scene, and that was the end of it."

"...They charged me with a violation of AR-635-89, which is homosexuality. I had to defend myself in 'The United States of America versus' and my name.' I got a general discharge."

"I was denied admission into a residential SUD treatment program because of my gender identity"

"... He was beat and thrown in the river, where he drowned. He was a good friend of mine."

Criterion A Trauma

Discrimination

"I had my straight clean life that I was living simultaneously with a gay drug life..."

"I was in a unit where a guy was beaten to death with a baseball bat for suspicion of dating a transgender partner."

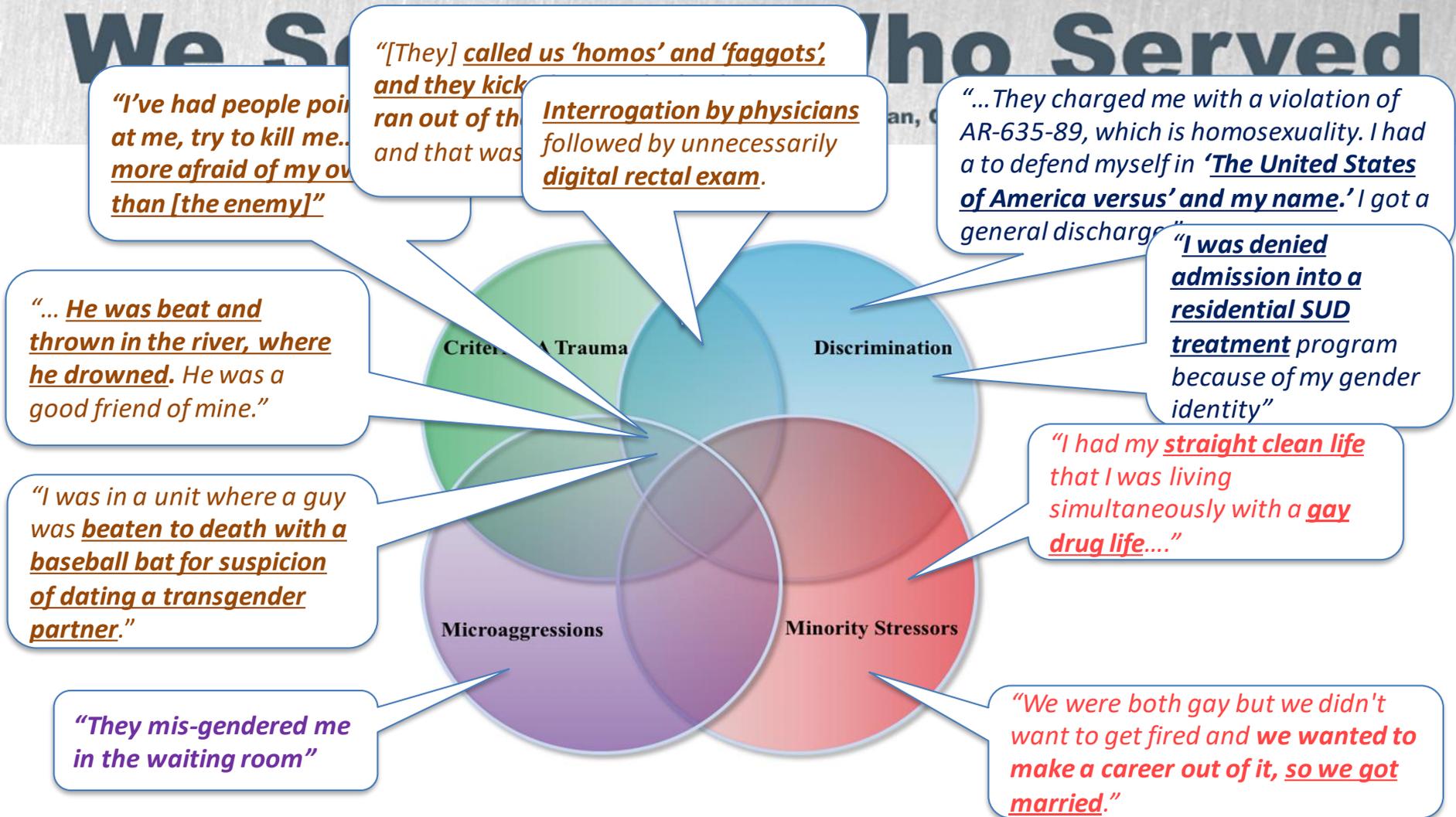
Microaggressions

Minority Stressors

"We were both gay but we didn't want to get fired and we wanted to make a career out of it, so we got married."

"They mis-gendered me in the waiting room"

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"I've had people point at me, try to kill me... more afraid of my own country than [the enemy]"

"[They] called us 'homos' and 'faggots,' and they kicked us out of the barracks and that was..."

Interrogation by physicians followed by unnecessarily digital rectal exam.

"...They charged me with a violation of AR-635-89, which is homosexuality. I had to defend myself in 'The United States of America versus' and my name.' I got a general discharge..."

"I was denied admission into a residential SUD treatment program because of my gender identity"

"... He was beat and thrown in the river, where he drowned. He was a good friend of mine."

Criteria: Trauma

Discrimination

"I had my straight clean life"

"I was in a unit where a guy was beaten to death with a baseball bat for suspicion of dating a transgender partner."

Microaggressions

Minority Stress

"...I'd test people very carefully so I could figure out what would happen if I told them. . .I accused my partner of being a CIA weapon programmed to hunt me down and 'out me' to the military... I was formally trained in paranoia, but any queer person in the military would."

"They mis-gendered me in the waiting room"

make a career out of it, so we got married.

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"Being in the closet is itself a traumatic event, but it doesn't fit the definition of trauma, which is problematic. There's no code for 'traumatized by the closet.'"

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Measure	Items	Reference
Everyday Discrimination Scale	9	Williams, D.R., Yu, Y., Jackson, J.S., & Anderson, N.B. (1997). Racial differences in physical and mental health: Socio-economic status, stress and discrimination. <i>Journal of Health Psychology, 2</i> (3), 335-351. doi: 10.1177/135910539700200305
Major Experiences of Discrimination Scale	9	Williams DR, Gonzalez HM, Williams S, Mohammed SA, Moomal H, Stein DJ. Perceived discrimination, race and health in South Africa. <i>Soc Sci Med.</i> 2008;67(3):441-452. doi:10.1016/j.socscimed.2008.03.021
Chronic Work Discrimination and Harassment: Abbreviated	12	Bobo, Lawrence and Susan A. Suh. 2000. Surveying racial discrimination: Analysis from a multiethnic labor market. Pp. 527-564 in <i>Prismatic Metropolis: Inequality in Los Angeles</i> , edited by L. D. Bobo, M. L. Oliver, J. H. Johnson, and A. Valenzuela. New York: Russell Sage Foundation.
Gender Minority Stress and Resilience Measure	58	Testa RJ, Habarth J, Peta J, Balsam K, Bockting W. Development of the Gender Minority Stress and Resilience Measure. <i>Psychology of Sexual Orientation and Gender Diversity.</i> 2015;2(1):65-77. doi:10.1037/sgd0000081.
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Transgender Adaptation and Integration Measure	15	Sjoberg MD, Walch SE, Stanny CJ. Development and Initial Psychometric Evaluation of the Transgender Adaptation and Integration Measure (TG AIM). <i>International Journal of Transgenderism.</i> 2006;9(2):35-45. doi:10.1300/J485v09n02_05.
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Daily Heterosexist Experiences Questionnaire	50	Balsam KF, Beadnell B, Molina Y. The Daily Heterosexist Experiences Questionnaire: Measuring Minority Stress Among Lesbian, Gay, Bisexual, and Transgender Adults. <i>Meas Eval Couns Dev.</i> 2013;46(1):3-25. doi:10.1177/0748175612449743
Measure of Gay Related Stress	56	Lewis RJ, Derlega VJ, Griffin JL, Krowinski AC. Stressors for gay men and lesbians: Life stress, gay-related stress, stigma consciousness, and depressive symptoms. <i>Journal of Social and Clinical Psychology.</i> 2003;22(6):716-729. doi:10.1521/jscp.22.6.716.22932.
Internalized Homophobia Scale	9	Herek, G. M., Gillis, J. R., & Cogan, J. C. (2009). Internalized stigma among sexual minority adults: Insights from a psychological perspective. <i>Journal of Counseling Psychology, 56</i> (1), 32-43. doi: 10.1037/a0014672
LEGBT People of Color Microaggressions Scale	18	Balsam KF, Molina Y, Beadnell B, Simoni J, Walters K. Measuring multiple minority stress: the LGBT People of Color Microaggressions Scale. <i>Cultur Divers Ethnic Minor Psychol.</i> 2011;17(2):163-174. doi:10.1037/a0023244
Conflict in Allegiances	6	Samo EL, Mohr JJ, Jackson SD, Fassinger RE. When identities collide: Conflicts in allegiances among LGB people of color. <i>Cultural Diversity and Ethnic Minority Psychology.</i> 2015;21(4):550-559. doi:10.1037/cdp0000026.
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Livingston, Berke, Scholl, Ruben, & Shipherd, 2020

Shipherd, Berke, & Livingston, 2019

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Measure	Items	Reference
Life Events Checklist for DSM-5 (LEC-5)	16	Weathers, F. W., Blake, D. D., Schnurr, P. P., Kaloupek, D. G., Marx, B. P., & Keane, T. M. (2013). The Life Events Checklist for DSM-5 (LEC-5). Retrieved from www.ptsd.va.gov
PTSD Symptom Checklist for DSM-5 (PCL-5)	20	Weathers, F. W., Litz, B. T., Keane, T. M., Palmieri, P. A., Marx, B. P., & Schnurr, P. P. (2013). The PTSD Checklist for DSM-5 (PCL-5). Retrieved from http://www.ptsd.va.gov
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PHQ-9	9	Kroenke K, Spitzer RL. The PHQ-9: A new depression diagnostic and severity measure. <i>Psychiatric Annals</i> . 2002;32(9):509-515. doi:10.3928/0048-5713-20020901-06.
The Impact of Events Scale-Revised (IES-R)	15	Weiss, D, Marmar, C. (1997). The Impact of Event Scale—Revised. In J.P. Wilson & T.M. Keane (Eds.), <i>Assessing psychological trauma and PTSD</i> (pp. 399-411). New York: Guilford Press.
Depression, Anxiety and Stress Scale (DASS-21)	21	Antony, M. M., Bieling, P. J., Cox, B. J., Enns, M. W., & Swinson, R. P. (1998). Psychometric properties of the 42-item and 21-item versions of the depression anxiety stress scales in clinical groups and a community sample. <i>Psychological Assessment</i> , 10(2), 176-181. doi: http://dx.doi.org.weblib.lib.umt.edu:8080/10.1037/1040-3590.10.2.176
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Generalized Anxiety Disorder Screener (GAD-7)	7	Löwe B, Decker O, Müller S, et al. Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. <i>Medical Care</i> . 2008;46(3):266-274. doi:10.1097/MLR.0b013e318160d093.
Alcohol Use Disorders Identification Test (AUDIT)	10	Saunders, J. B., Aasland, O. G., Babor, T. F., de la Fuente, J. R., & Grant, M. (1993). Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO collaborative project on early detection of persons with harmful alcohol consumption-II. <i>Addiction</i> , 88, 791-804. doi: http://dx.doi.org.weblib.lib.umt.edu:8080/10.1111/j.1360-0443.1993.tb02093.x
Drug Use Disorders Identification Test (DUDIT)	11	Berman AH, Bergman H, Palmstierna T, Schlyter F. Evaluation of the Drug Use Disorders Identification Test (DUDIT) in Criminal Justice and Detoxification Settings and in a Swedish Population Sample. <i>European Addiction Research</i> . 2005;11(1):22-31. doi:10.1159/000081413.
Drug Abuse Screening Test	28; 10	Skinner, H. A., (1982). The Drug Abuse Screening Test. <i>Addictive Behaviors</i> , 7, 363-371. doi: 10.1016/0306-4603(82)90005-3
Suicidal Behaviors Questionnaire-Revised (SBQ-R)	4	Osman A, Bagge CL, Gutierrez PM, Konick LC, Kopper BA, Barrios FX. The Suicidal Behaviors Questionnaire--Revised (SBQ-R): Validation with clinical and nonclinical samples. <i>Assessment</i> . 2001;8(4):443-454. doi:10.1177/107319110100800409.

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Excellent care has no boundaries. VHA is committed to serving Lesbian, Gay, Bisexual and Transgender Veterans.

- **Evidence-based PTSD treatments**
 - “Strongly Recommended”
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- Avoidance
- Negative alterations, cognition and mood
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- Negative alterations, cognition and mood
- Hyperarousal

– Third-wave approaches

- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT; DBT-PE)

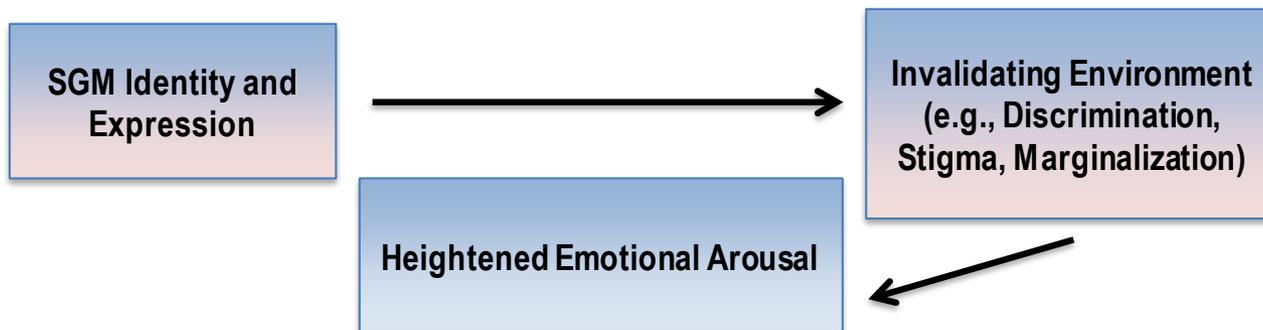
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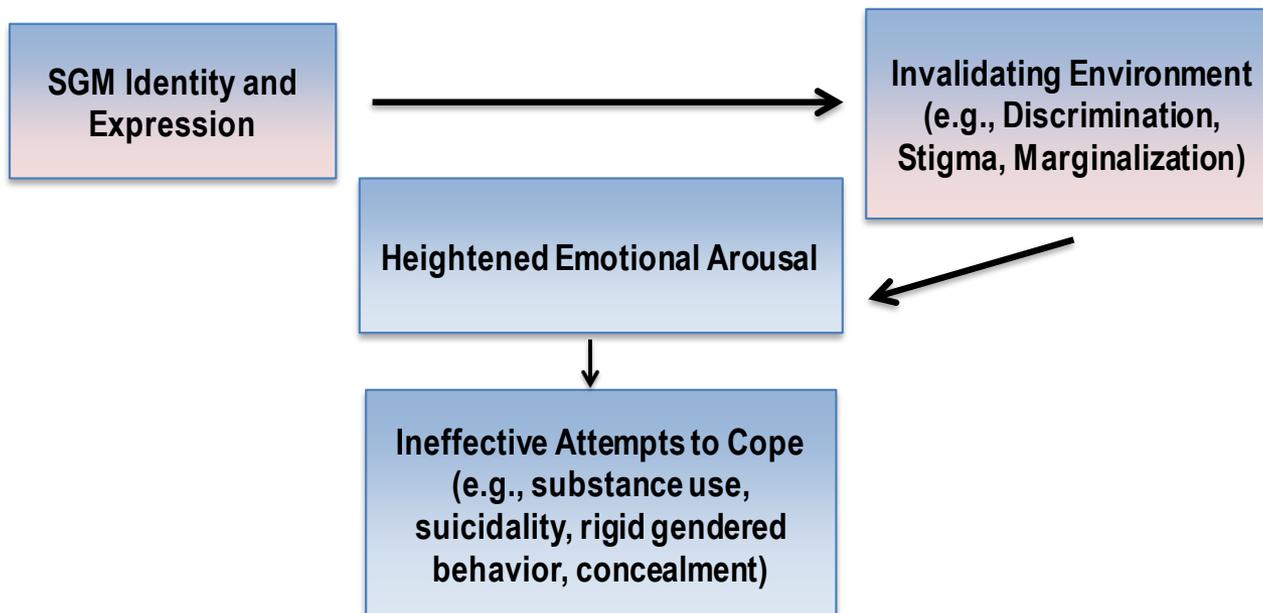
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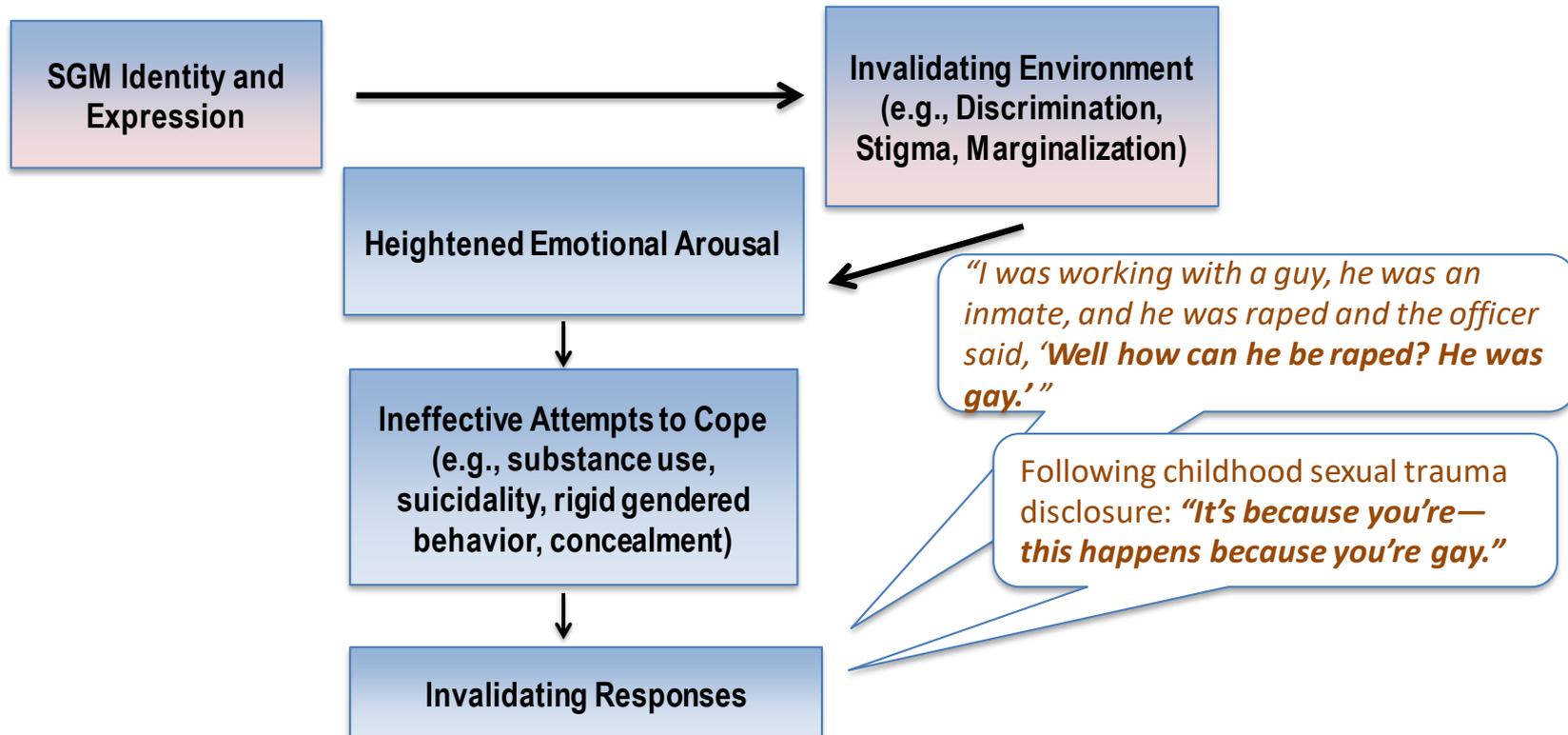
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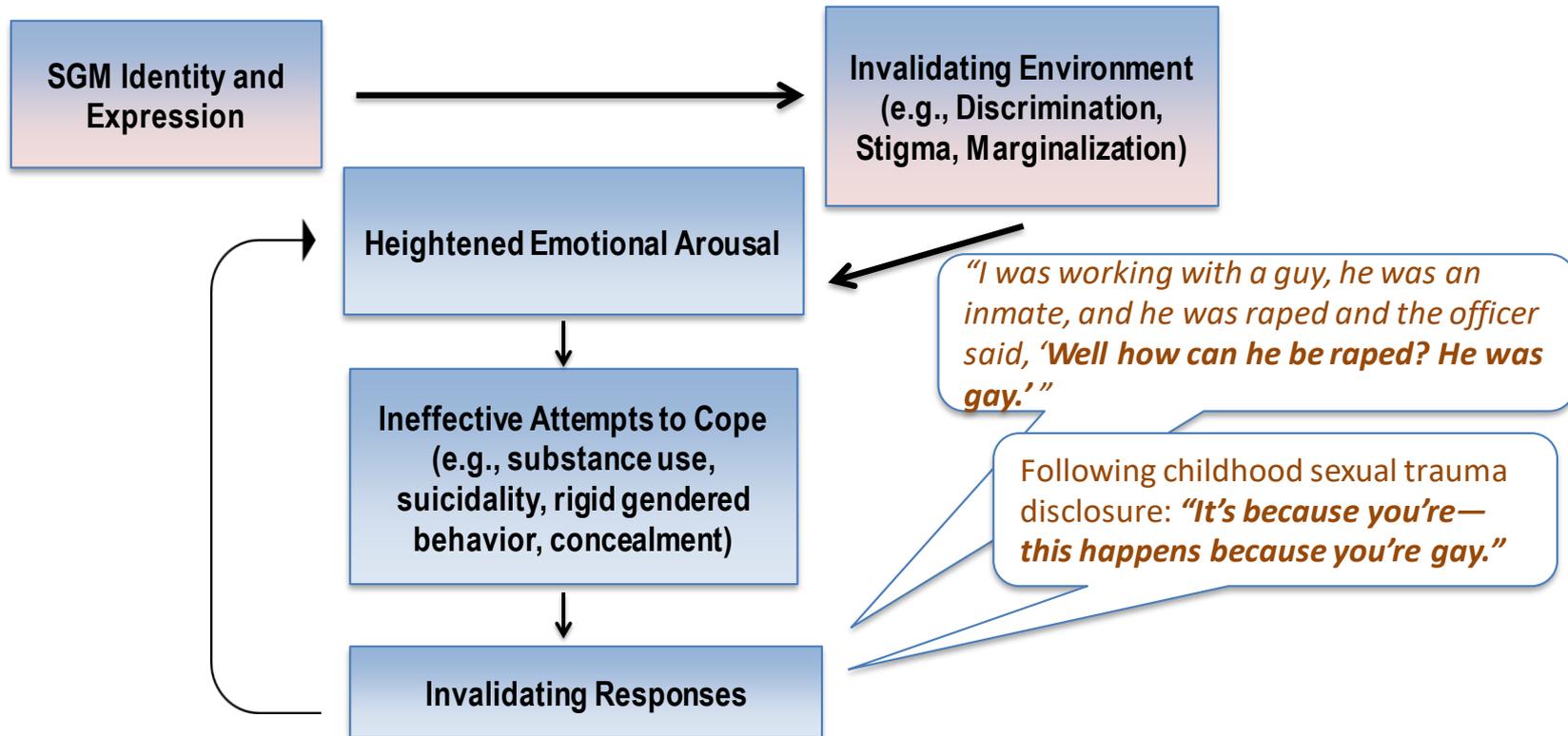
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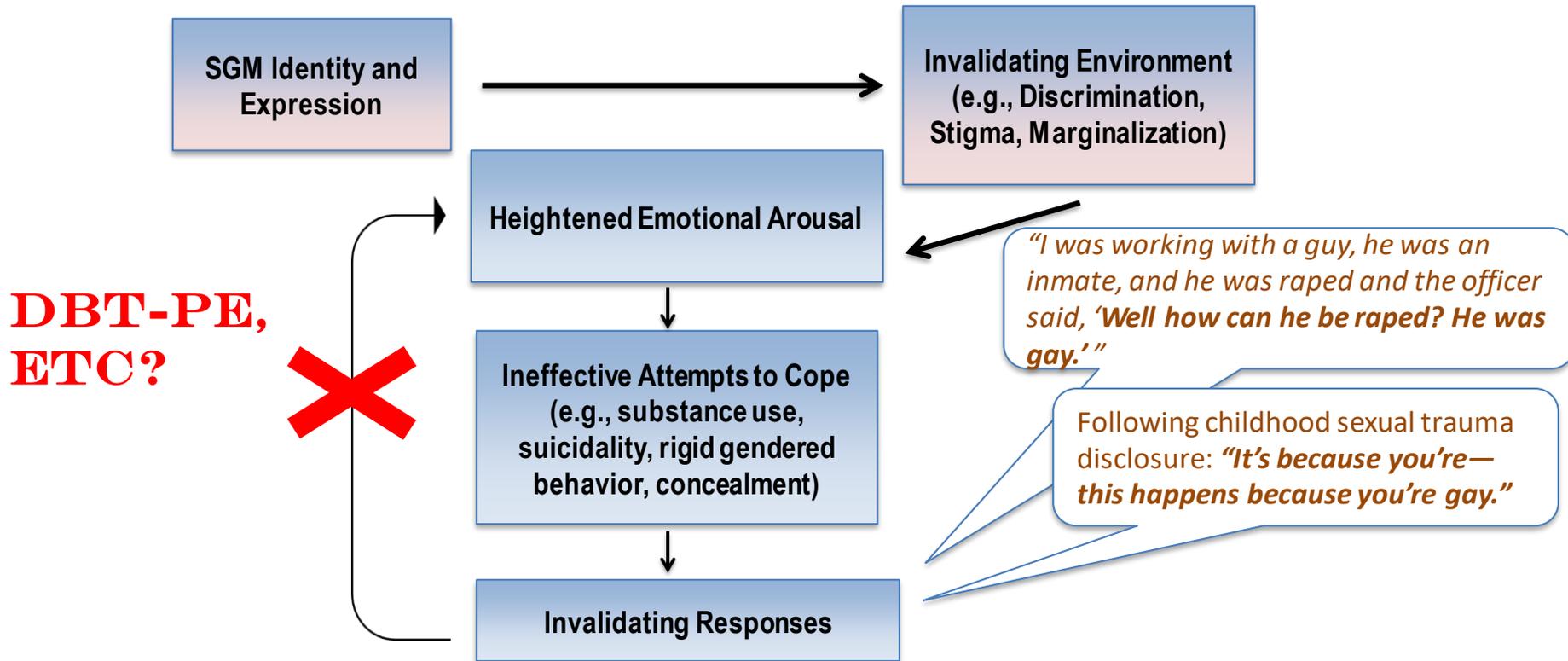
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Thank you!

nicholas.livingston@va.gov

Twitter: [@DrNLivingston](#)





PTSD Consultation Program
FOR PROVIDERS WHO TREAT VETERANS

(866) 948-7880 or PTSDconsult@va.gov



**Please enter your
questions in the Q&A box
and be sure to include your
email address.**

The lines are muted to avoid background noise.



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Employee Education System

VHA TRAIN

Welcome users of VHA TRAIN!

To obtain continuing education credit
please return to www.vha.train.org
after the lecture.

TRAIN help desk: VHATRAIN@va.gov



PTSD Consultation Program FOR PROVIDERS WHO TREAT VETERANS

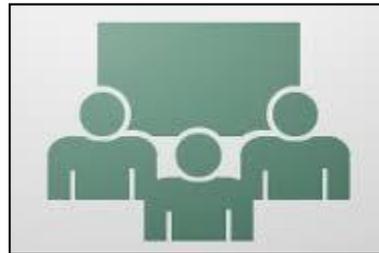
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CEU Process for users of VHA TRAIN (non-VA)

Registration → Attendance → Evaluation → Certificate



*Register in
TRAIN.*



*Listen to the
lecture.*



*Return to
TRAIN for
evaluation.*



*Follow the
directions to
print
certificate.*

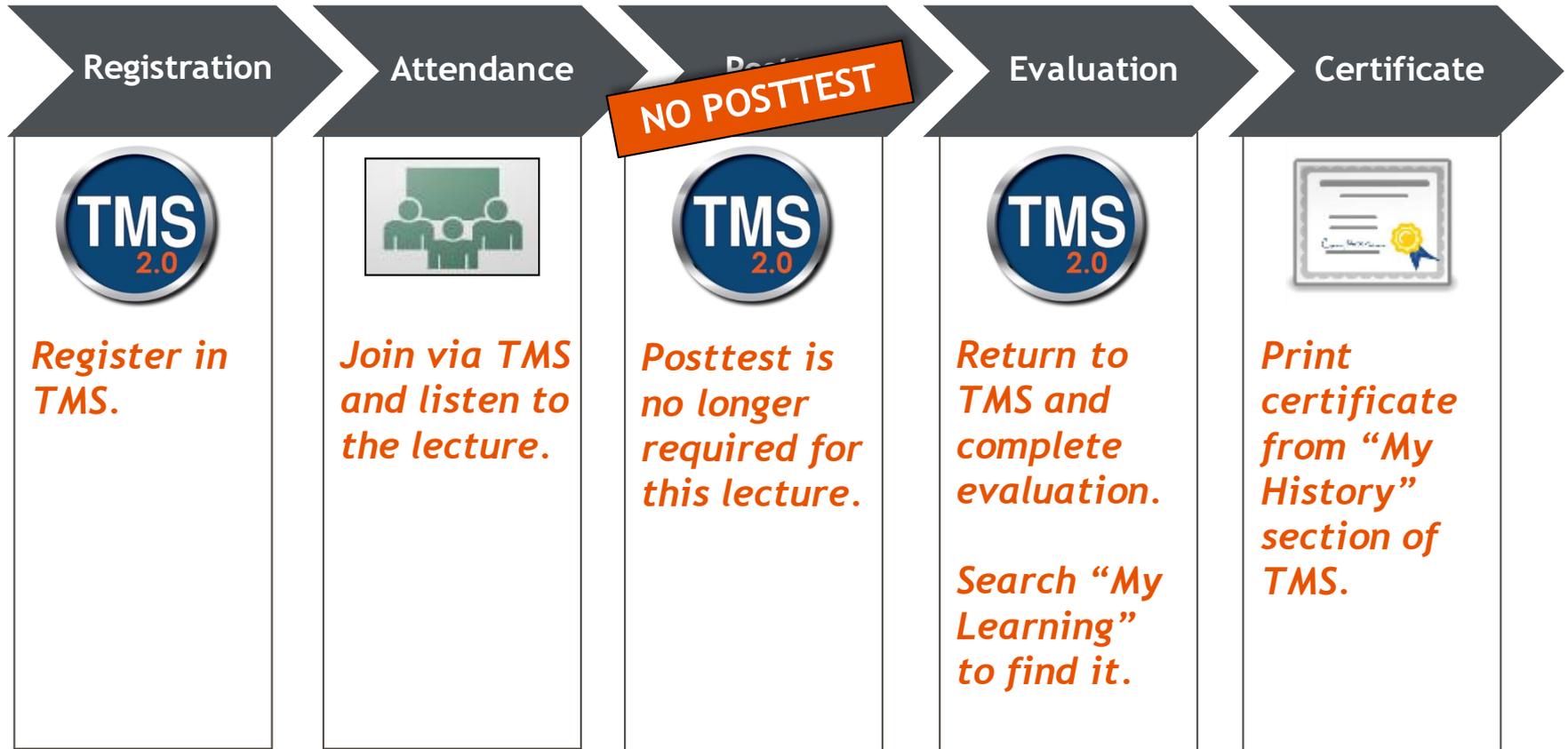
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CEU Process (for VA employees)



PTSD Consultation Program

We can help

HEALTHCARE PROVIDERS:

- Are you treating Veterans with PTSD? **We can help**
- Do you have questions about the mental health effects of the COVID-19 pandemic? **We can help**
- Are you looking for ways to care for yourself and your colleagues? **We can help**



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UPCOMING TOPICS

September 16	<i>Racism-related Stress and Trauma: Definitions and Interventions</i>	Juliette McClendon, PhD
October 21	<i>Culturally Responsive PTSD Care 101: The Role of Case Formulation</i>	Gayle Iwamasa, PhD

SAVE THE DATE: Third Wednesday of the Month from 2-3PM (ET)

For more information and to subscribe to announcements and reminders
go to www.ptsd.va.gov/consult