



University of Colorado
Anschutz Medical Campus
LEADS Program

Resources for Behavioral Health Providers Serving LGBTQ Patients

The following academic resources offer guidance and insight for behavioral health providers to better serve LGBTQ patients. It should be noted that this is not an exhaustive list.

- In 2012 and 2015, the American Psychological Association released [Guidelines for Psychological Practice With Lesbian, Gay, and Bisexual Clients](#) and [Guidelines for Psychological Practice With Transgender and Gender Nonconforming People](#). In these papers, they identify domains of guidelines in approaching clinical work with LGBTQ people. Some guidelines include Foundational Knowledge and Awareness; Stigma, Discrimination, and Barriers to Care; Lifespan Development; Assessment, Therapy, and Intervention
- Robert Paul Cabaj, M.D. with the American Psychiatric Association released [Working with LGBTQ Patients](#). In this, Dr. Cabaj discusses the history of the structural injustices LGBTQ patients faced by the medical community. He talks about how homosexuality went from a sociopathic personality disturbance in the DSM-I to no longer being a disorder in the DSM-IV. Additionally, the introduction of gender identity disorder in the DSM-III to gender dysphoria in the DSM-V.
- John E. Pachankis at the Yale School of Public Health has several publications looking at individual and structural interventions to address the mental health disparities faced by LGBTQ individuals. A list of his publications is available at [here](#).
- In [Appropriate Therapeutic Responses to Sexual Orientation](#), the American Psychological Association categorically describes conversion therapy as ineffective and harmful to patients.
- [Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth](#) was released in 2015 by the Substance Abuse and Mental Health Services Administration (SAMHSA) and reporting findings and recommendations related to ethical professional guidelines to ensure that LGBTQ youth do not suffer from the negative health outcomes related to conversion therapy.