

Key Considerations for Practice



Rei Alphonso







queerspace

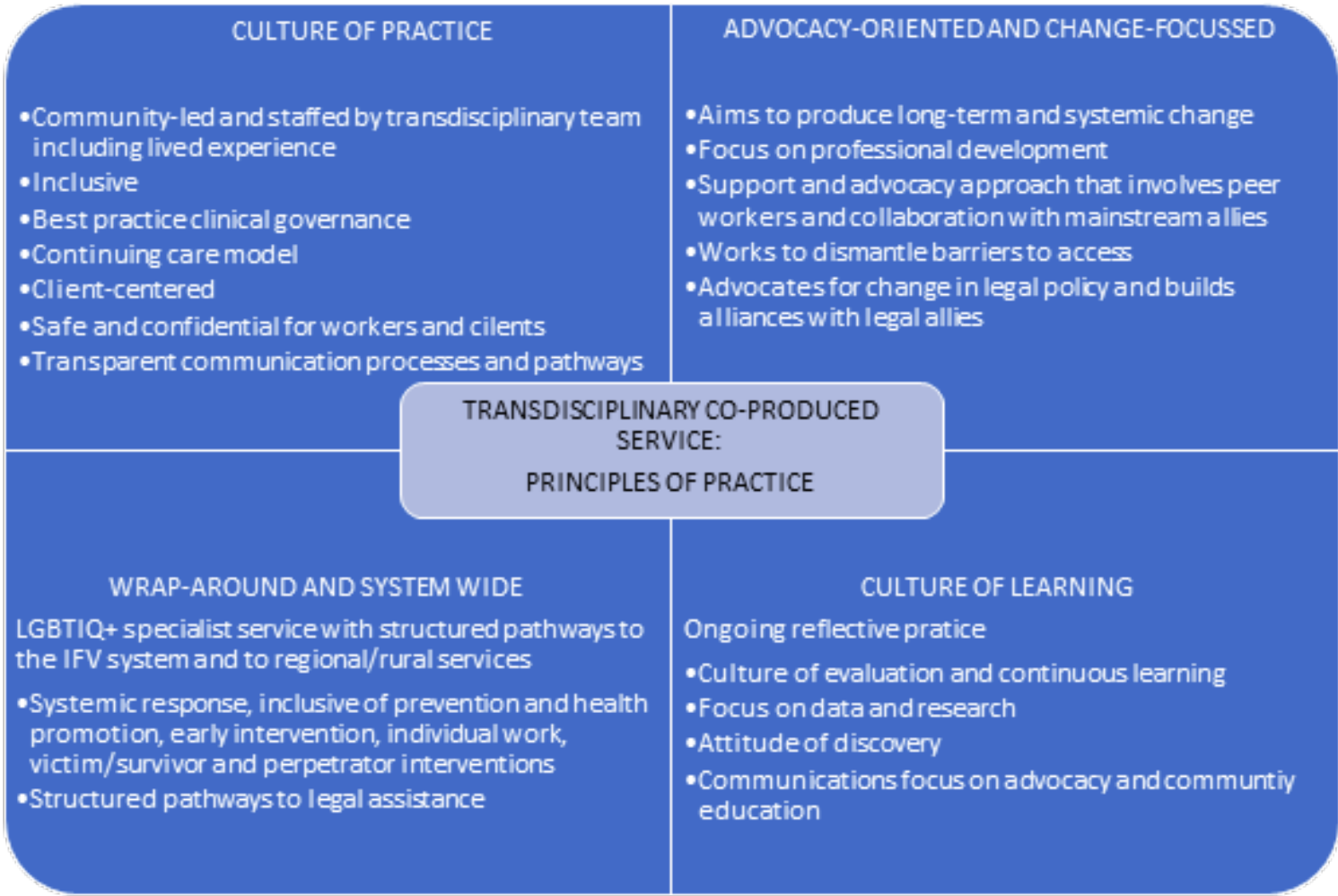
Melbourne's health and wellbeing service for lesbian, gay, bisexual, trans, intersex, questioning and queer (LGBTIQ+) people and families

queerspace provides a safe and supportive space to obtain counselling and support aimed at improving health and wellbeing for queer people, families and communities

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=Inclusive of intimate partner, sibling/sibling and child/parent violence





Social Determinants of LGBT Populations

- Social stigma
- Rejection by family members
- Abuse and violence
- Inequitable legal treatment
- Being “closeted” or “stealth”
- Inappropriate or inaccessible healthcare
- Lack of culturally competent services



CONTEXT OF USE

- Normalised recreational use
- Coping/Avoidance
- Social and Sexual Enhancement
- Nested within Identity
- Enhanced embodiment



RISK FACTORS

- Coming out
- Transitioning
- Experiences of discrimination
- Intersectional oppression
- Internalised oppression
- Loss of social and family support
- Poor body image/dysphoria
- Lack of inclusive services
- Pathologisation



Australian Standards of Practice

Charter of Human Rights and
Responsibilities

Equal Opportunity Act (2010)

Sex Discrimination Act (1984)

Privacy Act 1988 (Cth)

Australian Privacy Principles



INTEGRATING CHANGE

- Understand cultural trauma
- Work with implicit bias
- Equity not equality
- Sustain change over time
- Proactive vs reactive
- Build sex positive practice
- Center non binary needs



BUILDING RESILIENCE

- self-generated definition of self
- embracing self-worth
- awareness of oppression
- connection with a supportive community
- cultivating hope for the future
- social activism
- being a positive role model



OUR HEALTH IN OUR HANDS



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