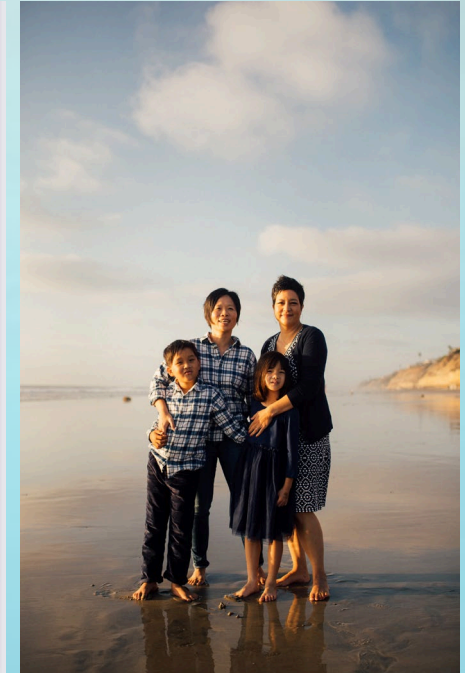
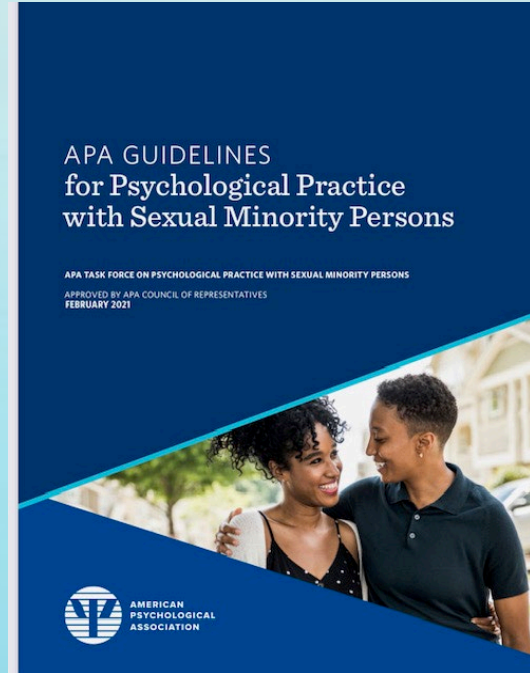
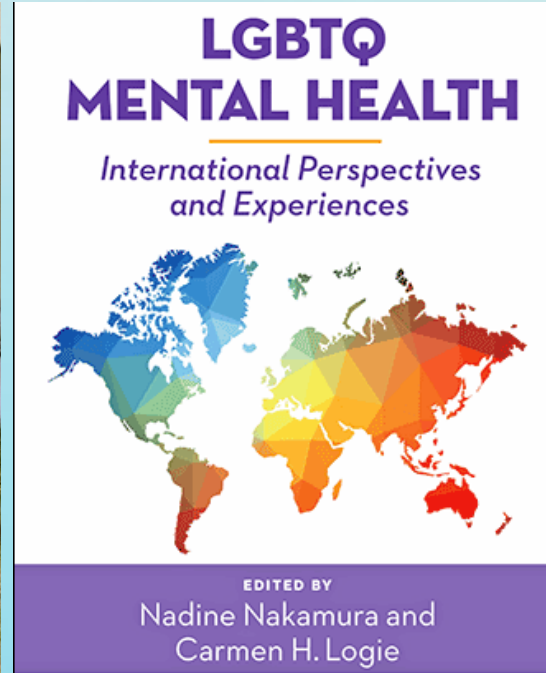


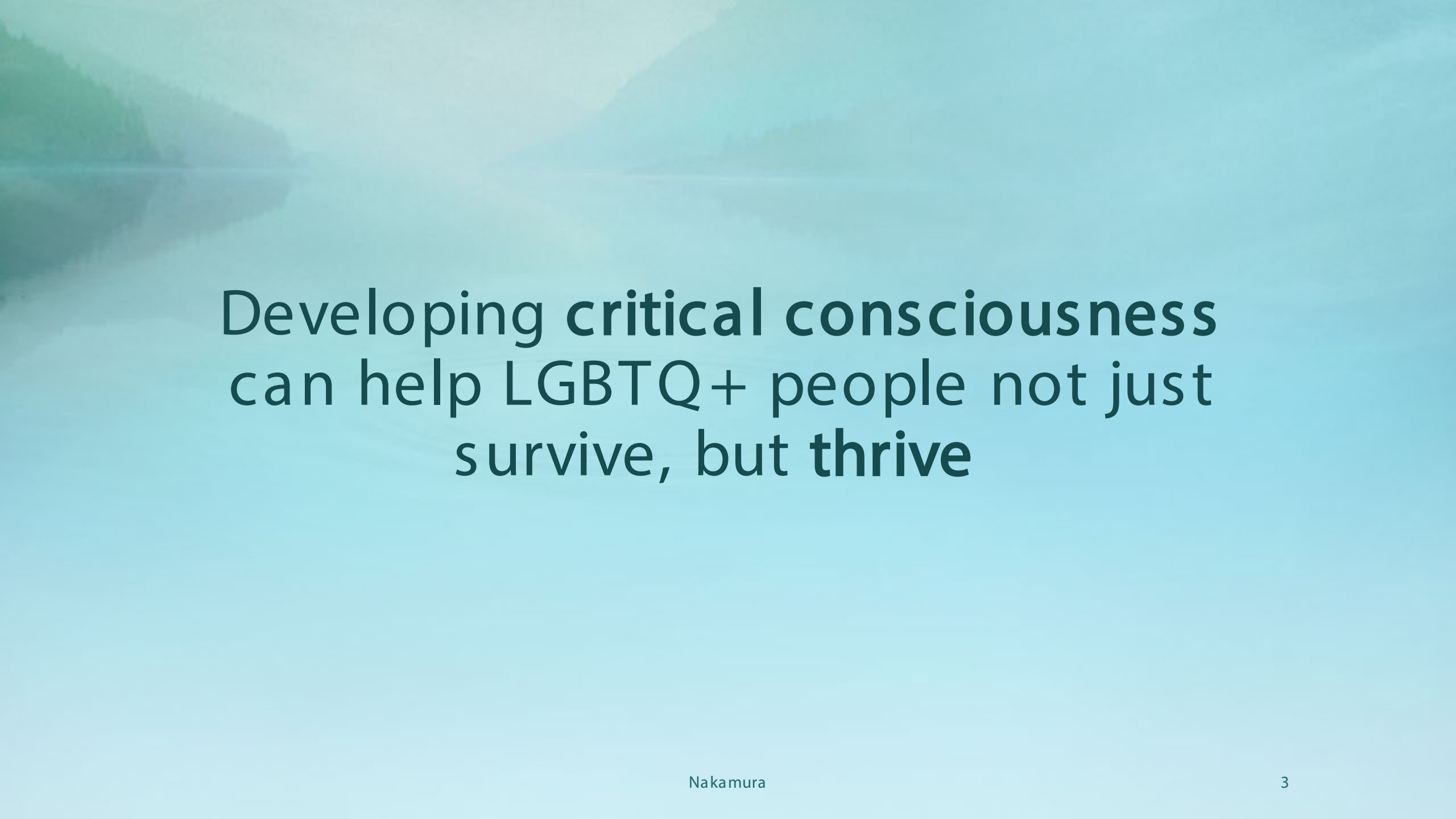
# Promoting Resilience in LGBTQ+ Clients and Trainees: The Role of Critical Consciousness

Nadine Nakamura, Ph.D.  
Alliant International University, San Diego

The Council of Clinical Health Psychologist Training Programs  
Midwinter Meeting

# Dr. Nadine Nakamura (she/ her)





Developing **critical consciousness**  
can help LGBTQ+ people not just  
survive, but **thrive**

# Agenda

- Who is responsible for resilience?
- How do LGBTQ+ people resist stigma and oppression?
- What is the role of critical consciousness?

# What do you associate with the word resilient?

- What images come to mind?





**zandashé l'orelia brown**

@zandashe



I dream of never being called resilient again in my life.

I'm exhausted by strength. I want support. I want softness. I want ease. I want to be amongst kin. Not patted on the back for how well I take a hit. Or for how many.

8:02 PM · 5/18/21 · [Twitter for iPhone](#)



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**22.1K** Retweets **1,680** Nakamura Tweets **69.1K** Likes

# What is resilience?

- The *ability* to experience increased wellness, successfully adapt, thrive, and survive when confronted with risks and adversity (Masten, 2007)
- Is resilience internal or external?

# What are the barriers to resilience?

- Hostile sociopolitical climate
- Lack of representation
- Lack of affirmative care



# Minority Stress

- Acknowledges the unique stigmas, prejudice, and discrimination faced by LGBTQ+ people and the negative impacts this can have on mental health (Brooks, 1981; Meyer, 2003).

We must recognize the **external forces**  
that threaten resilience

# Resisting stigma and oppression

- Being authentic
- Finding others who can appreciate that authenticity
- Building community
- Critical consciousness
- Collective action
- Advocacy

# Building community

- Sense of community and belonging can protect against negative mental health outcomes (McLaren & Castillo, 2021)
  - Family of choice: Families of choice are non-biological support systems that are often created as a result of rejection from one's family of origin or community (APA, 2021).

# Finding community can help us resist oppression

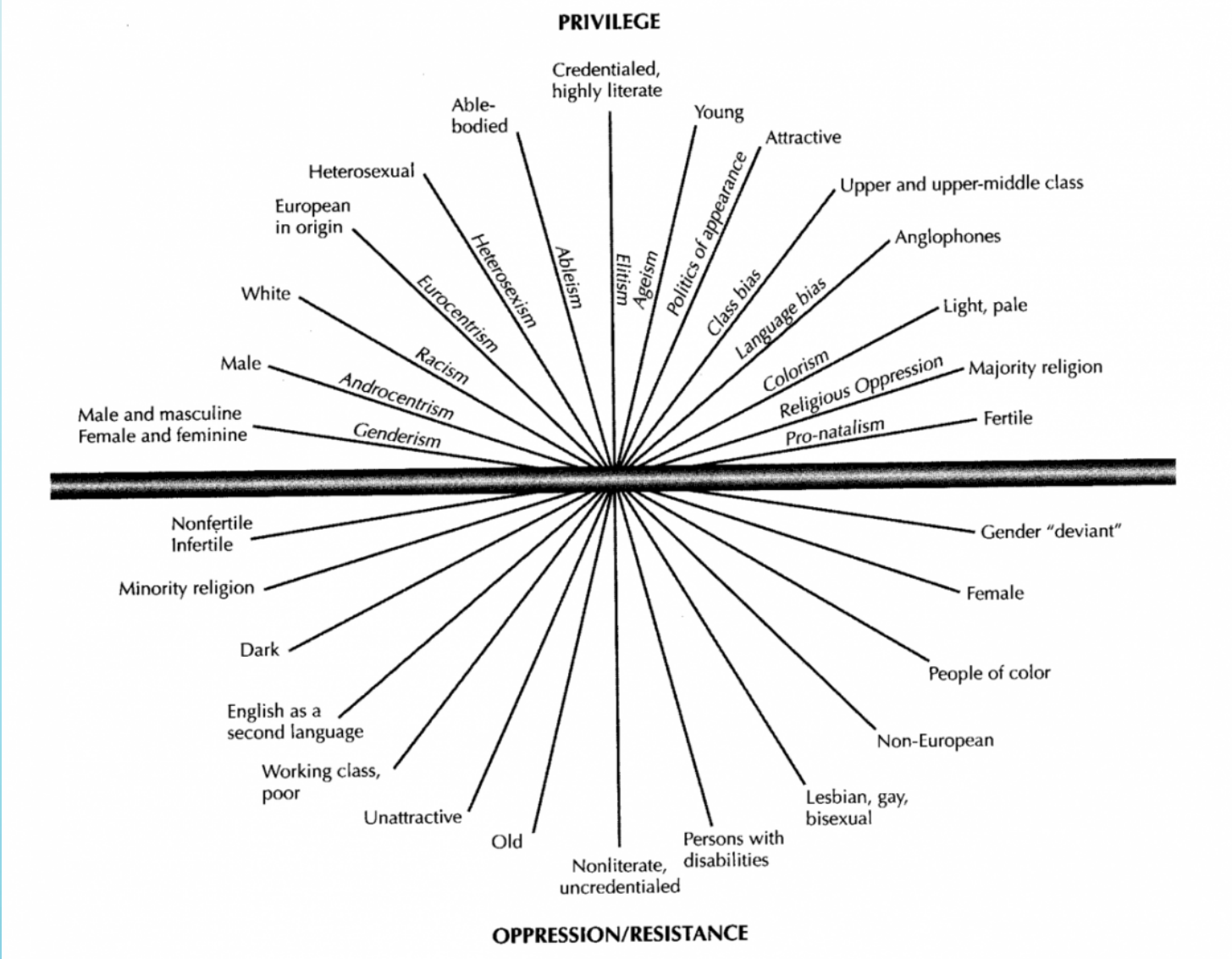
- I remember the [2016 U.S. presidential election] I think just sitting in a student lounge with, with [LGBT] students who just coming together and like, what is this going to be? ..and at least having a moment of like, **we're here together**, all sitting in this room. And so **finding like strength and power** in that
- 37-year-old Non-Hispanic White, cisgender woman

(Surace et al., 2022)

# Diversity within LGBTQ+ populations



# Consider intersectionality



- ...When people..hold multiple identities sometimes when they go into places they're not accepted..being **alienated by a group, which you consider your own might be even more detrimental,** um, than being alienated by a group that you already don't really feel like you're a part of. So I feel like if you walk into a queer space and you're turned away, it feels worse than if you're walking into a straight, like a straight setting and you're turned away.
- 33-year-old Hispanic Black, cisgender man

(Surace et al., 2022)



**Resisting stigma and oppression  
cannot be a solitary activity**

A serene landscape with misty mountains and a calm lake reflecting the scene. The text "Critical consciousness" is overlaid in the center.

# Critical consciousness

# Liberating and Empowering Effects of Critical Reflection on Collective Action in LGBT and Cisgender Heterosexual Individuals (Chan & Mak, 2020)

- **Critical consciousness**

- “..represents the transformation from a *passive target of oppression* to an *active actor* with an increased capacity to analyze and negotiate conditions of oppression.”
- “..an antidote for oppression that can liberate people from oppressive ideologies and empower them to resist social injustice.”

(p. 63)

# Three components for developing critical consciousness (Watts et al., 2011)

- **Critical reflection:** Awareness and understanding of the structural circumstances that perpetuate inequality and oppression
- **Political efficacy:** The perceived capacity to leverage changes within the social and political system
- **Critical action:** Individual and collective actions undertaken to react against the existing structure of inequity

# Guideline on resilience

- There is an association between **critical consciousness** and **increased self-efficacy and self-esteem** and **decreased depressed mood** among sexual minority persons (Bruce et al., 2015).
- Therefore, psychologists attempt to help clients develop skills to effectively interrogate systems of oppression.

# Chan and Mak (2020)

- Conducted two studies looking at
  - Critical reflection
  - Internalized oppression/ internalized dominance
  - Collective efficacy
  - Collective action

# Study 1

- Cross-sectional study in 1,050 LGBT individuals:
  - **critical reflection** was associated with lower levels of **internalized oppression** and higher levels of **collective efficacy**, which in turn were associated with greater intentions to undertake **collective action** for LGBT rights.

# Critical reflection for LGBTQ people

- Awareness of systemic oppression can lead LGBTQ people to take action to transform it.
- Critical reflection allows oppressed people to resist the internalization of negative societal messages and to collectively stand up against oppression



## Study 2

- A prospective longitudinal study of 428 cisgender heterosexual individuals:
  - **critical reflection** was associated with lower levels of **internalized domination** and heightened levels of **efficacious beliefs**, which positively predicted actual participation in **collective action** at a subsequent wave.

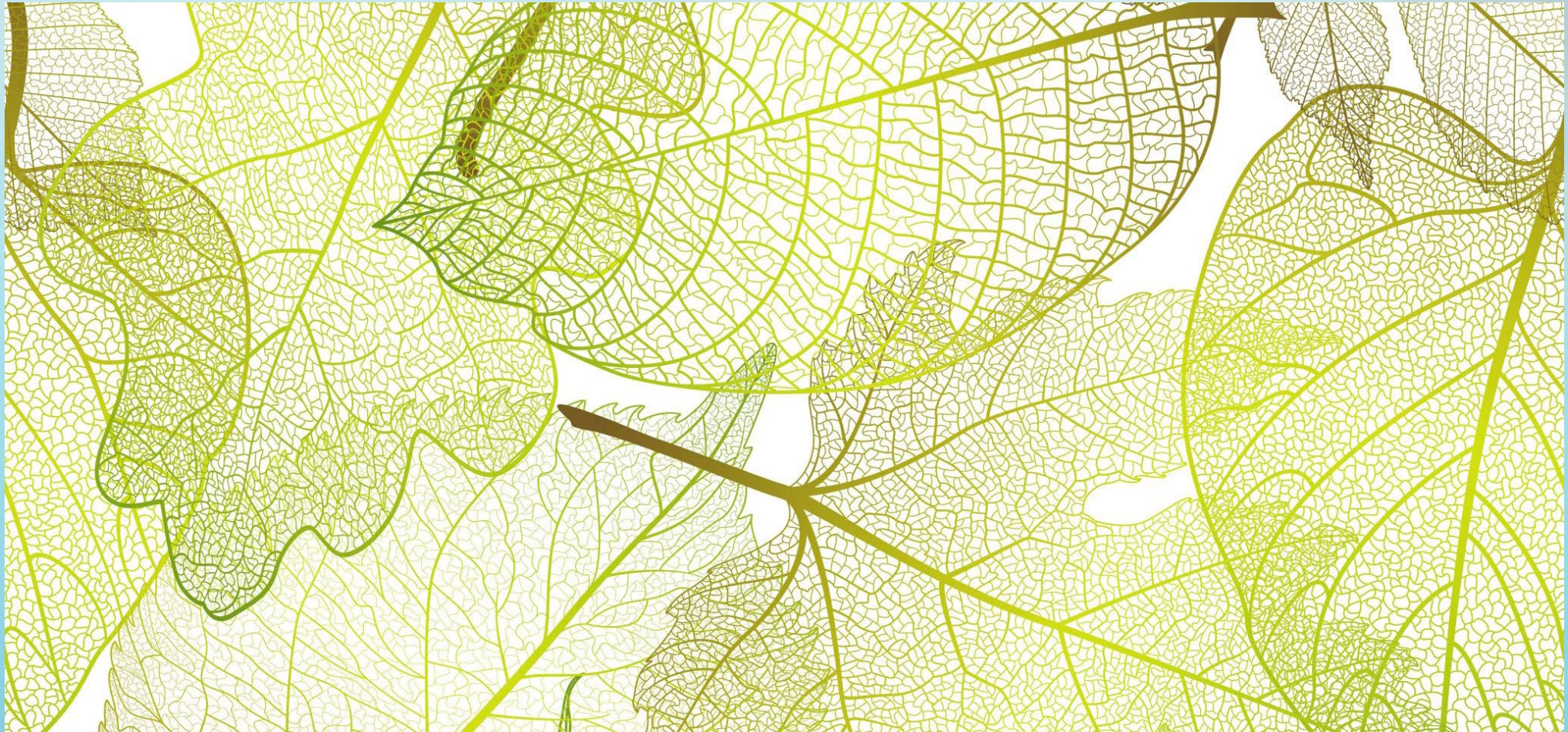
# Critical reflection for cisgender heterosexual people

- With critical reflection, cisgender heterosexual people were able to recognize systemic oppression that they maintained and reinforced
- They were less likely to experience internalized domination and developed stronger efficacious beliefs of engaging in collective action
- This significantly predicted greater participation in collective action for LGBT rights at follow up



# Advocacy

# Sharing the load



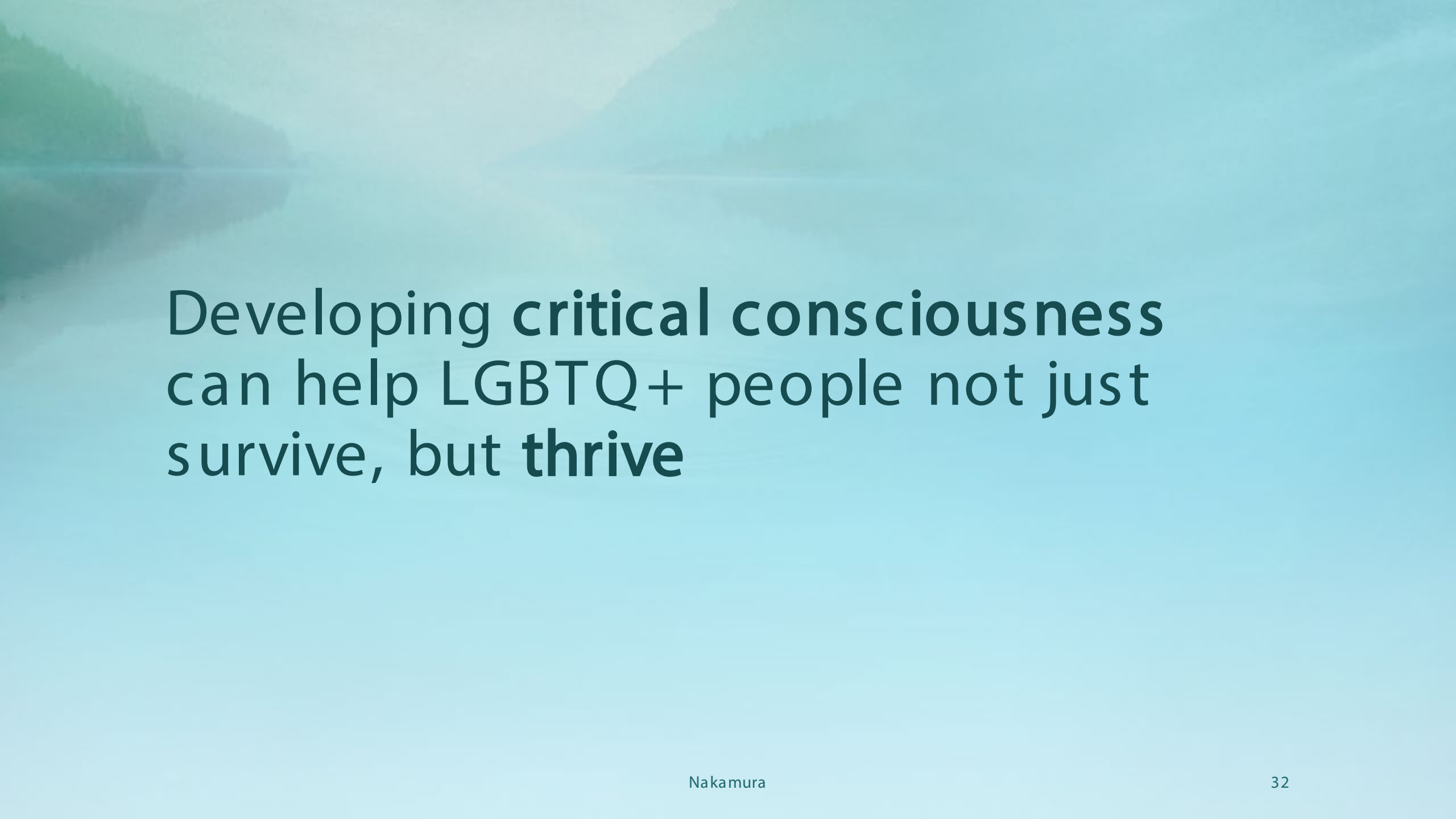
# Can promote wellbeing but can also contribute to distress

- It is important to recognize that because engagement in advocacy and activism could be associated with psychological distress, psychologists discuss diverse ways in which sexual minority persons can engage in activism in order to enact change while taking care of their mental health (Santos & VanDaalen, 2018).

When heterosexual, cisgender people  
develop **critical consciousness**  
this will help to promote resilience for  
LGBTQ+ people

# Summary

- Who is responsible for resilience
- How LGBTQ+ people resist stigma and oppression
- The role of critical consciousness

A misty, teal-toned landscape with a lake and mountains. The text is overlaid on the right side of the image.

Developing **critical consciousness**  
can help LGBTQ+ people not just  
survive, but **thrive**



# How can we help foster critical consciousness in others and ourselves?

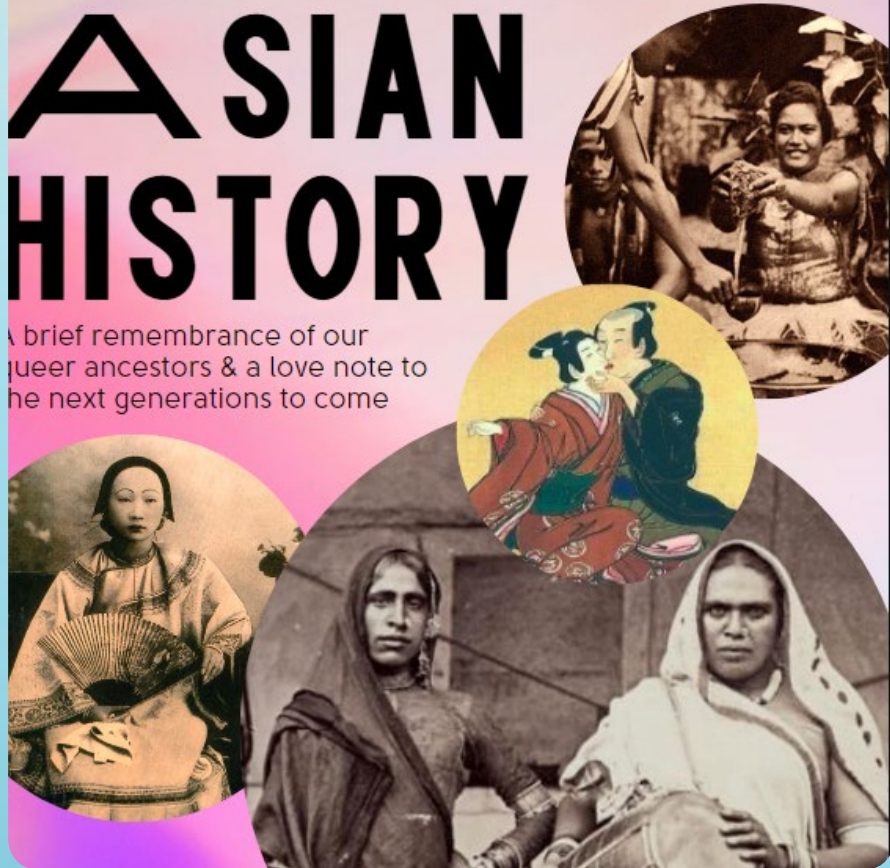


# Recognize the power of knowledge

- LGBTQ+ histories
- LGBTQ+ stories
- LGBTQ+ visibility

# QUEERNESS THROUGHOUT ASIAN HISTORY

A brief remembrance of our  
queer ancestors & a love note to  
the next generations to come



- A project by Dr. Marissa Floro, psychologist at the Weiland Health Initiative at Stanford University.

<https://vaden.stanford.edu/weiland-health-initiative/resources>

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 Followed by drgnicrider and drjennifervencill

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OUR QUEER HXSTORY

Did you know?...

1. The two main Native American groups of people living in present-day Minnesota are the Sioux and Ojibwe.
2. The name Minnesota comes from the Sioux

**Groomer: New Conservative / Republican codeword & slur for LGBTQIA+**

OUR QUEER HXSTORY

**QX Fact: November 19/20 2022: Mass shooting**

OUR QUEER HXSTORY

**QX Fact: November 2022**  
*Leigh Finke* became the first Transgender Legislator in the Minnesota House

OUR QUEER HXSTORY

**QX Fact:**  
 1990 - 3rd Annual Intertribal, Native American, First Nations, Gay and Lesbian American Conference in Winnipeg the term "two-spirit" was used. It is attributed to Elder Myra Laramee.

OUR QUEER HXSTORY

**QX Fact: 2013**  
 Medicare began considering gender affirming care (Hormone therapy and Surgery) as coverable medically necessary treatments.

OUR QUEER HXSTORY

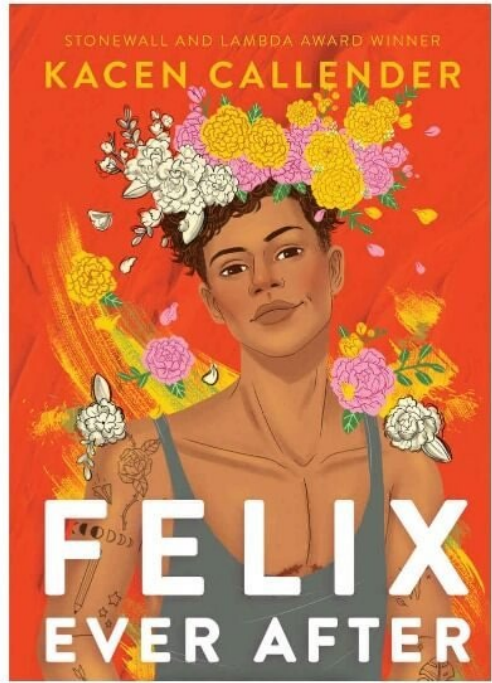
**QX Fact:**  
 February of 202: President Joe Biden named Admiral *Rachel Lavigne* Assistant Secretary for

OUR QUEER HXSTORY

**QX Fact:**  
 November 20th 1999. First Transgender Day of Remembrance.

OUR QUEER HXSTORY

**QX Fact:**  
 May 2016  
 Andrea Jenkins, President of Minneapolis City Council, becomes the first African American openly transgender person to hold office.





# QUEER LOVE IN COLOR

JAMAL JORDAN



## NADINE and SZE, with SONJA and NIKO

PUNAMA, TUMOKA  
NAGAMA 4:00 PM

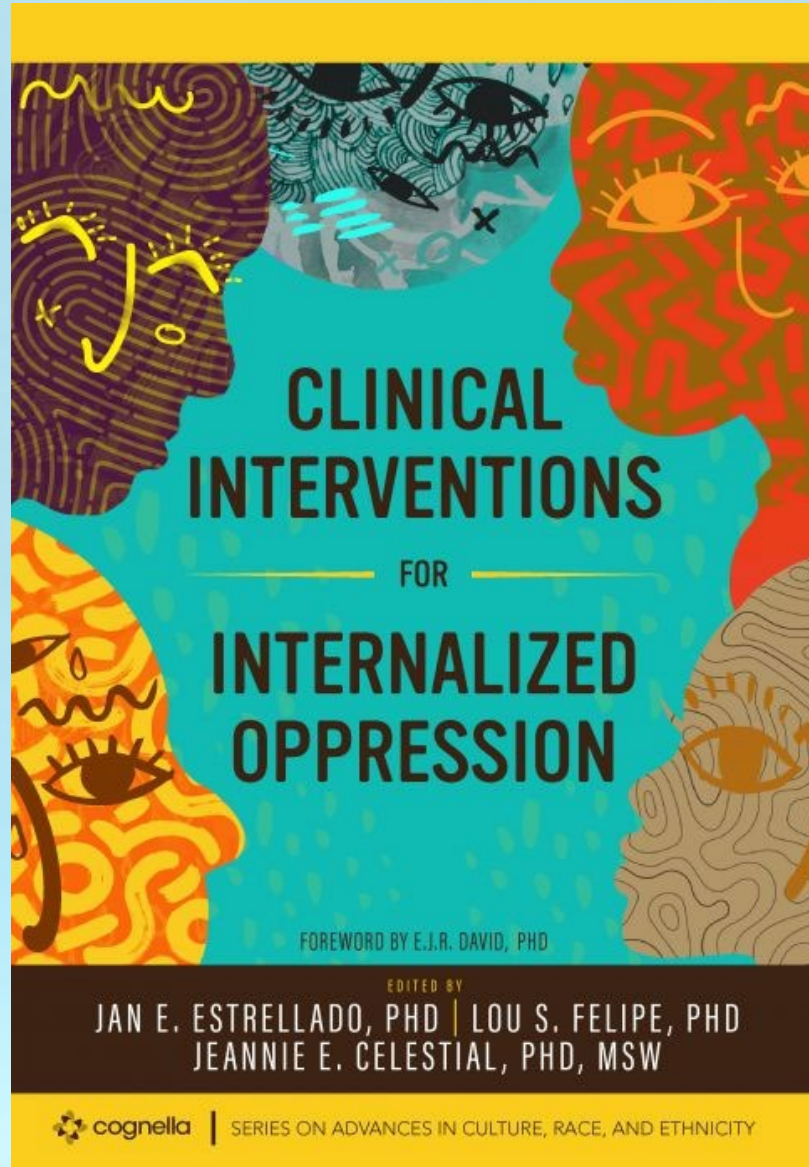
They bring us a comprehensive, behind-the-scenes look at a gay ball in the South Pacific.

It's a beautiful day in the South Pacific, and the sun is shining brightly over the water. Nadine and Sze are sitting on the beach, and they are smiling at the camera. They are surrounded by friends and family, and they are all having a great time. This is a special day for them, and they are all enjoying it to the fullest.

The ball is a celebration of the LGBTQ+ community in the South Pacific, and it is a chance for everyone to come together and enjoy the night. Nadine and Sze are proud to be a part of it, and they are all looking forward to a night of fun and celebration.

They are all smiling and laughing, and they are all enjoying the night. This is a special day for them, and they are all looking forward to a night of fun and celebration.

They are all smiling and laughing, and they are all enjoying the night. This is a special day for them, and they are all looking forward to a night of fun and celebration.



**CLINICAL  
INTERVENTIONS**  
— FOR —  
**INTERNALIZED  
OPPRESSION**

FOREWORD BY E.J.R. DAVID, PHD

EDITED BY

JAN E. ESTRELLADO, PHD | LOU S. FELIPE, PHD  
JEANNIE E. CELESTIAL, PHD, MSW

 cognella | SERIES ON ADVANCES IN CULTURE, RACE, AND ETHNICITY



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[nadine.nakamura@alliant.edu](mailto:nadine.nakamura@alliant.edu)



@ drnadinenakamura