



**BALANCE
TREATMENT CENTER**
MENTAL HEALTH TREATMENT PROGRAMS

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Balance Treatment Center Presents:

**Cultivating Empowerment:
Preventing Suicide in the
LGBTQ+ Community using Affirmative
Therapy**

Presented by Rick Grant-Coons, Psy.D.

6 CE Credits will be awarded

Snacks and refreshments

Join US: Friday May 17, 2019

9:00 am to 4:00 pm

The Cliffs Hotel and Spa

[2757 Shell Beach Rd, Pismo Beach, CA 93449](#)

This course meets the Board of Psychology requirement for suicide prevention training.

Description:

With a suicide death every 12.8 minutes and over a million attempts in the United States every year, suicide impacts every community. This is especially true for the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning communities. Today, more research has shown elevated risk factors specific to these communities due to heterosexist & transphobic abuse that exists in society. LGBTQ Affirmative Therapy is an approach to psychotherapy that is based on the understanding that LGBTQ people are not just tolerated or accepted but instead celebrated for their value in any culture. This perspective is essential for effective therapy since it challenges many years of hostility inflicted by the dominate culture. Mental health clinicians trained in LGBTQ Affirmative Therapy and Suicide Prevention can improve their effectiveness for helping LGBTQ clients increase protective factors and resilience while decreasing risk of suicide attempts and death.

By Attending this presentation participants will be able to:

1. Identify risk factors and warning signs for suicide that are specific to the LGBTQ+ communities.
2. Apply LGBTQ+ Affirmative Therapy integrated with evidence-based suicide prevention interventions effective in reducing suicide risk.
3. Link LGBTQ+ clients to appropriate suicide prevention resources in the community.
4. Identify stages of identity development most vulnerable to suicide risk and effective interventions to reduce risk.
5. Integrate safety planning into clinical work with LGBTQ+ clients at risk for suicide.

Agenda:

8:30-9:00 am: Registration and refreshments (not eligible for CE)
9:00-11:00 am: Identity and the impact of stigma
11:00-12:00 am: Mental health and Affirmative Therapy
12:00-1:00 pm: Lunch Break Dismissal (not eligible for CE)
1:00-3:00 pm: Identity development and vulnerabilities to suicide
3:00-4:00 pm: Suicide prevention and interventions

About the Presenter:

Dr. Grant-Coons received his masters in clinical psychology specializing in LGBTQ Affirmative Therapy (Lesbian, Gay, Bisexual, Transgender, Queer or Questioning) from Antioch University in Los Angeles. He then went onto earn his doctorate in clinical psychology with an emphasis in multi-cultural and community psychology from the California School of Professional Psychology in Los Angeles. Dr. Grant-Coons has been a psychotherapist for over twelve years working mostly with marginalized communities. He trained at agencies like AIDS Project Los Angeles, Los Angeles LGBT Center, South Central Training Consortium, and The Los Angeles Children's Hospital-High Risk Youth Program. Before moving to Sacramento, He was the Lead Clinical Supervisor at Didi Hirsch Mental Health Services-Suicide Prevention Center developing and facilitating support groups for Suicide Attempt Survivors and providing suicide prevention training all across the United States and Canada. Currently, Dr. Grant-Coons has his psychotherapy private practice, Empowered Living Therapy, in Midtown Sacramento where he specializes in LGBTQ+ Affirmative Therapy.

Cost:

\$99.00 Mental Health Licensed Professional

Questions? Contact Gall Gill, Ph.D. at 818.540.5912

If you require any special accommodations please let us know upon registration so that we can make the necessary arrangements

Cancellation/Refund Policy: If you need to cancel your registration at a later date, please note that refunds will only be issued for cancellations made at least 24 hours before the workshop you register for. Refund request must be made in writing.

