



Webinar Series

Applying Cognitive Behavioral Principles to Promote Trauma Recovery for Transgender and Nonbinary Individuals

Target Audience: Mental Health Providers

Instructional Level: Intermediate

Course Description: Stigma-linked mental health disparities for transgender and nonbinary (TNB) communities have been well documented. While advancements have been made in the development of guidelines when providing mental health care to TNB clients, gaps remain, particularly related to concrete applications of cognitive behavior therapy (CBT) approaches to address the unique mental health needs of TNB trauma survivors. Such gaps leave many mental health professionals inadequately prepared to assess and treat the clinical sequelae of traumatic and stigma-related stress in TNB people. Utilizing case vignettes reflecting diverse TNB identities, this webinar discusses minority stress and intersectional stigma frameworks and demonstrates their integration with CBT principles in the delivery of culturally tailored assessment, case conceptualization, and treatment of TGD trauma survivors.

Learning Objectives:

At the end of this course, participants will be able to:

1. Describe the contributions of minority stress to the clinical presentation and needs of trauma exposed transgender and nonbinary clients.
2. Describe the contributions of intersectional stigma to the clinical presentation and needs of trauma exposed transgender and nonbinary clients.
3. Apply minority stress and intersectional stigma theory to develop a CBT case conceptualization and treatment plan for a trauma-exposed transgender client.

Date and Time: Wednesday, June 14, 2023, at 1:00 pm CDT/ 2:00 pm EDT

Duration: 1.5 hours

Where: Zoom

Cost: No cost

Meet the Presenter

Danielle Berke, PhD



Danielle Berke, PhD, (she/her) is a clinical psychologist and Assistant Professor of Psychology at Hunter College and The Graduate Center of the City University of New York where she directs the Gender-Based Violence research laboratory. Her active program of research focuses on the identification of strategies for resisting and healing from gender-based violence among communities marginalized by systems of oppression at the intersections of racism, cisgenderism, and heterosexism. This work is both laboratory and community-based using: 1) biopsychosocial methods to specify the role of discrimination in the etiology and

maintenance of trauma-related health inequities among people marginalized on the basis of their sexual orientation and/or gender identity and 2) community-engaged implementation science methods to tailor and deliver violence prevention and trauma recovery services with and for these communities. A fundamental end goal of this research is to uncover the structural workings of gender-based violence to promote health equity and wellness for sexual and gender minority people in all their diversity

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the webinar so that we may provide you with the appropriate service.

Location Information

This course will be held live via Zoom on **Wednesday, June 14, 2022, at 1pm CDT/ 2pm EDT**. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative website and Provider Portal at <https://www.strongstartraining.org/providers/>.

Continuing Education

The STRONG STAR Training Initiative offers 1.5 continuing education (CE) credit(s) to participants who attend this 1.5 hour course and are eligible to receive CE credit(s). To obtain CE credit(s), attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our CE credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

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