



Empowering relationships...

Redwood Empire Chapter

of California Association of Marriage and Family Therapists

The 2023 Justice Project: 2SLGBTQIA+ Affirming Care

You can use this worksheet to track your progress in completing the requirements for The 2023 Justice Project with RECAMFT. When you're finished and are ready to attest, you can copy/paste your reflections from this form into the [Attestation Form](#).

Core Requirements: Books

1. Read *Gender Queer: A Memoir* by Maia Kobabe

- 1) What was the most important take-away for you from this book?
- 2) How will the information you learned impact you and your clients in your therapy practice?

2. Read or listen to *The Savvy Ally* by Jeannie Gainsburg

- 1) What was the most important take-away for you from this book?
- 2) How will the information you learned impact you and your clients in your therapy practice?

3. Read or listen to *A Clinician’s Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients* by Dr. Sand Chang, Dr. Anneliese Singh, and Dr. lore dickey.

- 1) What was the most important take-away for you from this book?
- 2) How will the information you learned impact you and your clients in your therapy practice?

Core Requirements: Bite-sized Media

Watch and read all the items featured here:

<https://www.recamft.org/Justice-Project-LGBTQ+#Bite>

Please write the name of the Bite-sized Media that touched you the most.

Thinking of this Bite-sized Media selection OR considering all the Bite-sized Media as a whole, please answer the following questions.

- 1) What was the most important take-away for you from this work?
- 2) How will the information you learned impact you and your clients in your therapy practice?

- My Two Mums (The Myths of Gay Adoption) | Lynne Elvins | TEDxBristol - 16:35 min.
<https://youtu.be/NAcuH7n-dLc>
- Coming out of your closet | Ash Beckham | TEDxBoulder - 10:56 min.
<https://youtu.be/kSR4xuU07sc>
- LZ Granderson - “The Myth of the Gay Agenda” | TedEd - 17:52 min.
<https://www.youtube.com/watch?v=UFaa6CnXMdg>
- 5 Bisexual People Explain What "Bisexual" Means To Them - 5:27 min.
<https://youtu.be/UmjVWFh5uRA>
- Bi the way, we exist | Viet Vu | TEDxTerryTalks - 15:45
<https://youtu.be/XMbfDV55kmc>

- Teen Vogue: What is pansexuality?
<https://www.teenvogue.com/story/what-is-pansexuality>
- Elana Rubin Explains What "Pansexual" Means. 5:12 mins
https://youtu.be/W5W_eWJE5sQ
- A queer vision of love and marriage | Tiq Milan and Kim Katrin Milan - 17:08 min.
<https://youtu.be/lwcvhh4pLjE>
- Families who had to flee anti-trans states for their family and child's safety - 21:00 min.
<https://youtu.be/ul9yXgrEt5s>
- TED: Samy Nour Younes: A short history of trans people's long fight for equality 6:03 min
<https://youtu.be/qRJJR6bGyL4>
- It Gets Better Project: What Being Trans Means 5:42 min
<https://youtu.be/2bDjGvp9To>
- Teen Vogue: Twelve things people get wrong about being non-binary.
<https://www.teenvogue.com/story/9-things-people-get-wrong-about-being-non-binary>
- Pronouns Matter: pronouns.org
Say: "My pronouns are --. What are your pronouns?"
Don't say: "What are your preferred pronouns?"
<https://pronouns.org/>
- Teen Vogue: What is non-binary gender?
<https://www.teenvogue.com/story/what-is-non-binary-gender>
- It Gets Better Project: Non-Binary People Describe their Gender Journeys! 6:26 min
https://youtu.be/zBix_ReGMcE
- Parents Magazine: Yes, Queer Kids Can Grow Up With Faith and Church—But It Takes a Village 8:13 min
<https://www.parents.com/parenting/dynamics/lgbtq/yes-queer-kids-can-grow-up-with-faith-and-church-but-it-takes-a-village/>
- Lindsay Amer - "Why Kids Need to Learn About Gender and Sexuality" - 7:48 min.
<https://youtu.be/OQuwz64qsBM>
- Toilets, bowties, gender and me | Audrey Mason-Hyde | TEDxAdelaide - 10:35 min.
<https://youtu.be/NCLoNwVJA-0>
- NPR has a special series of short articles here on LGBTQ+ youth rights under attack.
<https://www.npr.org/series/1085513404/trans-rights-lgbtq-youth>

- The way we think about biological sex is wrong | Emily Quinn - 14:06 min.
https://youtu.be/stUI_OapUso
- "What It's Like to be Intersex" 3:25 min
<https://youtu.be/cAUDKEI4QKI>
- 5 Asexual People Explain What "Asexual" Means To Them - 4:56 min.
https://youtu.be/lMhix4nr_0g
- Very Well Mind: What it means to be Aromantic
<https://www.verywellmind.com/what-does-it-mean-to-be-aromantic-5189571>
- MBG Relationships: 8 Signs You Might Be Aromantic and What That Means
<https://www.mindbodygreen.com/articles/aromantic>
- 4 Demisexual People Explain What It Means To Them - 4:29 min.
https://youtu.be/YBW7p8_ft2I
- What Does "Two-Spirit" Mean? | InQueery | them. 6:16 min.
<https://youtu.be/A4lBibGzUnE>
- Gender identity: 'How colonialism killed my culture's gender fluidity' (Diné, India, Aboriginal). 6:30 min.
<https://www.youtube.com/watch?v=AqEgsHGik-s>
- Teen Vogue: "Gender Variance Around the World Over Time".
<https://www.teenvogue.com/story/gender-variance-around-the-world>
- The Guardian: Muxes – Mexico's third gender. 12:40 min.
<https://youtu.be/iiek6JxYJLs>
- The Indigenous Doctor Helping Trans Youth. 12:13 min.
<https://www.youtube.com/watch?v=4Hj-a5AE-VM>
- Why we need gender fluidity | Nicholas Metcalf, MSW | TEDxUMN 14:56 min.
<https://youtu.be/ICWB8pfGBvc>

Two Additional “Choose Your Own” Content Choices

- Did you attend Melle Browning's presentation in Dec. 2022 (or watch the video), "Affirmative Therapy with Trans/Gender Expansive Clients" in lieu of reading one book title? If so, please answer the following two questions:
 - 1) What was the most important take-away for you from this work?
 - 2) How will the information you learned impact you and your clients in your therapy practice?

- Did you attend Sand Chang's presentation in Sept. 2023, "Affirmative Therapy with Trans an/dor Nonbinary Clients" in lieu of reading one book title? If so, please answer the following two questions:
 - 1) What was the most important take-away for you from this work?
 - 2) How will the information you learned impact you and your clients in your therapy practice?

Please write the titles of the other 2 media/books/videos you read/watched. Only one is needed if you attended the Melle Browning or Sand Chang event(s).

Please answer the following questions:

- 1) What was the most important take-away for you from this/these media/books?
- 2) How will the information you learned impact you in your therapy practice