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Officers of AGLP include, from left to right, (back row) David Scasta, M.D., Past-President; Phil Bialer, M.D., President-Elect; Jim Slayton, M.D., Treasurer; (front row) Guy Glass, M.D., Newsletter Editor; Mary Barber, M.D., Vice-President, Dan Hicks, M.D., President

## President's Column

Dan Hicks, M.D.

The fall meeting of AGLP took place in Washington on September 12th. I was unable to attend due to a prior commitment, but I understand it went well under the leadership of our President-Elect, Dr. Phil Bialer, who also was moving to a new home and doing the AIDS ride from Boston to NYC the week after! Thanks much to Phil, and to Dr. Leslie Goransson for reporting on local arrangements. Details of the meeting are included elsewhere in this *Newsletter*.

Hotel space is going fast in Washington for the APA Annual Meeting May 15-20. We were only able to secure 150 rooms in our hotel, so make your reservations now; it is one of the official APA hotels, and only about four blocks from the Convention Center. Call the Washington Plaza Hotel, (800) 424-1140, and make your reservation now! (The AGLP block of rooms is #6137).

Cost is \$145/night plus tax for single or double, and \$165/night for triple or quad. Parking rates are \$10/night plus tax. The Washington Plaza will also be where we have our hospitality suite, our business meetings, and our opening reception pool-side looking at downtown DC if weather is permitting. If we reserve our entire block, all of our meeting space is comped (ie. free!) so we need your support.

The Local Arrangements Committee has been hard at work; Dr. Michael Golder is planning the brochure and the bar and restaurant guide. Leslie Goransson is heading up planning women's events with Adrienne and Chris of the Women's Committee. Dr. Richard Imirowicz, our early career rep, will be hosting the student/resident/early career brunch and has even come up with creative financing! Mike Golder has offered to host the minority outreach/international reception. And the closing reception will be a fabulous dinner dance at B. Smith's restaurant in Union Station; cost will be about the same as last year.

Dr. Jim Slayton, our Treasurer and biggest development czar, is starting to work on approaching companies for funding our awards and programs as we have in the past. If anyone has good friends or contacts in the pharmaceutical or other health care companies who help fund worth-

CONTINUED ON PAGE 3

**NOW AVAILABLE!  
PAYMENT BY  
CREDIT CARD!  
See Details on  
page 5**

The Newsletter of the  
**Association of Gay and  
Lesbian Psychiatrists**

Editor, Guy Glass, M.D.

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Apt. 719, New York, NY 10003.

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The views expressed in the *Newsletter* are  
those of the writer and do not necessarily  
represent the opinions of the Association of  
Gay and Lesbian Psychiatrists. The sexual  
orientation of any writer or any person men-  
tioned in the *Newsletter* should not be  
inferred unless specifically stated. Mailing  
lists for the *Newsletter* are confidential, to be  
used only by the Association of Gay and  
Lesbian Psychiatrists, and do not imply sex-  
ual orientation.

**INFORMATION FOR AUTHORS**

Persons wishing to submit articles for publica-  
tion should send them to: Guy Glass, M.D.,  
Editor, *Newsletter* of AGLP; 67 East 11th Street,  
Apt. 719, New York, NY 10003.  
(Phone: (212)982-0328, FAX (212)982-1879,  
E-mail: GFGMD@aol.com) Submissions should  
be clearly readable. Submissions on electronic  
media (5.25 or 3.5 inch floppy disks) in IBM  
compatible formats are appreciated. A hard  
copy should be included along with a notation  
indicating which work processing program was  
used. Submissions become the property of  
AGLP and will not be returned unless  
requested and accompanied by a self-  
addressed and stamped envelope. The  
*Newsletter* reserves the right to make editorial  
changes and to shorten articles to fit space lim-  
itations. Name, address, daytime telephone  
number, and a short biographical statement  
about the author should accompany the sub-  
mission even if the author requests anonymity  
in publication (which is discouraged). The  
deadline for inclusion in the next issue is  
November 30, 1998.

**ADVERTISING RATES**

The *Newsletter* of the Association of Gay  
and Lesbian Psychiatrists accepts limited  
advertising depending upon space and  
applicability to issues affecting psychiatrists  
who either are gay or lesbian or treat gay  
and lesbian patients. The mailing lists for  
AGLP are confidential and never sold or pro-  
vided to any vendor.

Full Page Ad	\$200
Half-Page Ad	\$125
Business Card	\$50

Community service announcements are  
printed without charge, but are accepted  
only on a limited basis depending upon  
space limitations and applicability.

**OFFICERS OF THE ASSOCIATION OF  
GAY AND LESBIAN PSYCHIATRISTS**

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## Editor's Column

Guy Glass, M.D.

Once in a while, lest we become complacent, all of us need a reminder of what we stand for. There are so many gay men and lesbians in New York City, where I have been living for the past seven years, that it sometimes seems almost self-indulgent and histrionic to think of myself as a member of an oppressed minority group.

Imagine my surprise, then, when I picked up a UPS package this evening from my doorman, and found a hate message written on the address label. That's right, an arrow pointing to "Guy Glass, Association of Gay and Lesbian Psychiatrists" with the following statement handwritten to the right of my name: **This is bullshit. The only thing wrong with you is your sexuality.** In the package was a book being sent to me for review by a well-known San Francisco-based mainstream publisher. Ironically, the enclosed book was entirely non-gay in content, and therefore not suitable for review in the *Newsletter*. Was the message written by some homophobic UPS employee in Indianapolis (the package's point of origin)? I would like to think it did not originate with the publisher (or worse, with my local UPS delivery person). I intend to follow this matter up with the delivery company, but it was certainly upsetting to me and my partner (albeit pretty mild compared with what many people endure because of their sexual orientation).

Along these lines, I was recently forwarded copies of two letters by AGLP's President, Dan Hicks, who suggested that we publish them "to show people what we are still up against." One of the letters was written by a "Christian" member of the APA in response to Dr. Mirin's letter to Trent Lott (published in the August issue of the *Newsletter*). Although it has been recommended that, for legal reasons, I not publish this letter, I can say that it represents a very right-wing faction of the APA, and that reading its hateful message sent shivers up my spine. It was accompanied by a note from Katherine Becker, Deputy Director of State Affairs, Division of Government Relations at the APA, which reads, in part, "This religion-infused mis-  
sive, copied to Dr. Mirin, is a good example of why letter-writing to Dr. Mirin in support of his initiative on Senator Lott's statement about homosexuality is important...Not only do such letters acknowledge appreciation, they evidence a salient membership issue and serve as a counterbalance to letters critical of the APA's position. As you know, membership retention is receiving a lot of attention among APA leaders. Also, Dr. Muñoz has made clear that addressing mental health care issues of "minorities" is a priority. The APA letter to Lott presents interested APA members with a good opportunity to be heard on the matter of homosexuality."

It is good to see that the APA is "on our side," and also that the American Psychoanalytic Association is finally redressing their history of antagonism in a big way (see their press release in this issue of the *Newsletter*). Meanwhile, our "foes" in the psychiatric community (eg. the members of NARTH) continue to marginalize themselves, becoming more and more out of touch with the mainstream. Many of us are hoping that the APA, bringing them in line with comparable professional organizations, passes a resolution once and for all condemning reparative therapy... Still, my experience with UPS and the letter to Dr. Mirin make it clear that the battle is far from won...

## Women's Committee Column

Chris Sekaer, M.D.

The Women's Committee is soliciting ideas for the May 1999 meetings. This could include topics for focus group discussions in the hospitality suite, presentations as part of the AGLP meeting, or submissions for future APA meetings. Topics should be issues or aspects of issues specific to lesbians and psychiatry.

If you are interested in participating or have ideas to contribute, contact co-Chairs Christina Sekaer, M.D. at (914) 693-7460 or C\_Sekaer@psychoanalysis.net or Adrienne Schlang at (409) 762-3347 or schlang@marlin.utmb.edu.

## Vice-President's Column

Mary Barber, M.D.

Planning for the 1999 AGLP program is in the early stages, and there is still plenty of room for your ideas. If you would like to run a discussion group, media presentation, or other event, please get in touch with me by mail, phone, or e-mail (see below).

The topic of the Saturday Preconvention symposium will be "Queer Theory and Treating Patients: What's the Connection?" The idea that identities such as male, female, gay and straight are socially constructed, and there is no gay "essence," is a central part of queer theory. The keynote speaker will help us all get a handle on what all this poststructuralist stuff is about, and panelists will discuss whether and what the ideas have to say about how we listen to patients. This promises to be a unique interaction between clinical and academic minds.

Some new things on the program this year will be a parents' discussion group, and a writer's workshop (run by the editors of the *Journal of Gay and Lesbian Psychotherapy*). We are also considering setting up a lobbying day, to allow interested AGLP'ers to meet with their representatives in Congress to discuss issues of interest to us. If anyone is interested in participating in such an event, please let me know so I can gauge whether there's enough interest to set it up.

Hope to hear from you!

Mary Barber  
18 Brick Pond Road  
Middletown, NY 10940  
(914) 343-9931  
meb@warwick.net

PRESIDENT'S COLUMN  
CONTINUED FROM PAGE 1

while educational causes, please let him know.

There has been a good deal of e-mail between various individuals about getting an affirmative/reparative therapy statement passed by the Board of Trustees, and also by various district branches to present at the Assembly. This issue was worked on a good deal at the committee meeting. We will be looking for people to take this forward to their district branches and area reps, to get their support, educate their members, and get this passed, hopefully at the spring meeting. With the anti-gay political rhetoric going around, even among our own colleagues, it is time that we fight for the support and respect we and our patients deserve. Please help us in these efforts.

At the suggestion of our Vice-President Dr. Mary Barber, we will also be looking into some kind of opportunity to go to Capitol Hill and speak to some of the key legislators about gay and lesbian mental health issues. I think speaking out and being visible is important to changing the homophobic atmosphere in our country and so improving the mental health of all.

I attended the Gay and Lesbian Medical Association meeting in Chicago; in addition to Dr. Mark Townsend being *Journal* co-Editor, we now have two psychiatrists as officers: Drs. Saul Levin and Roy Sanders are Secretary and Treasurer. GLMA also is mounting a campaign to open an office in DC, where they can be more involved in government and policy decision-making, by the year 2000. In addition, there is a great deal of interest in all lesbigay docs taking the lead in fighting for medical care reform so that all persons have access to care, including possibly a single payer system. GLMA, PFLAG and AGLP may be joining forces to staff booths together and make a powerful presence at the Annual Meeting. Stay tuned! And make your reservations now!!!

• • •



Next year's official  
AGLP Hotel



**CGLBP Column**

Margie Sved, M.D.

Jim Krajewski had to resign as the Assembly Representative for the Caucus of Gay, Lesbian, and Bisexual Psychiatrists when he accepted the position of Editor of Psychiatric News. Jim served us well for many, many years as our dedicated representative. I was therefore "promoted" from Deputy Rep to Representative, and Phil Cushman was elected to finish the current term as Deputy Representative. I hope you will join me in wishing Jim good luck in his new job, and thanking him for all his hard and often thankless work over the years. And also a welcome and congratulations to Phil.

Every time I mention CGLBP I find I need to describe again what it is, and how AGLP relates to the Caucus. Everyone who is a member of APA is allowed to join one minority/underrepresented group caucus. The seven caucuses are: American Indian/Alaska Native/Native Hawaiian; Asian-American; Black; Hispanic; Lesbian, Gay, and Bisexual; IMG (International Medical Graduates); and Women. Some people obviously need to choose which of these groups represents their "primary" identity, though one is allowed to attend meetings of as many caucuses as one wants.

Essentially the sole purpose of these caucuses is to elect the Representative and Deputy Representative to the APA Assembly. All APA members are "primarily" represented in the Assembly by their geographic District Branch. There is weighted voting in the Assembly, so each District Branch Assembly Representative receives a number of votes proportional to the size of the District Branch. Each Minority/Underrepresented Caucus (M/URs in the world of APA acronyms) only has one vote. Most votes in the Assembly are voice votes, so we are "equal" to other DBs in those settings. However, anyone can ask for a "Vote by Strength" on any item (usually saved for close and controversial actions), and then each caucus only has one vote each, compared to several hundred by each District Branch rep.

So, for votes in the Assembly, the M/UR reps don't have much "strength," do have a strong voice, and often agree to support each others' issues. But, in addition, the Committee of M/UR reps (the Rep and Dep Rep from each of the 7 caucuses) does meet together several times a year, and can be a very strong force at times.

Also, the Reps and Dep Reps go to meetings of their Area Councils (geographic, both Phil and I "sit" in Area V), are usually members of Assembly Committees, and usually serve as Assembly Liaisons to various Councils, Commissions, and other Committees, so we have input in a variety of areas of APA Governance. (And get to go to a lot of boring meetings in addition to the few that are worthwhile!!)

It is worthwhile, for any of you who don't have a need to join another caucus, to join CGLBP, to show our "strength." There is always a form on the back page of the AGLP *Newsletter*. If you aren't sure whether you did this many years ago or not, it's fine to send another one in, or call me (919-733-9917) or email (msved@dhr.state.nc.us) to check. One does have to be an APA member, and they cannot guarantee confidentiality of the Caucus list. However, even the Caucus reps have a hard time getting a copy of this list, so it is guarded surprisingly carefully!!

As a Caucus member, you get to vote for the rep and dep rep every 2 years. In addition, the Caucus does meet annually, at the May APA Annual Meeting, as part of one of the AGLP business meetings. The President of AGLP has traditionally served as the President of the CGLBP, as well.

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**Membership Committee Column**

Co-Chairs, Cheryl Chessick, M.D. and John Gosling, M.D.

**Web Site Increases AGLP's Membership and Psychiatric Referral**

AGLP's web site, <http://members.aol.com/aglpnat/homepage.html> continues to generate many new requests for membership and for referrals. Only members who have indicated that they would like to receive referrals through AGLP are included in our referral program. If you would like to receive patient referrals, but failed to indicate this on your membership application when you joined, please contact Roy Harker at 215-222-2800.

**New Special Membership Categories for Pharmaceutical Companies to become AGLP Corporate Affiliates**

Pharmaceutical Companies will be invited to become AGLP Corporate Affiliates and make annual contributions in the following Special Membership Categories

- ⊛Benefactors - \$10000
- ⊛Patrons - \$5000
- ⊛Sponsors - \$2000
- ⊛Associate Sponsors - \$1000

Members who have contacts in the pharmaceutical industry should contact either Jim Slayton or Roy Harker with the relevant information.

**Renewal of Membership Dues and Payment by VISA/MasterCard**

Annual renewal of membership notices will be included in the fall *Newsletter* thus allowing members to take advantage of the tax deduction for dues paid in 1998. Members are also encouraged to pay their dues as soon as possible as these funds are essential in keeping the organization functional. To promote prompt membership renewal and to facilitate the payment of membership dues by new members joining AGLP, payment can now be made with credit cards (Visa or MasterCard).

**Play a Part in AGLP's Membership Growth**

AGLP's current membership is made up as follows:

Founding	1
Patron	1
Sponsoring:	15
Full:	358
Associate:	31
Resident:	109
Newsletter:	66
Medical Student:	24
International:	30
 Total	 635

We would like to invite members to play a more active role in increasing membership growth by encouraging you to tell friends and colleagues about AGLP. You can become a Membership Recruitment Champion if you bring in more than three members in one calendar year - and be recognized in the AGLP *Newsletter*, at the annual AGLP dinner, and receive a glamorous AGLP Recruitment Champion pin.

We would also like to invite members to consider organizing AGLP social and/or educational events locally to which both members and non-members can be invited. Membership materials can then be made available at these events to encourage new members to join.

## Psychoanalytic Committee Column

Paul Lynch, M.D.

**T**he psychoanalytic group has been busy, getting into publishing and speaking across the country.

Both Drs. Jack Drescher and Diana Miller have books out (which they discussed in our May meeting in a "Meet the Author" style). Dr. Cary Friedman reports that there was an explosion of AGLP-member interest in the psychoanalytic meetings in Toronto.

This week the latest edition of the journal *Gender and Psychoanalysis* (Vol.3, No.3, July 1998) came out with publication of an entire panel that we presented in Boston last fall called "Eros in a Gay Dyad: A Case Presentation." AGLP member Cary Friedman presented the case, I was the moderator, and the three discussants were a psychologist from the local G&L Health Center, Rhonda Linde, an analyst, Andrew Morrison, and APA's former President Larry Hartmann.

Dr. Ralph Roughton is continuing his push to get the International Psychoanalytic Association to adopt a non-discrimination clause, and he has been invited to speak on homosexuality and psychoanalysis at institutes around the country.

At the meetings of the American Psychoanalytic Association in NYC, December 1998, I will chair a Public Forum titled "Homophobia: Analysis of a 'Permissible' Prejudice." The panel will include analysts Ralph Roughton and Nancy Chodorow (author of the chapter "Heterosexuality as Compromise Formation," and her pivotal work *The Reproduction of Mothering*), Congressman Barney Frank, and Harvard's Professor Peter Gomes [Ed's Note: see press release following this column]. I hope some of the members from New York will consider attending. There will be plenty of time for discussion from the audience floor. We are looking for a funding source to pay for professional filming of this forum and creation of a web site for it. Does anyone know of a gay angel or a foundation that might have any part of \$15000 to spread some words of wisdom about homophobia?

I have been invited to run a workshop at "Harvard Psychiatry Day" for psychiatry residents in November. The theme of the day is Psychoanalysis in Psychiatry Today, and my workshop will be on Homosexuality and Psychoanalysis.

In the APA's October Psychiatric Institutes meeting, Dr. Dan Fast has organized a wonderful program which we all received by e-mail. Among others, Dr. Judd Marmor will be speaking about what children need to know about homosexuality. (As I understand the history, he was one of the very vocal good guys who was there to battle Socarides in the days when Socarides really mattered to everyone). Looks to be a great day.

Last, but most fun of all, I am planning the program for a meeting on homosexuality and psychoanalysis/psychotherapy to be held in Aspen during the last weekend of Gay Ski Week (January 29-31, 1999). On-site organization is being done by Dr. Jerry Karasic, a semi-retired child analyst, who is most famous in our circle for being Dan Karasic's father! Bert Cohler from Chicago will speak on the issue of shame in gay men, and Ralph Roughton, I, and others will contribute. The registration will be inexpensive. Reduced rates at the beautiful Aspen Institute will be extendable for the week before or after our meeting, and this will make your trip into a tax deduction. It also could be the vacation of your life! Please join us. Contact me for more info or registration.

Comments? Questions?

Please contact Paul Lynch at (617) 247-0630, or [plynch@warren.med.harvard.edu](mailto:plynch@warren.med.harvard.edu).

## When Your Disability Carrier Fails...

### HIV-Affected Psychiatrists Column

John H. O'Donnell, M.D.

**W**hat's the first thing you do when your disability insurance company goes under? Panic, then force yourself to be rational. Or, at least, that's what I did. In May of this year, instead of receiving my monthly disability check from Centennial Life Insurance, I received a letter telling me the company was probably going to be liquidated in late May. My disability insurance policy was purchased through the American Psychiatric Association, and that it was endorsed and merchandised through the APA was a significant factor in my deciding which policy to purchase. I began collecting benefits about six years ago secondary to my HIV/AIDS diagnosis. About two years ago the APA changed carriers to Provident Life and Accident Insurance Company. Those persons with disability insurance still paying premiums were offered the opportunity to convert to the new carrier. Those of us with active claims were left with Centennial.

At the Annual Meeting I spoke with a senior vice-president from Professional Risk Management Services who was sympathetic but who had little else to offer. He did introduce me to Dr. Levenson, who is associated with the Psychiatrists Purchasing Group, which addresses insurance needs. He was dismissive. Neither of these responses were what I had hoped for, particularly from representatives of my professional organization. The APA has been losing members and wondering why. This kind of behavior may offer a clue. In all fairness, the final order for liquidation of Centennial which had been applied for in early May was not actually issued until May 27, 1998, and my inquiries were made on June 1. Obviously, I was more concerned about this than they were, but I was the one who was now living off of money from savings. It was my position then, as now, that if nothing else, the APA has a moral obligation to its members who purchased insurance upon their endorsement.

During June things began to happen. In every state in which an insurance company does business there is a state Guaranty Association which processes and pays claims when a participating insurance company is liquidated. All insurance companies are required to contribute to fund this association. There is a dollar amount cap on the payments any one insured may receive and this varies from state to state. I spoke with my contact person at PRMS twice in June. He was much more receptive. In our first conversation he acknowledged that they were unsure of even the number of members who found themselves in my position, but thought the number was about forty. He had tried to obtain this information from Centennial, but they had been unable to provide it at that time. I reiterated my position that the APA should be of assistance somehow to its affected members. He, of course, could offer no such assurance, but would be sure it was passed along to Dr. Levenson. Later in June I went through my state insurance board and secured the name and phone number of the person responsible for overseeing the Guaranty Association in my state. My call was returned in less than twenty minutes and my questions were answered. I was lucky. I learned that Centennial had actually transferred sufficient material to allow them to process my claim and a check to me had already been cut. The call to PRMS I had placed earlier in the day was returned, and I learned that I seemed to know more about this than they did. I have heard nothing from PRMS since then and at the time of this writing I have been waiting for a return call for several days.

The purpose of this article is to inform and to ask those of you who are in a similar situation, or know someone who is, to contact me. AGLP is likely to have the single largest number of psychiatrists in the APA to be on disability, most likely secondary to HIV/AIDS. Sharing information and support may be helpful. Writing this has certainly been beneficial to me in providing a forum

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## Homophobia: Analysis of a 'Permissible' Prejudice

### Press Release by the American Psychoanalytic Association

**H**omophobia is often considered a benign, if not acceptable, prejudice. Kids (and a lot of grown-ups) still use "fag" and "homo" to put down people they dislike or consider odd or effeminate. Winking jokes about someone being gay are still regular elements of mainstream television and movies.

In an era when no thinking person would think of making a racial slur, and when ethnic bigotry is all but banished from the media, why are anti-gay comments and stereotypes still thriving?

The American Psychoanalytic Association (APsAA) will present a public forum to find the source and reasons for this "permissible" prejudice. The forum will delve into the psychic and social bases of homophobia. The forum will find why homophobia is still common and is considered a "family values" prejudice.

The Forum is free and open to the public and will be held Friday, December 18, 1998 from 11 AM to 1:30 PM at the Waldorf-Astoria Hotel, 301 Park Avenue, New York. The forum is cosponsored by the American Psychoanalytic Foundation, the Committee on Homosexual Issues, and the Committee on Social Issues.

By analyzing homophobia with psychoanalytic tools and methods, the forum will examine its roots in the human mind and will seek to establish if the psychic causes are the reason for homophobia's seeming normalcy. Psychoanalysts work to understand the workings of the mind and its connection to people's lives and actions. In the case of homophobia, a psychoanalyst would examine what a person was taught about it by parents, friends and community, and the way the person absorbed and used those lessons.

The forum will work the same way except it will examine people instead of one person. The forum will also have a special focus on homophobia within the family and how it affects both straight and gay family members.

Joining the discussion will be Rep. Barney Frank (D. Massachusetts), the Rev. Peter Gomes, and Dr. Nancy Chodorow. Frank is the only openly gay member of Congress, and Gomes, Plummer Professor of Christian Morals and Pusey Minister in the Memorial Church at Harvard University, has written extensively on the religious roots of prejudice, including homophobia. His book, *The Good Book: Reading the Bible with Mind and Heart*, dissects new Biblical scholarship and his own thinking on these topics. Dr. Chodorow is a psychoanalyst who is Professor of Sociology at the University of California, Berkeley. She is an acclaimed writer since her publication of one of the most influential books in the last two decades, *The Reproduction of Mothering*, first published in 1978.

The three panelists will bring unique insights to the forum - Frank as someone who has lived with and has been outspoken on these issues, Gomes as a scholar who has contradicted the notion that homophobia's origin and basis is Biblical, and Chodorow who has extensively discussed issues of gender and sexuality. Dr. Paul Lynch, Instructor in Psychiatry at Harvard Medical School, and one of the first openly gay candidates at the Boston Psychoanalytic Institute, will moderate the forum.

The forum is being presented by the American Psychoanalytic Association, which, like many psychological organizations, has had its own struggles with homosexual issues. Psychoanalytic theory, based on Freud's work, had long held that homosexuality was a developmental problem. As a result, homosexuals were viewed as being mentally ill and their sexuality was treated as an illness that needed resolution. Based on this theory, gays and lesbians were thought to be too "sick" to be trained in the American Psychoanalytic Association.

In recent years, openly gay and lesbian people have been accepted as candidates and faculty. The Association has made enormous strides in the past five years to open up discussion about homosexuality, and this forum, like the recent resolution supporting gay and lesbian marriage, represents the level of that change.

Contact person: Dottie Jeffries, (312) 938-1969  
The American Psychoanalytic Association  
309 East 49th Street,  
New York, NY 10017  
(212) 752-0450  
apsa.org



## AGLP Fall Meeting Minutes

September 12, 1998

J.W. Marriott Hotel, Washington, D.C.

Members Present: Drs. Mary Barber, Kenn Ashley, Philip Bialer, Guy Glass, John Gosling, Rick Imirowicz, Petros Levounis, Dennis Lin, David Scasta, Margery Sved, Mark Townsend, John O'Donnell, Christina Sekaer, Adrienne Schlang, Leslie Goransson, Steven Lee, Lowell Tong, Robert Mitchell, Phillip Cushman, Richard Hire.

Staff Present: Roy Harker.

Vice-President Mary Barber called the meeting to order and turned over the meeting to President-Elect Phil Bialer. Phil announced that President Dan Hicks could not attend the meeting because of a conflicting commitment. David Scasta said it was unfortunate that the President and Treasurer Jim Slayton were not present and emphasized how important it is for officers to be present to fulfill their responsibilities, especially as important organizational and financial planning take place at the fall meeting. Phil noted that next year's meeting will be on the weekend of September 24-26, 1999, and suggested members save those dates now.

### I. Planning for 1999 Annual Meeting in Washington, D.C.

#### A. Local Arrangements Committee Report

Leslie Goransson reported that she, Dan Hicks and Rick Imirowicz have been working on planning for the annual meeting. Phil expressed concern that no one has been appointed to be the official chair of the committee, and suggested Leslie take on that role since Dan has other organizational responsibilities. David agreed that someone should be appointed chair and would like the Council to appoint Leslie. Leslie said she would like to discuss this with Dan and would get back to the Board with her decision.

1. Host Hotel - Leslie reported that the Washington Plaza Hotel will be the official AGLP hotel for the annual meeting. Roy reported that a room rate of \$145. plus taxes was negotiated with 100 rooms reserved for Friday, 150 rooms for Saturday through Tuesday and 75 rooms for Wednesday. Larger rooms are also available for those who want to share. Guy said that in previous years we have selected a second, less expensive hotel choice and recommended the arrangements committee look into finding a less expensive alternative and reserve a small number of rooms there. Roy said we had to be sure to fill the rooms committed to at the Plaza in order to keep the reduced rate.

2. Opening Reception - Leslie reported that the opening reception will be at the Washington Plaza Hotel. There is a large outdoor poolside area that will accommodate the party and room indoors if the weather is inclement. Phil asked about the cost of the opening reception. Leslie said she didn't have that information since Dan had been working on the arrangements, but that she would talk to Dan and get more information. Roy said the costs for the opening party last year in Toronto were \$9000 and in San Diego were \$6700. David spoke about the need to control costs because the organization has been running short of funds at the end of the year. Careful planning needs to take place because events often end up costing more than what members are charged. Phil said we needed to discuss financial planning for the organization in more detail when we discuss the budget report.

3. Closing Awards Dinner - Leslie reported that B. Smith's at Union Station has tentatively been selected as the site for the closing awards dinner. Another site on the river was considered but was much more expensive. The cost for food was quoted as \$30./person. Phil noted that the price sounded low. David

pointed out there are always additional costs such as flowers, a DJ, etc. so that the actual cost would likely be more. Roy said finances were uncertain, that we had applied for a \$10000 grant from Janssen but they don't announce their award grants until November. Jim Slayton will be following up with Janssen regarding the grant. A lengthy discussion ensued about how much to charge for the closing awards dinner. A decision was postponed until we have more information about costs, etc.

4. Brochure - A guide to Washington is being put together for members which will include listings of restaurants, bars, maps, and points of interest including walking tours of the city.

5. Other Events - Early Career, Women, Minority Outreach - Rick Imirowicz reported on planning for events for early career members. One possibility is getting a grant from First Union Mortgage to help with funding. A women's dinner will be held Saturday evening at Leslie's home. Chris spoke about adding other events specifically for women. Roy reminded everyone to let the VP know about all events since it is her responsibility to coordinate all AGLP events to avoid conflicts. Kenn asked Leslie to ask Dan if his space could be used for the Minority Outreach reception. This will probably take place on Monday after the business meeting. Phil noted that the child Psychiatry group also needs to coordinate their events with the VP. Bill Gilmer was officially appointed by Phil to chair the local arrangements committee for the meeting in Chicago in 2000. Mark Townsend will chair the committee for the meeting in New Orleans in 2001.

#### B. Awards - David Scasta

David noted there are two awards to be given, the James Paulsen award for an AGLP member and the Distinguished Service Award. Possible candidates for both awards were suggested and discussed. It was decided that a woman should receive the AGLP award this year and three candidates were discussed all of whom the council thought would be highly deserving of the award.

#### C. Educational Program/Hospitality Suite - Mary Barber

Mary presented her proposal for the Saturday pre-convention symposium entitled "QUEER THEORY AND TREATING PATIENTS - What's the Connection." Several people were discussed as possible keynote speakers. Mary will follow up to see who is available. It was decided we would prefer to have a woman speaker for this year's program. The panel will be made of AGLP members and will give a clinical focus to the ideas presented by the speaker. Leslie noted that the Hospitality Suite is not large enough to accommodate the Saturday symposium and that a larger room had been set aside in the hotel which will accommodate 100 people. Phil suggested we apply for educational grants from pharmaceutical companies to help with the costs of the educational program and noted that last year Pfizer and Wyeth helped with such grants.

Several educational events were discussed that will take place in the Hospitality Suite during the week including: Writer's Workshop, to be run by Jack Drescher, editor of the Journal; Parent's Workshop for parents and those thinking of becoming parents; Lobbying of Congress Effort, which the national APA office may be able to offer information and help about; the film, *La Vie en Rose*, discussion organized by John Gosling. A lengthy discussion was held about revitalizing attendance and activities in the hospitality suite by addressing the changing needs of the membership. Several suggestions were offered as possible activities including; session for older and retired members focusing on their needs and possible contributions; media training and how to respond to the media, including developing more "fact sheets" to have to give to media when requests are made. Roy

**AGLP FALL MEETING MINUTES**  
CONTINUED FROM PREVIOUS PAGE

said he gets many requests for AGLP's opinion on current issues in the media; financial planning workshop; issues surrounding reparative therapy and helping members work in local organizations to address this issue. Phil urged the VP to recruit speakers for hospitality suite topics and coordinate a full program for this year's meeting.

Various suggestions were made regarding better publicizing the Saturday symposium to increase participation. There was a discussion about charging a nominal fee to those attending who are not AGLP members but this was thought not a good idea. A better effort needs to be made to recruit for membership those who attend AGLP events but are not members.

**II. Board and Committee Reports**

**1. Treasurer/ National Office Director-Jim Slayton/Roy Harker**

Jim Slayton could not attend the meeting and Roy submitted the treasurer's report which was accepted by the Council. Roy reported that a \$5000 deficit is projected. Last year there was a \$4000 deficit which Roy financed on his credit card for about six weeks until dues were collected and he was able to pay it off. The Board voted to mail out dues notices in the November Newsletter instead of January in order to avoid this deficit financing.

A long discussion was held about the need to develop a mechanism for forming a budget and budget governing process for the organization. This is necessary and critical because of the growth of the organization, and in order to carefully track expenses and fund raising and for future financial planning. Roy pointed out that organizations offering educational grants often need to see a budget. The Board voted to direct the Treasurer to formulate a yearly budget for the year 2000 which will be discussed and voted on by the Board at the May meeting.

Roy reported that he posted The Advocate's article on AGLP (May issue) on the AGLP website. He has been getting daily requests for psychiatric referrals from around the country from the website. He also announced he has arranged for credit card processing capability for AGLP which will hopefully facilitate members paying dues and help increase membership. He anticipates this costing about \$1300/year.

**2. Residents - Petros Levounis**

Petros reported on planning for the May meeting including a possible workshop for residents on "overt and covert minorities." He is looking into getting a educational grant to help support the workshop and resident activities.

**3. Newsletter Editor - Guy Glass**

Guy reminded everyone of the following deadlines: September 30 for the November issue and November 30 for the following issue. Guy encouraged members to submit book reviews and reminded us we can get free review copies of specific books. He has been frustrated in finding historical material on AGLP to publish for our 20th anniversary. Chris Sekaer suggested several members of AGLP he might interview to get historical information. Chris also brought up the issue of publishing the minutes of AGLP meetings along with the Newsletter on the website. The Council decided that to protect confidentiality the minutes would not be published on the website.

**4. Journal of Gay and Lesbian Psychotherapy - Jack Drescher**

Jack could not attend the meeting. David reported that the final issue under his editorship should be coming out in January. Jack sent word that the initial issue under his editorship should be

ready to send to the publisher before the first of the year.

**5. Women's Committee - Chris Sekaer/Adrienne Schlang**

Chris discussed plans for the May meeting, including various discussion topics for the hospitality suite. Chris plans an announcement in the Newsletter requesting ideas for hospitality suite topics. Leslie offered to host the women's dinner in her home. A separate announcement will be mailed about the AGLP women's dinner. In order to increase women's participation a special membership category is being considered for women non-MD's.

**6. Minority Outreach - Ken Campos/Debbie Carter**

Kenn Ashley reported that the Committee has been discussing ways of increasing participation. They have decided not to have a people of color party but are considering having a combined party with the international group. They are also hoping to have a videoprogram in the hospitality suite.

**7. Early Career Psychiatrists - Rick Imirowicz/Laura Perri**

Rick plans on a meeting/program in the hospitality suite.

**8. Medical Students - Dennis Lin/Adrienne Schlang**

Dennis reported he distributed AGLP brochures at the AMSA convention in March. He announced he is the medical student representative on the Board of GLMA. Adrienne reminded the meeting how important the travel scholarships are in enabling students to attend the meetings. Phil reminded everyone that students have to be a member for six months, and agree to work at the AGLP booth for two hours in order to be eligible for travel scholarships.

**9. Membership Committee - John Gosling/Cheryl Chessick**

John made several proposals to help revitalize the Committee and membership recruitment. Among his ideas is starting a program to recognize those members who recruit more than five members per year, by awarding an "AGLP Recruitment Champion" pin at the closing dinner. He also plans to organize a way of getting the names and addresses of non-members who attend AGLP functions and sending them membership kits. Members could also be encouraged in the Newsletter to request membership kits to share with friends who might want to join.

John has been contacting people who have not renewed membership to try to encourage them to rejoin. One former member in the armed forces felt it was too risky to belong to AGLP while still in the military. Roy requested that the a schedule to run the AGLP booth be made before the meeting opens. Several suggestions were made as to how to accomplish this which John agreed to try.

Phil thanked John for all the work he's putting into reviving the Membership Committee and for his efforts in recruiting new members.

**10. International Members - Kenn Ashley/Gene Nakajima**

Kenn reported there was a large turnout of international members in Toronto and he is hoping that will be true of the Washington meeting. He is planning to have a combined party in Washington for international and people of color members.

Kenn also discussed plans for the World Psychiatry Association meeting in Hamburg, Germany in August 1999. Fifteen proposals were submitted for presentations on GLB issues but only symposia on HIV and AIDS were approved. The WPA has been hostile to G-L issues and a lot of work remains to be done, but some progress is being made.

**11. Psychoanalysis - Paul Lynch/Cary Friedman**

AGLP FALL MEETING MINUTES  
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Paul and Cary were unable to attend the meeting but Paul sent a memo full of news about the group's activities. He mentioned the new books by Jack Drescher and Diana Miller. Cary reports that there was much AGLP-member interest in the psychoanalytic meetings in Toronto.

The latest issue of the journal *Gender and Psychoanalysis* (July 1998) includes a case presentation by Cary with Paul as the moderator of the panel. Paul reports that Ralph Roughton is continuing to push to get the International Psychoanalytic Association to adopt a non-discrimination clause, and has been invited to speak on homosexuality and psychoanalysis at institutes across the country.

At the meeting of the American Psychoanalytic Association in NYC, December, 1998, Paul will chair a Public Forum titled "Homophobia: Analysis of a 'Permissible' Prejudice." He hopes New York members can attend. He's looking for a funding source to pay for professional filming of this forum and creation of a web site for it. Let him know if you have any ideas about finding such funds.

Paul will be running a workshop at "Harvard Psychiatry Day" in November on "Homosexuality and Psychoanalysis." He is also planning the program for a meeting on homosexuality and psychoanalysis/psychotherapy to be held in Aspen during the last weekend of Gay Ski Week (January 29-31, 1999), and can provide more information about it if you call him at 617-247-0630.

12. LAGCAP - Gerry Dabbs/Rob Pinney

Chris Sekaer will be going to the winter meeting in Puerto Rico and will discuss plans for the May meeting with Gerry and Rob.

At this point in the meeting Margery Sved visited and spoke about the candidates nominated for APA President and Vice-President. Dr. Lawrence Stone, one of the candidates for president then paid a visit to the meeting and introduced himself and spoke briefly.

13. HIV-Affected - John O'Donnell

John reported that the underwriter of the APA disability insurance went bankrupt, leaving those covered and on disability like himself without coverage. Income ceased the end of May without any warning. John will write an article for the Newsletter and attempt to find out how many others are affected and attempt to rectify the situation with the APA which now has a new carrier. He and others will likely need and ask for the support of AGLP members in their efforts to negotiate with the APA in finding a solution to this problem.

Dr. Daniel Borenstein, another candidate for APA president, visited the meeting to introduce himself. He emphasized his personal experience with cultural diversity and commitment to human rights.

III. Report from Committee on Lesbian, Gay & Bisexual Issues - Lowell Tong

Leslie gave the report on this Committee. The revised position statement on Reparative Therapy has been resubmitted to the JRC (Joint Reference Committee) and will hopefully be accepted. A report on gay marriage was submitted to the Council on National Affairs. The fact sheet on GLB issues is undergoing a revision and will include a section on reparative therapy. The committee is working on a workshop on gay issues and educating the general psychiatrist which will cover many issues.

IV. Report from the Caucus of Gay, Lesbian & Bisexual Psychiatrists - Phillip Cushman

One of the issues being discussed in the Caucus is whether the

APA should collect certain demographic data, including sexual orientation, to use in consideration of making appointments to committees in the APA and to enhance minority representation. The Council felt that revealing this kind of information should be an option of the individual.

V. Formation of Nominating Committee

Kenn Ashley agreed to serve on the Nominating Committee but declined to head the Committee. Phil will consult with Dan to come up with other names for the Committee. John Gosling reminded the Council to be sure and follow the bylaws when holding the election.

VI. Psychiatric Institute in Los Angeles

Gene Nakajima sent a memo about the Los Angeles meeting which he asked to be posted on the website. AGLP plans many social and educational activities at the meeting.

VII. Psychiatric Institute in New Orleans

Report on plans for the New Orleans meeting will be presented at the May meeting in Washington.

VIII. New Business

A. Phil presented Dan's ideas about creating a new membership category, Affiliated Member, for people interested in our work and being on the mailing list, but who are not psychiatrists. After much discussion of membership fee structure it was decided not to create a new membership category since we have a Newsletter-only membership category already at \$20/year which allows non-psychiatrists to join and to participate in AGLP activities.

B. Phil brought up the possibility of forming a closer affiliation with GLMA, mentioning possible benefits of combining infrastructures and enhancing membership and fund raising. There ensued a long discussion about possible benefits and disadvantages. This issue will be discussed further in future meetings.

C. Roy introduced the need for an employment review of his job performance as national Office Director. It was decided a committee of three members appointed by the President will carry out the review.

D. David Scasta brought up a legal issue, explaining that the AGLP Council should be renamed the "Board of Directors" since legally the Council has oversight responsibilities of the officers of the organization. According to the bylaws the Board of Directors consists of the Executive Committee, the head of each AGLP committee, and five others who may be appointed. Because of this legal structure there is some limited legal liability with holding office and in heading AGLP committees.

The increased dues structure goes into effect in 1999 as previously announced.

David Scasta thanked Phil for filling in for Dan and doing an excellent job. Mary Barber adjourned the meeting at 4:00p.m.

Respectfully submitted,  
Richard Hire, M.D.  
Secretary, AGLP

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Women's Committee Co-Chairperson, Chris Sekaer, M.D. with John Gosling, M.D. our new Membership Committee Co-Chairperson, at the Friday night reception.



Drs. Lowell Tong and Phil Bialer enjoying the preconference dinner



Richard Hire, M.D., AGLP's new Secretary

## Snapshots from the Washington meeting...



Lawrence A. Stone, M.D., candidate for APA President-Elect visited our group in Washington



Daniel B. Borenstein, M.D., was the second candidate for APA President-Elect to address us



## GAY WIDOWERS: LIFE AFTER DEATH OF A PARTNER

Michael Shernoff, MSW, Editor

Harrington Park Press, 1997

reviewed by Dan Hicks, M.D.

Michael Shernoff is one of the pioneers and heroes in mental health throughout the AIDS epidemic. The loss of his partner to AIDS caused him to look for help in trying to work through the grief and pain, and there was very little out there. So he began talking to people about their experiences, and compiled their stories into this powerful journal. Many of us have had significant grief and loss in the last twenty years, but understanding how to help men recover from the loss of their spouse has not yet been documented.

These are personal accounts by Shernoff, and other well-known widowers: Craig Lucas the playwright (*Prelude to a Kiss*); Don Bachardy, Christopher Isherwood's lover; Winston Wilde, Paul Monette's lover; and Phill Wilson, AIDS activist. But there is a cross section of stories from less well-known persons of various ages, races, religious and ethnic backgrounds, and length of relationships. Besides the pain and despair, there is much humor and irony, as only gay men can spin a tragic situation. Some people got stuck in grief and mourning, others had to find a completely new path for themselves.

The focus of the stories was to be about the survivors and their journeys; yet all first had to talk about their partner and their relationship, even if it had been many years ago. For some, it was too painful for them to do; others found it cathartic, and helpful to focus on themselves and how they felt, instead of their loved one. Shernoff then steps back and tries to find some commonalities to help others understand the special grieving of gay men for their partners. He discusses widowerhood as a stage of identity like coming out; he looks at the effects of homophobia and how it can keep widowers from getting traditional support in grieving. He points out the intensive and unrelenting grief of those losing friends and partners in the AIDS epidemic, and he talks about comparing grief work to trauma work. He looks at the importance of support, and tries to differentiate normal grief from pathological grief and depression which some of the writers seem to show. But the main point he talks about is how to help people consolidate and move on with their lives, hopefully stronger for having this love in their life.

Many of the stories are poignant and moving, some more histrionic, some of the partners together for only a short time seem more affected than those together for years. This is not a complete analysis, but hopefully it is a place to start to understand another important stage of gay male development, one that has been foisted on many of us far earlier than expected due to AIDS.

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ANNOUNCEMENTS

**R**ichard Isay, M.D. received the Winfred Scott Award at the National Lesbian and Gay Health Conference in San Francisco, July 28, 1998, "in recognition of outstanding contributions and his selfless approach to health care, education and activism on behalf of the lesbian and gay community."

**T**he E-Directory helps lesbigay and transgendered scholars connect regarding ongoing manuscripts, conferences and other scholarly projects. To be included, contact Louie Crew at lcrew@newark.rutgers.edu for further information. The directory's web page can be accessed at [http://newark.rutgers.edu/~lcrew/lbg\\_edir.html](http://newark.rutgers.edu/~lcrew/lbg_edir.html).

**T**he Department of Psychiatry at the School of Medicine, University of California, San Francisco has an opening for a psychiatrist to serve as a clinician-teacher at San Francisco General Hospital, a major teaching hospital of UCSF. The position is in the Clinical series at the Clinical Instructor or Assistant Clinical Professor level, and is available on or before July 1, 1999. The position is Unit Chief Attending Psychiatrist on the HIV and Gay/Lesbian Issues Inpatient Unit. The ideal candidate would be a board-certified or board-eligible psychiatrist, with a commitment to an academic career as a clinician-teacher, and demonstrated interest, commitment, and cultural competence in working with underserved and culturally diverse populations. Must possess documented experience and interest in working with HIV and lesbian/gay issues. California license is essential. Applications must be received by January 1, 1999. Please send letter of interest, resume, and names, addresses and telephone numbers of three references to Mark Leary, M.D., Search Committee Chair, c/o Susan Brekhus, Department of Psychiatry - Room 7M36, San Francisco General Hospital, 1001 Potrero Avenue, San Francisco, CA 94110. UCSF is an Equal Opportunity/Affirmative Action Employer. The University undertakes affirmative action to assure equal employment opportunity for underutilized minorities and women, for persons with disabilities, and for Vietnam-era veterans and special disabled veterans.

**T**he Department of Psychiatry and Behavioral Science at Emory University School of Medicine announces postdoctoral fellowships for PGY-5 psychiatry residents available as part of their recently funded NIMH HIV/AIDS Clinical Research Training Program. The fellowship will provide broad research training in the HIV/AIDS mental health arena, as well as specialized training along one of three pathways: applied mental health research, behavioral interventions research, and research linking basic science investigations to the clinical arena. Fellows work with primary and secondary mentors representing program faculty from Emory University School of Medicine, Rollins School of Public Health, Yerkes Regional Primate Research Center, US Centers for Disease Control and Prevention, and Georgia State University. For further information and application materials, please contact: J. Stephen McDaniel, M.D., Eugene W. Farber, Ph.D, Co-Directors, Emory HIV/AIDS Clinical Research Training Program, Grady Infectious Disease Program, 341 Ponce de Leon Avenue, Atlanta GA 30308. Phone 404-616-6612. Emory University is an equal opportunity employer.

Wanted!

Archival material, photos of AGLP events, reminiscences, for projected Newsletter article celebrating AGLP's 20th Anniversary.

Please contact Guy Glass, Editor, or Roy Harker, Office Director,

as

soon

as

possible...

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## Getting the help you need

A sane approach to choosing the best possible therapist

By Marian Jones

When Steve, a 32-year-old gay man in California, sought therapy, it wasn't because he had a problem with his sexual orientation. He had other issues to work on. But unfortunately, the therapist provided by his health plan did have a problem with it. "I wasn't even seeing him regarding any gay issue at all," Steve recounts. "Yet he seemed to want to bring that up often as though it was the 'root' of all my problems."

Jodie, a 30-year-old lesbian playwright in New York, encountered a similar obstacle a few years ago when she went to therapy to sort out her career ambitions. "Whenever I would talk about a woman I was seeing, my therapist would ask me, 'Why can't you just be friends with these girls?'"

These negative experiences are all too common among gay men and lesbians who seek mental health services, according to a recent national survey. The survey, conducted last year by Nancy Nystrom, a University of Washington doctoral candidate, found that 46% of gay men and lesbians encountered a homophobic therapist when seeking help. Fully 34% reported that the therapist refused to acknowledge their sexual orientation of

dismissed it as a "fad," and 10% saw therapists who attempted to "cure" them of their homosexuality.

How do you avoid such non-therapeutic experiences and get the help you really need? The key is to look in the right places and ask the right questions. Although it may seem unnatural to hunt for a therapist the same way you would shop for a new car it's not really that different: In both cases it's about doing the research, taking test drives, and choosing a product that's going to help you move forward.

Here are some guidelines to help you decide whether a certain therapist will provide you with the gay-affirmative care you need:

- **Ask to see a license.** Many local gay newspapers contain ads for therapists who specialize in gay, lesbian, and bisexual issues. But anyone can legally advertise as a therapist—even a person with no training, no license, and no idea of how to help you. If a therapist does not have a license, he or she is not bound by laws that protect the confidentiality of your therapy records. Licensed therapists are bound these laws and can be sued for malpractice if they reveal anything to almost anyone—including a court of law—without your consent. It is important to make sure any therapist you see is licensed, says Beverly Greene, a clinical psychologist and coeditor of *Contemporary Perspectives on Lesbian and Gay Psychology*. There are three main types of licensed therapists: social workers, who have at least a master's degree in social work; psychologists, most of whom have a doctorate in psychology; and psychiatrists, who have graduated from medical school and have completed at least four years of psychiatric residency. Psychiatrists are the only therapists certified to prescribe medication.

- **Cause trouble.** Don't be afraid to ask directly about a therapist's views of homosexuality. "It's a reasonable question to ask the therapist what he or she thinks causes people to be gay," says Richard Isay, a gay psychoanalyst and author of *Becoming Gay: The Journey to Self-Acceptance*. "If a therapist says that becoming gay is caused by a poor relationship with the mother or the father, this should be a clue to a patient that this

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therapist views homosexuality as a pathology.” Even if the therapist says he or she knows what causes homosexuality and gives reasons that are not negative, this could still be a warning sign, Greene says: “After all, we don’t even know what causes heterosexuality.”

- **Check background.** Just because a therapist is gay does not mean he or she will be a good therapist. What’s more important is whether a therapist has had any formal training in dealing with gay and lesbian clients. In addition to asking about the extent of this training, Greene suggest you ask whether the therapist has gone to seminars, taken continuing education courses, or had other exposure to gay and lesbian issues, to see if the therapist is up-to-date on these matters.

- **Ask about experience treating gay men and lesbians.** It is also important to inquire about how long the therapist has treated gay clients and what portion of his or her practice is gay or lesbian. Just because therapists say they work with gay and lesbian issues does not mean that they have any gay or lesbian clients. This is one of the first things Lena, a 36-year-old from New York, brings up with a potential therapist on the phone: “I say, ‘Tell my about your experiences working with queer women.’” If she hears the therapist gulp on the other end, Lena knows she has not found a match.

- **Prioritize your issues.** Many gay and lesbian people go to therapy for other issues besides their sexual orientation. It may be difficult to find a therapist who has experience with all your issues, so it’s helpful to decide which ones are of primary importance. “Before you go into the office, list ten things that are important to you in a therapist, and then pick the top three,” advises Robert E. Penn, author of the *Gay Men’s Wellness Guide*. “You don’t want to set up a test that every potential therapist will fail.”

- **Ask about areas of expertise.** If you are dealing with issues other than your sexual orientation, you may find yourself working with a straight therapist whose expertise lies in these area. “It’s almost like, ‘Who are you gong to hire, a gay plumber or the plumber who is going to fix your sink?’” Jodie asks. On the other hand, when a therapist does not know about the gay community or gay-related issues,

“there are a lot of blind spots which he or she may not recognize,” says Dan Hicks, a psychiatrist at PRIDE Institute, a Washington, D.C.-based chemical dependency treatment facility focusing on gay clientele. If you are having difficulty with homophobia at work or in your community and coping with these problems in self-destructive ways, “it does make a big difference to go to a therapist who knows about these issues,” Hicks says.

- **Be willing to change therapists.** Many therapists won’t tell you their sexual orientation when you first meet them. “Sometimes there are good reasons why a therapist doesn’t want to reveal [this] right away, until he has an opportunity to explore what the patient’s views are on what it means to have a gay or straight therapist,” Isay says. “If after a reasonable period of time, the therapist still continues to say ‘I will not tell you’ and feels to [you] to be withholding or even mean about it, I think [you] should leave.”

- **Find out if your HMO is homo-friendly.** If you are seeing a therapist through your health plan, your choices may be limited to therapists in your network and not many health plans have therapists who are identified as gay or gay-affirmative in their networks, says Armand Cerbone, a gay Chicago psychologist. Additionally, your therapy records may not be confidential if your managed care company is paying for the therapy. As many as 70 people at the managed care company can have access to your psychotherapy records, according to Cerbone. Sometimes a client’s employer can even get access to these records, depending on the relationship between the employer and the health plan. For clients who do not want sensitive information about their sexual orientation known by anyone outside the therapist’s office, this can be a major obstacle—one that might make you think about paying out-of-pocket. Many therapists are willing to accept payment on a sliding scale, and some offer free therapy to people living with HIV or AIDS.

- **Trust your gut.** The bottom line is to find someone you feel comfortable talking to or at least feel you can work with, experts agree. •



GETTING THE HELP YOU NEED  
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## Referral services

While a gay-friendly therapist often can be found through a tip from a friend, many people do not feel comfortable bringing this issue up with friends. Fortunately there are several mental health association that offer referrals:

- The Association of Gay and Lesbian Psychiatrists has a national directory of 600 gay-affirmative psychiatrists. Call (215)925-5008 or E-mail isaglpnat@aol.com. (sic)
- The National Association of Social Workers has lesbian and gay-friendly staff members who can cross-reference gay-affirmative therapists with ones who specialize in certain other areas. Call (800)638-6799, ext. 291.
- The state psychological associations of Arizona, Connecticut, California, Georgia, Iowa, Illinois, Maryland, Maine, New Jersey, New York, Ohio, Vermont, Washington State, and Washington, D.C., can make referrals for gay-affirmative therapists. Call the American Psychological Association at (202)336-6500 for individual numbers.
- The PRIDE Institute is an excellent resource, especially for addictions-related treatment. Call (800)54PRIDE.
- 1-800-THERAPIST, a private service that therapists pay to be listed with tested out well in terms of going the extra-mile to refer gay clients to gay therapists in a large metropolitan area. Because this referral service is not specifically gay, however, you must request a gay- or lesbian-affirmative therapist to get one.

HIV-AFFECTED PSYCHIATRIST'S COLUMN  
CONTINUED FROM PAGE 7

to vent my anger and disappointment with our professional organization.

I had hoped that the APA might be able to negotiate with their new carrier to pick up the relatively small number of us compared to the market of the entire membership. At the Fall Meeting, I learned from a staff member that the APA no longer offers disability insurance. The conversion previously offered had been tied to the AMA policy and had been time-limited.

The most recent information that I have is that if your benefit is likely to exceed the dollar limit available through your state Guaranty Association, you need to file a "Proof of Claim" with Centennial Life Insurance Company in Liquidation before June 1999. The appropriate form can be obtained from the office of the Liquidator at (800) 423-3754. Whether you may receive any further benefit will be dependent upon review of your claim and the outcome of legal proceedings associated with and/or stemming from the liquidation of Centennial. The outcome of the legal proceedings is not likely to be known for 2-3 years.

John H. O'Donnell, M.D.  
Chair, Committee on HIV-Affected Psychiatrists  
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Houston, TX 77007  
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• • •

CGLBP COLUMN  
CONTINUED FROM PAGE 4

Phil and I will be representing the Caucus at the APA Assembly meeting Nov. 6-8. We have received copies of 40 Action Papers that are likely to be discussed and voted on by the Assembly, but won't have the final versions until just before the November gathering. However, if anyone wants the list, or wants to know how we might vote on a particular issue that you are aware of, please contact me or Phil.

A summary of these Action papers will also appear on the APA members list serve, Member to Member. I would highly recommend that anyone with email access who wants to know better what your APA does for you join this list serve (you will quickly learn what to delete without reading!!). To join, send a message from the email account that you want mail sent to: webmaster@psych.org with the message saying you want to subscribe to Member to Member (or Mem2Mem), with your name, address, District Branch, and APA member number. You will be responded to within a few days, and then of course will get more mail than you want.

Feel free to contact me with questions, comments, etc. I will try to have a column in every *Newsletter*, so next time you can expect a summary of the November APA Assembly meeting.

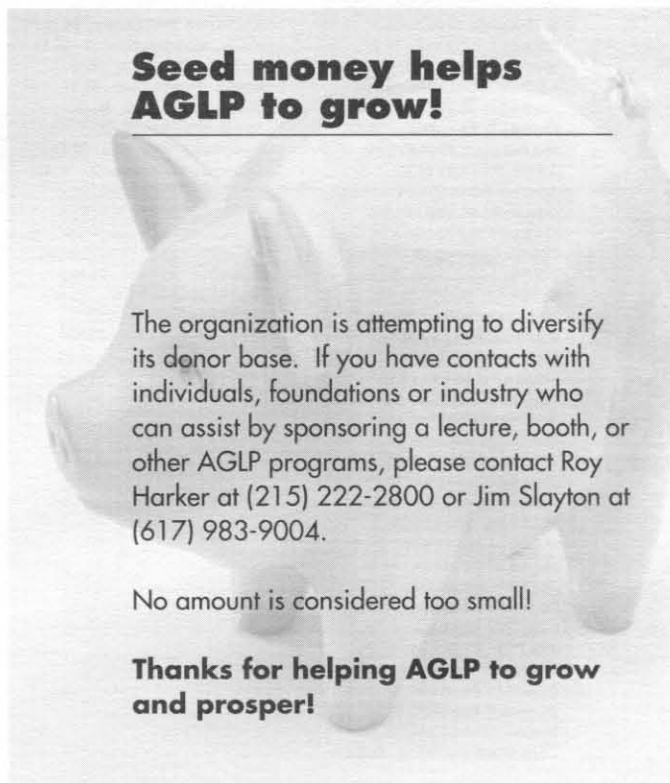
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## Seed money helps AGLP to grow!

The organization is attempting to diversify its donor base. If you have contacts with individuals, foundations or industry who can assist by sponsoring a lecture, booth, or other AGLP programs, please contact Roy Harker at (215) 222-2800 or Jim Slayton at (617) 983-9004.

No amount is considered too small!

**Thanks for helping AGLP to grow and prosper!**



THANKS TO THE FOLLOWING MEMBERS WHO HAVE JOINED AT THE SPONSOR AND PATRON LEVEL, AND TO THOSE MEMBERS AND FRIENDS OF AGLP WHO HAVE CONTRIBUTED TO THE STUDENT TRAVEL FUND

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**MEMBERSHIP COMMITTEE COLUMN**  
 CONTINUED FROM PAGE 5

As a reminder to members about the advantages of AGLP membership, a brief summary follows:

- AGLP *Newsletter* published quarterly to keep members updated on the functioning of the organization, to post notices of upcoming events and to publish book reviews and articles of interest to members. Included is a free subscription to the *Journal of Gay and Lesbian Psychotherapy* for all full and associate members.

- A full schedule of seminars and discussion groups (including a video presentation) by invited guest speakers and AGLP members during the annual meeting of the APA.

- Various social gatherings (including an opening reception, a women's dinner, a lunch for residents and medical students, a gathering for minority groups and international guests, and a closing dinner) and a hospitality suite at the annual APA meeting and other psychiatric meetings.

- Referrals from patients seeking psychiatric treatment from AGLP members.

- An opportunity to become more involved in influencing APA policies relevant to the lesbian and gay community.

- Becoming part of an extended network of lesbian, gay and bisexual colleagues where new friendships can be formed, where we can celebrate our diversity together and where we can stay abreast of the cutting edge of creative thinking on clinical and/or theoretical issues relevant to our community.

A recent article in *The Advocate* [Eds.Note: reprinted in this issue] on AGLP has generated many new requests for referrals and membership. Anyone who has contacts at any of the other lesbian and gay publications that may be interested in publishing an article on AGLP, please contact Roy Harker or Dan Hicks.

Anyone interested in serving on the Membership Committee, please contact either Cheryl Chessick (303-757-2713; e-mail: cherylc@nilenet.com) or John Gosling (212-627-8544; e-mail: JGandros@aol.com) - we will be delighted to involve you more directly in membership activities including the following:

- Attending a planning meeting during the next APA Annual Meeting in Washington, D.C. in May 1999.

- Organizing and facilitating the staffing of the AGLP booth during the APA meeting.

- Hosting the Opening Reception and Closing Dinner and listing names and addresses of non-members who will be sent membership packages and encouraged to join AGLP.

- Input and creative ideas on how to increase our membership (especially ways to make it more attractive for women to join AGLP).

To obtain membership materials to share with your friends, contact Roy Harker at 215-222-2800

• • •



**AGLP Membership Application Form**

Name: \_\_\_\_\_

Degree: \_\_\_\_\_ Preferred first (nick) name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Country: \_\_\_\_\_ Membership Status: \_\_\_\_\_

PATRON - \$500, SPONSORING MEMBER - \$250, FULL MEMBER - \$150.00,  
 ASSOCIATE MEMBER - \$150.00, RESIDENT - \$30.00, MEDICAL STUDENT - \$15.00,  
 NEWSLETTER ONLY - \$20.00, INTERNATIONAL (OUTSIDE OF US AND CANADA) - \$40.00 US

Date membership status changes: \_\_\_\_\_

Are you a member of the American Psychiatric Association?  
 Yes  No

Special Instructions: \_\_\_\_\_  
 (e.g. label "Personal")

Do you want your name and address listed in a NON-CONFIDENTIAL directory of AGLP members?  
 Yes (Initial) \_\_\_\_\_  No

Do you want to be a NON-CONFIDENTIALLY LISTED referral source?  
 Yes (Initial) \_\_\_\_\_  No

If yes, fill in office address and phone number and list specialty information below.

**OPTIONAL**

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Ethnicity: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Office Phone: \_\_\_\_\_

fax: \_\_\_\_\_ e-mail address: \_\_\_\_\_

Home Address: \_\_\_\_\_  
 \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Office Address: \_\_\_\_\_  
 \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Speciality: \_\_\_\_\_

I wish to pay by  Check  VISA  MasterCard  AMEX

CARD NO. ■■■■■ ■■■■■ ■■■■■ ■■■■■ ■■■■■

EXP. DATE: ■■■■■

SIGNATURE: \_\_\_\_\_

Make check out to "AGLP" and mail to:  
 Roy Harker, 4514 Chester Avenue, Phila., PA 19143-3707

**APPLICATION FORM**

Caucus of Lesbian, Gay & Bisexual Psychiatrists

American Psychiatric Association

(CLGBP is the official APA minority caucus for lesbian, gay and bisexual psychiatrists. Membership lists are maintained by the APA; confidentiality is not assured. Membership is free.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

\* APA Membership Status: \_\_\_\_\_

Please enroll me in the Caucus of Lesbian, Gay & Bisexual Psychiatrists.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Send this form to: Office of Membership  
 American Psychiatric Association  
 1400 K Street, NW  
 Washington, DC 20005

\* Member-In-Training, General Member, Fellow, Life Member, Life Fellow