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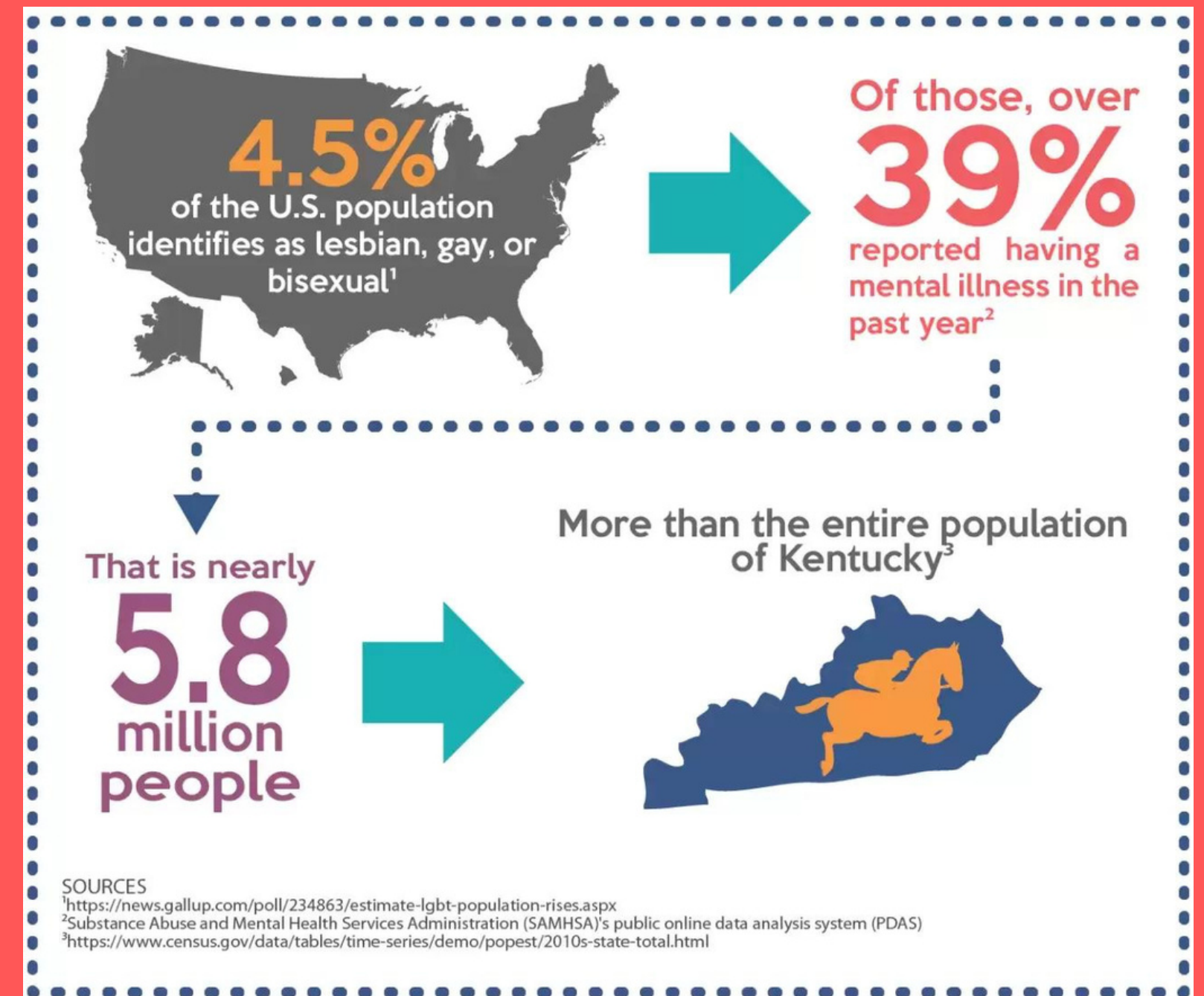
LGBTQ+ Representation in OCD Treatment

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The Intersection of LGBTQIA+ & OCD

- Both LGBTQIA+ and OCD identities are stigmatized
 - Added layers of stigma & marginalization foster isolation & worsen mental health
- Being queer presents additional barriers to diagnosis & treatment
- Lack of inclusive representation and research
- Lack of affirming clinicians



Being Queer With OCD

- Queer folks doubted in treatment or made to feel "too much" due to intersecting identities
- Stereotypes & microaggressions in therapy
- Lack of safe spaces for queer folk with OCD
- Stigmatizing language & exposures
- Attempts to "convert" queer clients

LGBTQIA+ respondents experiencing discrimination from a mental health professional



QPOC respondents experiencing discrimination from a mental health professional



Transgender & nonbinary respondents experiencing discrimination from a mental health professional



Avoiding Microaggressions

"Microaggressions are defined as the everyday, subtle, intentional – and oftentimes unintentional – interactions or behaviors that communicate some sort of bias toward historically marginalized groups."

- Kevin Nadal

Psychologist, Author, Professor, Activist

- Calling SO OCD + GI OCD taboo
- Only discussing SO + GI obsessions from a cis, hetero perspective
- Having clients do exposures that harm LGBTQIA+ folks
- Only including cis, hetero folks in "OCD protection" conversations
- Saying "I'd rather die than be gay" while triggered

Sexual Orientation & Gender Identity Obsessions

- SO OCD and GI OCD also affect queer folks, but aren't talked about enough (double erasure)
- Are not indicative of having made the "wrong" choice
- Are different & distinct from real doubts around identity
- Can negatively impact finding queer community & exploring sexual/gender identity
- Can delay/prevent seeking treatment (with OCD, gender-affirming care, etc.)

Obsessions not talked about enough that impact queer folks:

What if i'm not gay and I am lying to everyone?

What if i'm not actually transgender?

What if I am not truly bisexual because i'm dating someone of the opposite sex/gender?

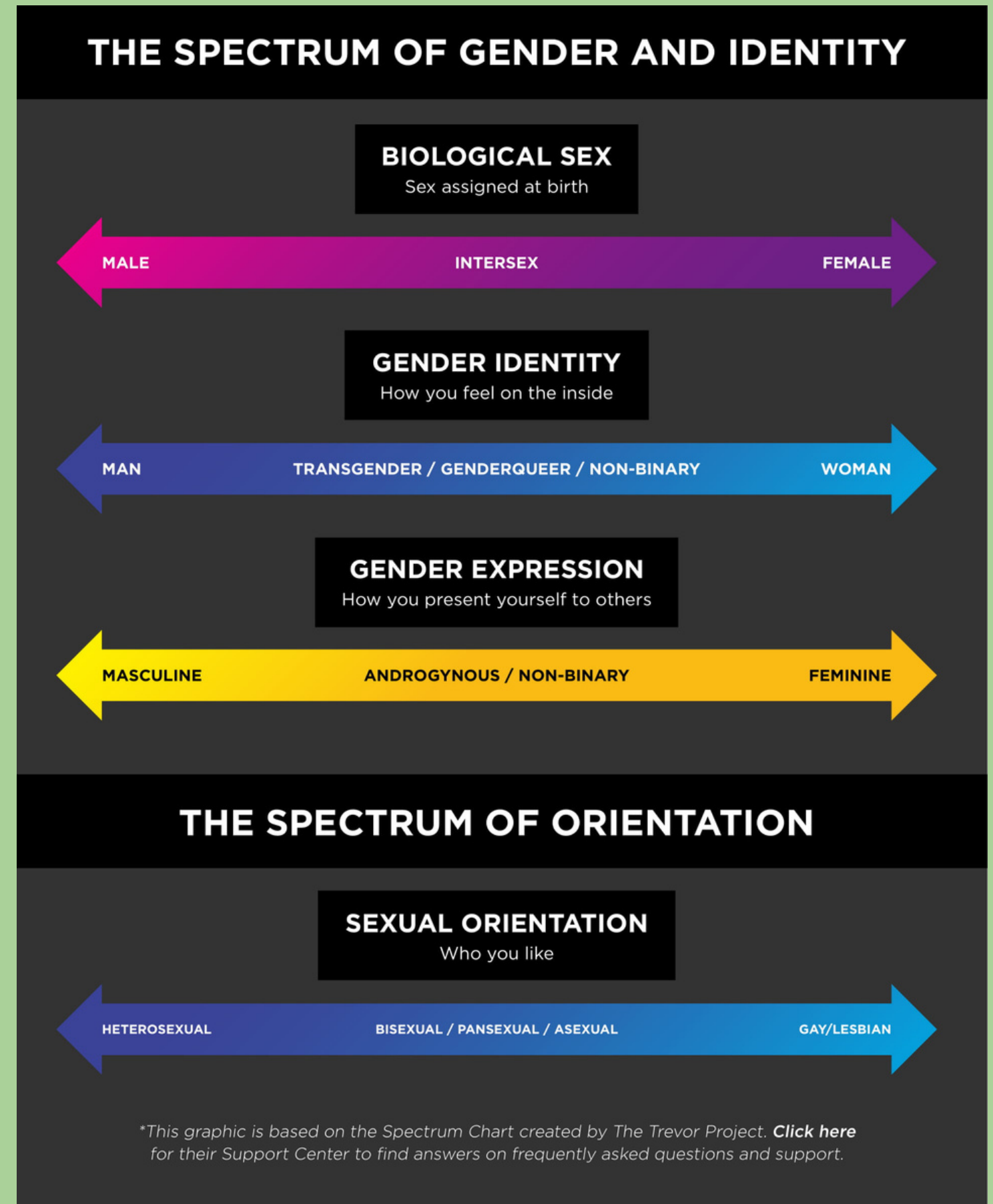
Am I saying I am queer for attention?

What if I am not transgender and i'm harming the LGBTQIA+ community?

What if I have been straight all along?

Sexual & Gender Fluidity

- We can experience shifts in our attractions, identity labels, & sexual behavior at any time
- Exploring this fluidity can be values-driven & beneficial
- Fluidity is normal and we can embrace the uncertainty while exploring the experiences & labels that bring us joy
- OCD does not mean we don't get to know our sexual orientation/gender identity in the now



Exposures for SO & GI OCD

- Should target the core fear
 - fear of not being authentic
 - fear of making the wrong choice
- Should not marginalize or stigmatize the queer community
 - keep safe spaces for queer folks safe
 - be careful of microaggressions & stereotypes
- Inappropriate exposures:
 - Having a client go to a gay bar and ask for a queer person's number
 - Having a client strut down the street to "appear gay"
 - Having a client talk to gay people on dating apps



Is it Homophobia/Transphobia?

- SO/GO obsessions aren't inherently indicative of homophobia/transphobia
- OCD can latch onto any belief including homophobia or transphobia
- Internalized homophobia may be present and need to be worked through
- Advocacy entrenched in language that pathologizes queerness harms the community
 - "I'd rather die than be gay"
 - "These transgender thoughts are disgusting"
- Calling SO + GI obsessions taboo can contribute to homophobia, transphobia, and overall stigma

TRANS RIGHTS ARE
HUMAN RIGHTS ♥

Finding a Queer-affirming Clinician / Resources

- IOCDF Find Help directory
 - Find an OCD specialist near you
 - Vet them to assess whether or not they are queer-affirming + gender-affirming
- Questions To Ask:
 - What kind of resources do you keep up with re: LGBTQIA+ issues?
 - What percentage of your caseload is LGBTQIA+?
 - What would your treatment look like for me?
 - How is your care queer-affirming and gender-affirming?



QUESTIONS?



Internalized homophobia

The way folks talk about SO GO obsessions

“Id rather die than be gay”

2 things can be true- OCD can latch onto homophobia and not all folx with so ocd are homophobic

Bisexuality and OCD
Nonbinary
Bi erasure

Culture and queerness

SO and GO is not taboo

Nuance here we don't want to folks to come out before they're ready

a clinicians should not introduce these topics as taboo-obsessions around gender s you identify with or are attracted to are not taboo

being queer is not wrong

our identities are not wrong or bad

OCD and the experience of it are not homogenous.

One experience is overrepresented.

Need more queer representation.