



Practice Guidelines for LGB Clients

Guidelines for Psychological Practice with Lesbian, Gay, and Bisexual Clients

About The Guidelines

The Guidelines for Psychological Practice with Lesbian, Gay, and Bisexual Clients were adopted by the APA Council of Representatives, February 18-20, 2011 and replace the original Guidelines for Psychotherapy with Lesbian, Gay, and Bisexual Clients adopted by the Council, February 26, 2000, and which expired at the end of 2010. Each of the 21 new guidelines provide an update of the psychological literature supporting them, include a section on "Rationale" and "Application," and expand upon the original guidelines to provide assistance to psychologists in areas such as religion and spirituality, the differentiation of gender identity and sexual orientation, socioeconomic and workplace issues, and the use and dissemination of research on LGB issues. The guidelines are intended to inform the practice of psychologists and to provide information for the education and training of psychologists regarding LGB issues.

The following links go to the page that includes the particular section, guideline, or accompanying document:

Introduction

Attitudes Toward Homosexuality and Bisexuality

Guideline 1. Psychologists strive to understand the effects of stigma (i.e., prejudice, discrimination, and violence) and its various contextual manifestations in the lives of lesbian, gay, and bisexual people.

Guideline 2. Psychologists understand that lesbian, gay, and bisexual orientations are not mental illnesses.

Guideline 3. Psychologists understand that same-sex attractions, feelings, and behavior are normal variants of human sexuality and that efforts to change sexual orientation have not been shown to be effective or safe.

Guideline 4. Psychologists are encouraged to recognize how their attitudes and knowledge about lesbian, gay, and bisexual issues may be relevant to assessment and treatment and seek consultation or make appropriate referrals when indicated.

Guideline 5. Psychologists strive to recognize the unique experiences of bisexual individuals.

Guideline 6. Psychologists strive to distinguish issues of sexual orientation from those of gender identity when working with lesbian, gay, and bisexual clients.

Relationships and Families

Guideline 7. Psychologists strive to be knowledgeable about and respect the importance of lesbian, gay, and bisexual relationships.



Guideline 8. Psychologists strive to understand the experiences and challenges faced by lesbian, gay, and bisexual parents.

Guideline 9. Psychologists recognize that the families of lesbian, gay, and bisexual people may include people who are not legally or biologically related.

Guideline 10. Psychologists strive to understand the ways in which a person's lesbian, gay, or bisexual orientation may have an impact on his or her family of origin and the relationship with that family of origin.

Issues of Diversity

Guideline 11. Psychologists strive to recognize the challenges related to multiple and often conflicting norms, values, and beliefs faced by lesbian, gay, and bisexual members of racial and ethnic minority groups.

Guideline 12. Psychologists are encouraged to consider the influences of religion and spirituality in the lives of lesbian, gay, and bisexual persons.

Guideline 13. Psychologists strive to recognize cohort and age differences among lesbian, gay, and bisexual individuals.

Guideline 14. Psychologists strive to understand the unique problems and risks that exist for lesbian, gay, and bisexual youth.

Guideline 15. Psychologists are encouraged to recognize the particular challenges that lesbian, gay, and bisexual individuals with physical, sensory, and cognitive-emotional disabilities experience.

Guideline 16. Psychologists strive to understand the impact of HIV/AIDS on the lives of lesbian, gay, and bisexual individuals and communities.

Economic and Workplace Issues

Guideline 17. Psychologists are encouraged to consider the impact of socioeconomic status on the psychological well being of lesbian, gay, and bisexual clients.

Guideline 18. Psychologists strive to understand the unique workplace issues that exist for lesbian, gay, and bisexual individuals.

Education and Training

Guideline 19. Psychologists strive to include lesbian, gay, and bisexual issues in professional education and training.

Guideline 20. Psychologists are encouraged to increase their knowledge and understanding of homosexuality and bisexuality through continuing education, training, supervision, and consultation.

Research

Guideline 21. In the use and dissemination of research on sexual orientation and related issues, psychologists strive to represent results fully and accurately and to be mindful of the potential misuse or misrepresentation of research findings.



服務 LGB 當事人的實務指導守則

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服務 LGB 當事人的心理實務指導守則

指導守則說明

本服務 LGB 當事人的心理實務指導守則為 APA 理事會於 2011 年 2 月 18 至 20 日期間所正式通過，並取代原於 2000 年 2 月 26 日理事會通過的指導守則。

這 21 條新指導守則提供具心理學文獻基礎的更新內容，包括「基本原理」、「應用」等段落拓展原指導守則，並提供心理學家在信仰與靈性、性別認同與性取向差異、社會經濟及職場議題、LGB 研究運用與散佈等領域的支持。

此指導守則有意於提醒心理學家實務、LGB 議題教育訓練等資訊。

對待同性戀及雙性戀的態度

- 守則 1：心理學家致力於了解污名化的影響（例如：偏見、歧視與暴力）及女／男同性戀者、雙性戀者生活中各方面的、跟隨脈絡的表現。
- 守則 2：心理學家認為女／男同性戀與雙性戀等性傾向不是心理疾病。
- 守則 3：心理學家認為同性吸引、感覺、行為是人類正常的情慾。改變性取向的工作既無效且不安全。
- 守則 4：鼓勵心理學家去體認自身對於女／男同性戀與雙性戀的知識與態度，可能在評估與處遇中關係重大，並鼓勵他們尋求諮詢或在指示下作適當的轉介。
- 守則 5：心理學家致力於體認雙性戀個別獨特的經驗。
- 守則 6：心理學家在和女／男同性戀及雙性戀當事人工作時，致力於區辨性取向與性別認同。

關係與家庭

- 守則 7：心理學家致力於充實關於女同性戀、男同性戀與雙性戀關係重要性方面的知識，並且給予尊重。
- 守則 8：心理學家在面對女同性戀、男同性戀與雙性戀家長時，致力於了解家長的經驗與挑戰。
- 守則 9：心理學家體認到女／男同性戀與雙性戀所組成的家庭，可能包含非法律與血緣關係的成員。
- 守則 10：心理學家致力於瞭解個人女／男同性戀或雙性戀取向，可能會對他／她的原生家庭以及與原生家庭的關係可能有影響。



多元文化議題

- 守則 11：心理學家致力於體認到各種族、族群的女／男同性戀與雙性戀者，面對文化規範、價值與信念各種挑戰的複雜與常見衝突。
- 守則 12：鼓勵心理學家考慮女／男同性戀與雙性戀者生活中的信仰及靈性議題。
- 守則 13：鼓勵心理學家考慮女／男同性戀與雙性戀者的世代與年齡差異。
- 守則 14：心理學家致力於瞭解存在於女／男同性戀與雙性戀青年間獨特的問題與危機。
- 守則 15：鼓勵心理學家認識肢體、感官、認知情緒障礙的女／男同性戀與雙性戀可能會遭遇到的特定挑戰。
- 守則 16：心理學家致力在女／男同性戀與雙性戀個人及社群生活中 **HIV/AIDS** 的影響。

經濟與職場議題

- 守則 17：鼓勵心理學家認識考慮社經位置如何影響女／男同性戀與雙性戀當事人的心理福祉。
- 守則 18：心理學家致力了解女／男同性戀與雙性戀者的特殊職場議題。

教育及訓練

- 守則 19：心理學家致力於在專業教育與訓練中融入女／男同性戀及雙性戀議題。
- 守則 20：鼓勵心理學家透過繼續教育、訓練、督導及諮詢，增進對於同性戀與雙性戀的知識與認識。

研究

- 守則 21：在運用及散佈性取向及相關議題研究時，心理學家致力於完整及準確地描述研究成果，並謹記研究發現可能被誤用及不當發表。