

The Importance of Cultural Humility and Allyship: Supporting LGBTQ+ Jewish Clients in Clinical Psychology Amid Rising Antisemitism Presentation Resources
by Abi Weissman, Psy.D. of Waves, A Psych Co
Updated Sept 2024

Consultation available at www.wavespsych.com/consultation

Vocabulary:

Glossary: [LGBTQIA Resource Center Glossary](#)

Here's an older list that includes some reasons why some terms are not used anymore: [Ask a Non-Binary — What does nonbinary mean?](#)

Mental Health including Suicide

Trevor Project: [LGBTQ Data That Makes a Difference](#)

[The Columbia Protocol for Healthcare and Other Community Settings](#)

Family Acceptance: Free downloads! [Selected Publications, Training and Resource Materials | Family Acceptance Project®](#) Also includes a paper on the positive impact of family acceptance on mental health of LGBTQ teens. Link to paper:

https://familyproject.sfsu.edu/sites/default/files/FAP_Family%20Acceptance_JCAPN.pdf Other peer reviewed articles also listed on the general site at [Selected Publications, Training and Resource Materials | Family Acceptance Project®](#) towards the bottom of the page.

Laws:

<https://williamsinstitute.law.ucla.edu/>

<https://www.aclu.org/legislative-attacks-on-lgbtq-rights>

Anti- Conversion Therapy

BornPerfect Campaign <https://bornperfect.org/>

Additional Resources

Religious Resources

Keshet

[LGBTQ Family Acceptance | Faith-Based Resources](#)

TransTorah - <https://transtorah.org/>

San Diego and Beyond Resources

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Trans Family Support Services [Resources - TransFamily Support Services](#)

Transforming Family - www.transformingfamily.org

The San Diego LGBT Community Center - [The San Diego LGBT Community Center](#)

North County LGBTQ Resource Center - [North County LGBTQ Resource Center](#)

PFLAG is a support group for parents and friends of LGBTQ people. The ones in San Diego are often particularly trans - affirming.

<https://pflag.com/support-meetings/>

PFLAG Book - Our Trans Loved ones at <https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf> Here's a relatively recent book - free download - from pflag answering some common questions about identifying as trans. The language isn't fully updated but it can answer some questions. I'm happy to talk with you more if you have any questions or to clarify.

Medical and social support around transitioning:

Rady's Children's Hospital with Bixby Marino-Kibbee, LCSW (pronouns: they, them)

[Center for Gender-Affirming Care | Rady Children's Hospital](#)

National Resources

[Trans Lifeline](#)

Trevor Lifeline - (866) 488-7386 and [The Trevor Project](#)

PFLAG - <https://www.PFLAG.org> (there are several San Diego chapters)

[GLSEN](#) (there is a San Diego chapter)

WPATH - [WPATH](#) (guidelines for trans affirming providers)

Don't Call the Police - [San Diego, CA - Don't Call The Police](#) (list of resources)

Practicing Pronouns examples


Here's another link for help in practicing pronouns:

<http://www.pronouns.failedslacker.com/?fbclid=IwAR19gXlw3SiKLGWGLOkdDPTkqtKi-HnW6USLCyIADKVsrnf5EMNQMrKWth8> This list can also be accessed by the menu on <https://askanonbinary.tumblr.com/what>

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*Safer Sex for Trans Bodies [Safer Sex for Trans Bodies \(Sexo Seguro Para Los Cuerpos Trans\) - Human Rights Campaign](#)

Trans - Affirming practices and paperwork - Vanessa goes to the doctor

 Vanessa Goes To the Doctor