

Chapter 6: Sexual Orientation and Heterosexism

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Gay Identity Development

- Cass' (1979) Homosexual Identity Formation (HIF) model set the groundwork for future gay identity development models; comprehensive
 - 6 stages: 1) Identity Confusion, 2) Identity Comparison, 3) Identity Tolerance, 4) Identity Acceptance, 5) Identity Pride, and 6) Identity Synthesis
- Coleman's (1981/1982) model
 - 5 stages: 1) Pre-Coming Out. 2) Coming Out, 3) Exploration, 4) First Relationships and 5) Integration

Lesbian Identity Development

- McCarn and Fassinger (1996) proposed a developmental model drawn from other models.
 - Four phases of development: 1) Awareness, 2) Exploration, 3) Deepening/Commitment and 4) Internalization or Synthesis

Bisexuality Identity Development

- Kinsey, Pomeroy and Martin (1948)
 - Defined sexual orientation
- Weinberg, Williams and Pryor (1994) proposed a 4 stage bisexuality identity development model
 - Stages: 1) Initial confusion, 2) Finding and applying a label, 3) Settling into the identity and 4) Continued uncertainty

Defining Heterosexism

- Heterosexism:
 - The oppression of LGBTQI individuals
- Internalized heterosexism:
 - Internalized devaluation
- Homophobia
 - Fear and hatred of LGBTQI people
- Internalized Homophobia
 - Negative attitudes some LGBTQI people have about their own sexual orientation

Defining Heterosexism cont'd

- Heterosexual privilege
 - Unearned advantages due to orientation
 - Right to marry
 - Access to medical information in event of an emergency
 - Legal and Financial rights to property
 - Adoptive and child rights
 - Validation by the media and culture

Current Attitudes

- Whiteboard activity
 - What are your current attitudes towards LGBTQI people?
 - What do you think are society's attitudes?

LGBTQI Relationship Status and Family Issues

- Common Stereotypes
 - Adoption and Custody
 - “My child will grow up gay....”
 - Youth and their Families
 - ▢ Students reported experiencing bullying and harassment; some do not feel supported by family

Consequences of Heterosexism

- Whiteboard activity
 - 1) Mental health consequences
 - 2) Physical consequences
 - 3) Social consequences

Counseling Strategies for Addressing Heterosexism

- The Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) is a division of ACA and developed competencies for professional and sound practices
- Counselors should:
 - Engage in self-exploration
 - Explore resources
 - Emphasize non-traditional approaches to counseling

Counseling Strategies for Addressing Heterosexism

- Counselors should:
 - Be aware of their own attitudes
 - Educate themselves about culture
 - Be aware of how it impacts counseling relationship
 - Explore client and counselor meanings of gender identity and sexual orientation
 - Critically examine the counseling process
 - Be aware of unintentional bias in language