



Presentation Title: Culturally Sensitive Affirmative Trauma Therapy for Male Gay Youths Traumatized by Men

Presentation Time: 10:00 AM - 11:30 AM US Eastern Time

Content Level: Intermediate

Abstract: The treatment of traumatized and dissociative male homosexual youths who have been abused by men, has specific aspects that influence the efficacy of the treatment. In this time of non-binary gender and sexuality, boys and adolescents identifying as cis and gay are a group that could be overlooked. They have a higher risk for psychiatric disorders and suicide. There are misunderstandings and prejudices about these boys. Bullying, discrimination and non-acceptance by family, friends and even their own scene can promote traumatization, dissociation and depression. They tend to use more illegal drugs, are often promiscuous and sex as self-injury is an issue.

In psychotherapy, there are different patterns of transference and countertransference, depending on the gender and sexual identity of the therapist.

Research and literature will be reviewed. Transference patterns, HIV, illegal drugs, chemsex, gay relation forms, dating apps, prostitution, pornography, minority stress and sexual compulsion will be discussed in the context of improving the efficacy of trauma therapy for this group. This is done by adapting (phase oriented) 'trauma therapy as usual' to a culturally sensitive affirmative trauma therapy for male homosexual youth, integrating parts of affirmative psychoanalytic psychotherapy, culturally sensitive psychotherapy and knowledge about the gay and queer community.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

- Identify and define the differences in 'trauma therapy as usual' and trauma therapy with male homosexual youths who have been sexually traumatized by men
- Recognize and interpret different aspects of the male gay culture and community such as: Chemsex, sex as self-injury, dating apps, internalized homophobia and minority stress.
- Recognize different transference and countertransference patterns in trauma therapy with male homosexual youths who have been sexually traumatized by men.

Presenter(s)

Adrian Stierum, MD

Adrian J. Stierum M.D. is working as a child and adolescent psychiatrist for the Dutch Department of Justice and in private practice in Rotterdam, the Netherlands. He is also a child psychotherapist and EMDR therapist. He is treating (inner city street) youth with severe psychiatric disorders, substance abuse disorders and conduct disorders in an outpatient forensic clinic and in a juvenile detention center, on the very intensive care

units. He is specialized in the treatment of dissociative and traumatized youths. Together with Frances S. Waters, he has written a chapter about psychopharmacological interventions with children and adolescents with a dissociative disorder and complex trauma in 'Healing the Fractured Child' (Frances S. Waters. Springer 2016. ISBN 9780826199638) He contributed as a co-editor to 'Psychofarmaca in de KJP' (G.C.Dieleman, B.Dierckx, M.B.Hofstra. Van Gorcum 2011. ISBN 9789023247234) the Dutch guideline for psychopharmacological treatment of children and adolescents. Since 2002, he has examined young perpetrators and victims of severe (sexual) violence for the Dutch Department of Justice. He is a consultant for colleagues on LGBTQ+ issues. Since 2011, he has been a member of the child and adolescent special interest group and the child and adolescent committee of the ISSTD.

Continuing Education

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