



THE WRIGHT INSTITUTE

CONTINUING EDUCATION FOR PSYCHOLOGISTS, LMFTS, LCSWS, LEPS, AND LPCCS

RETHINKING MINORITY STRESS: A SOCIAL SAFETY PERSPECTIVE ON THE HEALTH EFFECTS OF STIGMA IN SEXUALLY-DIVERSE AND GENDER-DIVERSE POPULATIONS

SATURDAY, MAY 4, 2024

9:00 AM – 12:00 PM Pacific

THE WRIGHT INSTITUTE

2728 Durant Ave.

Berkeley, CA 94704

Wright Institute Community: FREE

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OUR PRESENTER



LISA DIAMOND, PHD

CE Credits: 3 CE Hours

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Please contact us in advance if you require special accommodations on the day of the event.

DESCRIPTION

For over two decades, the minority stress model has guided research on the health of sexually-diverse individuals (those who are not exclusively heterosexual) and gender-diverse individuals (those whose gender identity/expression differs from their birth-assigned sex/gender). According to this model, the cumulative stress caused by stigma and social marginalization fosters stress-related health problems. Yet studies linking minority stress to physical health outcomes have yielded mixed results, suggesting that something is missing from our understanding of stigma and health. Social safety may be the missing piece. Social safety refers to reliable social connection, inclusion, and protection, which are core human needs that are imperiled by stigma. The absence of social safety is just as health-consequential for stigmatized individuals as the presence of minority stress, because the chronic threat-vigilance fostered by insufficient safety has negative long-term effects on cognitive, emotional, and immunological functioning, even when exposure to minority stress is low. We argue that insufficient social safety is a primary cause of stigma-related health disparities and a key target for intervention.

In the workshop, participants will explore the intersection of stigma and health through the lens of the minority stress model. By addressing the gaps in existing research and emphasizing the importance of social safety, attendees will gain insights into the challenges faced by sexually and gender-diverse individuals. Empowered with this understanding, they will be equipped to advocate for interventions that address both minority stress and the absence of social support. Ultimately, the workshop aims to foster inclusive environments where individuals of diverse sexual and gender identities can flourish, free from the detrimental effects of stigma-related health disparities.

LEARNING OBJECTIVES

- Explain the limitations of the traditional "Minority Stress" framework in addressing the unique mental health challenges encountered by sexually-diverse and gender-diverse populations.
- Describe new insights offered by "social safety theory"; emphasizing on insufficient social safety over "minority stress" as a primary contributor to mental and physical health problems in marginalized populations.
- Identify and explain the varied manifestations of social safety and safety deficits across diverse environments, spanning from family dynamics and workplace culture to healthcare systems and the broader community.

PRESENTER BIO

Lisa M. Diamond, Distinguished Professor of Psychology and Gender Studies at the University of Utah, holds a doctorate in Human Development from Cornell University. Her research explores same-sex sexuality and affectional bonds, focusing on the psychological and biobehavioral processes shaping intimate social connections. Notably, Diamond's groundbreaking longitudinal study on nonheterosexual adolescent and young adult women is the first of its kind. Her book, "Sexual Fluidity: Understanding Women's Love and Desire," presents findings from this research. Diamond also investigates adult attachment relationships' biobehavioral foundations and their impact on well-being. Her work, published widely in esteemed journals, receives support from institutions like the National Institutes of Mental Health and the Templeton Foundation. Diamond has received numerous awards for her contributions, including from the American Psychological Association.

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