

THE LESBIAN  
& GAY GUIDE  
TO OVERCOMING  
DEPRESSION

# QUEER BLUES



**KIMERON HARDIN, PH.D.**

**MARNY HALL, PH.D.**

Foreword by Betty Serzon, Ph.D., author of *Permanent Partners: Building Gay and Lesbian Relationships That Last*  
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# Blues Depression Gay Guide Lesbian Overcoming Queer

**Jaime Seba**



## **Blues Depression Gay Guide Lesbian Overcoming Queer:**

Queer Blues Kimeron Hardin, Marny Hall, 2001-06-25 Queer Blues is the only guide to focus on the triggers of depression specific to the gay and lesbian community and to offer concrete strategies to overcome them. The authors explain the many forms of depression and explore its unique impact on lesbians and gay men. If you're a lesbian or a gay man struggling with depression, this book offers you real tools for real change. A self test helps you determine your own level of depression and assess its impact on your life. With this information, go on to explore the reciprocal relationship between mood and self esteem. Examine your core beliefs about self worth and identify self sabotaging habits that may make you vulnerable to both insecurity and depression. A final section provides tested practical methods distilled from the authors' more than twenty five years of clinical experience to help you build a plan to effectively manage your depression.

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LGBTQ Clients in Therapy Joe Kort, 2018-03-20 All the answers clinicians need to work effectively with LGBTQ clients. A therapist who treats LGBTQ clients often must be more than gay friendly. Clinical experience, scientific research, and cultural understanding are advancing rapidly, and the task of being LGBTQ informed is ever changing in today's world. This book covers topics such as how to avoid making the common mistake of believing that a couple is a couple, thus treating LGBTQ couples the same as their heterosexual counterparts; how to treat clients struggling in mixed orientation marriages and relationships; straight and LGBTQ spouses in the same couple; and how to work with all clients who have non heteronormative sexual behaviors and practices. Perhaps most importantly, the book discusses covert cultural sexual abuse, the trauma suffered from having to suppress one's own sexual and gender identity, as well as the difficult process of coming out to family and friends. A therapist's job is to help clients and their identities through their own lens and not anyone else's, especially the therapist's. The gay affirmative principles put forward in this book will help you build a stronger relationship with your LGBTQ clients and become the go to therapist in your area.

Case Studies on Sexual Orientation and Gender Expression in Social Work Practice Lori Messinger, Deana F. Morrow, 2006 This casebook focuses on sexual orientation and gender expression in relation to social work practice. An excellent resource, it offers 29 cases illustrating the variety of issues facing gay, lesbian, bisexual, and transgender GLBT people and communities in five

practice settings individuals couples and families communities and organizations groups and policy and research The book also contains discussion questions classroom exercises and suggested readings for each case so educators can easily integrate GLBT content into the classroom Case Studies on Sexual Orientation and Gender Expression in Social Work Practice may be used on its own in conjunction with another textbook or as a complement to Deana F Morrow and Lori Messinger s Sexual Orientation and Gender Expression in Social Work Practice Working with Gay Lesbian Bisexual and Transgender People Columbia 2006 Messinger and Morrow are award winning teachers and their groundbreaking book is key for culturally competent undergraduate or graduate courses in practice policy human behavior and the social environment research and field education

**Undoing Theology** Chris Greenough, 2017-10-30 The fundamental issue with queer research is it cannot exist in any definable form as the purpose of queer is to disrupt and disturb Undoing Doing generates a process of undoing as central to queer research enquiries Aiming to engage in a process which breaks free from traditional academic norms the text explores three life stories an intersex identifying Catholic a former ex gay minister and a Christian who engages in bondage and fetishist practices Employing an undoing methodology which liberates the researcher and allows intuitive reflective and creative methods the book makes a significant contribution to the fields of gender sexuality and queer studies in religion both empirically and theoretically

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Lesbian Health 101 Suzanne L. Dibble, Patricia Anne Robertson, 2010 This is the first comprehensive textbook on lesbian health reflecting the exponential increase in research on lesbian health over the past 10 years I highly recommend this textbook to all clinicians and students who provide health care for women and to inquisitive patients Susan Love MD President of the Susan Love Breast Cancer Foundation This book presents new and little known current and well researched material that is essential to combat myths and misinformation about lesbian health The intended audience is literally starved for this book Health care providers and lesbian health care advocates may be aware of some of the information in this book but none of us have the comprehensive understanding and knowledge base that this book provides It should be available in every curriculum where health care disparities are addressed and where LGBT health is taught Peggy Chinn PhD RN FAAN

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**Loving Ourselves** Kimeron N. Hardin, 2008 An updated commercially viable version of the definitive book on self esteem for the LGBT community This groundbreaking book sets out to explore the cultural underpinnings of problems of low self esteem Through thoughtful discussion of negative messages from family religious and social institutions Dr Hardin provides a starting point for determining how self esteem affects one's life The Advocate, 2003 **New Books on Women and Feminism**, 2004 *Library Journal*, 2001 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

**Forthcoming Books** Rose Arny, 2001-06 **International Bibliography of Book Reviews of Scholarly Literature Chiefly in the Fields of Arts and Humanities and the Social Sciences**, 2002 **Whitaker's Books in Print**, 1998

**Feeling Queer and Blue** Julianne Corboz, Dowsett, Mitchell, Couch, Agius, Pitts, 2008 *Gays and Mental Health* Jaime Seba, 2011 An exclusive Gallup poll book Back cover Pocket Guide to LGBTQ Mental Health Petros Levounis, M.D., M.A., Eric Yarbrough, M.D., 2020-05-07 Reflecting sweeping changes in our understanding of gender and sexuality over the last two decades the book aims to help clinicians master the fundamentals of sexual orientation and gender identity Each chapter begins with the psychological and cultural context of a particular facet of human sexuality including an exploration of its history a

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*technician american academy of sleep medicine association for sleep* - Jun 01 2022

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