



**The Gender Unicorn: Serving the LGBTQ+ Community in the Therapeutic/Court Setting**

ILAPSC Conference: October 2023

**Donna Addison**

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**Donna Addison she/her/hers**

Board Certified, Registered Art Therapy  
Licensed Clinical Professional Counselor  
Mental Health Field 30 Years  
Stepping Stones of Rockford  
Clients in TIP court



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**But, really...**

Counseling to those "on the rainbow"  
Advocate for LGBT & those with MI  
"Lived Experience"  
30 years and still talking about this!




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**The “Official” Objectives**

**Gain understanding.**  
LGBTQ+ “umbrella”/diagnosed MI/SA

**Coming Out.**  
In life and in Treatment, in the court system

**Safe Space.**  
Create safe environment for LGBTQ+

she/they



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**The “Unofficial” Objective:**

**WHY**

WHY is any of this important?  
WHY does any of this matter?  
WHY should you care?

I DON'T  
KNOW



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**The “Unofficial” Answer?** you matter.

**Because these topics matter.**  
**Because you might save a life.**  
**Because it shows respect.**

**Because it's hard to be vulnerable.**



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**Your Support Matters**  
 ...at home  
 ...at the workplace  
 ...in the courtroom  
 ...in the counselor's office  
 ...in life.

*i love you unconditionally*

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**Disclaimers**

- Very** simplified
- Not everyone's journey
- I'm not a legal professional
- I'm a dinosaur
- Conversion/Reparative Therapy...

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**Disclaimers**

- Using "rainbow"
- Light on Stats, Focus on Gender Unicorn
- Impact of Social Media
- Might get it "wrong"
- Love to Learn along with you!

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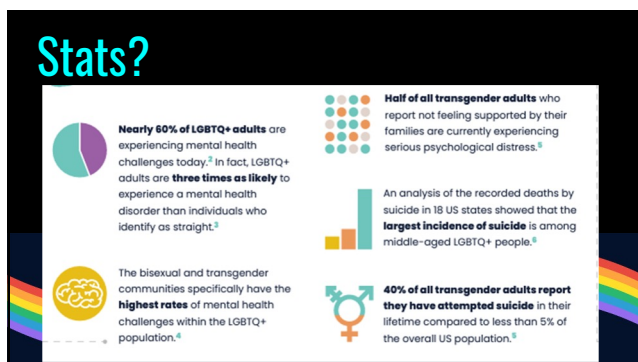
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- Heteronormative: Come out or not?
- Assumptions... so many assumptions!
- Diagnosis
- Treatment Approach
- Who is support team?



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**Coming Out:** In treatment, court & Life

- Will there be a non-judgmental stance?
- What are their assumptions?
- Will they respect me?
- Will it impact my participation in TIP?
- Will they want to "cure me?"



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**Simple ways to show acceptance**

Consider the message you are sending.

- Magazines, Social Media, Waiting Room
- Questions on forms
- Questions in session
- Using preferred pronouns



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**The Gender Unicorn**  
Graphic by: **TSER**

**Gender Identity**  
 Female/Nonbinary/Girl  
 Male/Man/Boy  
 Other Gender(s)

**Gender Expression**  
 Feminine  
 Masculine  
 Other

**Sex Assigned at Birth**  
 Female  
 Male  
 Other/Intersex

**Physically Attracted to**  
 Women  
 Men  
 Other Gender(s)

**Emotionally Attracted to**  
 Women  
 Men  
 Other Gender(s)

To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)  
 Design by Landyn Pan and Anna Moore

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**IDENTITY vs. ORIENTATION**  
**WHO YOU ARE and WHO YOU LOVE**

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**Sex assigned at Birth**

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# GENDER IDENTITY



A diagram titled "Gender Identity" featuring a rainbow spectrum. The left end is labeled "Woman", the center "Genderqueer", and the right end "Man". A small globe icon is above the title. Below the spectrum, a text box explains: "Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means." To the left, a cartoon character with glasses and a white shirt is shown with arms raised, next to the text "LOVE YOURSELF!" in colorful, bubbly letters. A rainbow wave is at the bottom.

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# SEXUAL ORIENTATION



A diagram titled "SEXUAL ORIENTATION" featuring a rainbow wave at the bottom. On the left, a cartoon character with glasses and a white shirt is holding a rainbow flag, with confetti falling around it. Below the character is the text "HAPPY PRIDE!" in colorful, bubbly letters.

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# EXPRESSION



A diagram titled "Gender Expression" featuring a rainbow wave at the bottom. A cartoon character with glasses and a black suit is standing on the right. To the left, a text box explains: "Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact." Above the text box is a yellow spectrum with a person icon in the center. The left end is labeled "Feminine", the center "Androgynous", and the right end "Masculine".

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**PRONOUNS**

Subjective	Objective	Possessive	Reflexive	Example
She	Her	Hers	Herself	She is speaking. I listened to her. The backpack is hers.
He	Him	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Them	Theirs	Themselves	They are speaking. I listened to them. The backpack is theirs.
Ze	Hir/Zir	Hirs/Zirs	Hirself/ Zirself	Ze is speaking. I listened to hir. The backpack is zirs.

Design by Landyn Pan

[transstudent.tumblr.com](https://transstudent.tumblr.com)  
[facebook.com/transstudent](https://facebook.com/transstudent)  
[twitter.com/transstudent](https://twitter.com/transstudent)

For more information, go to [transstudent.org/graphics](https://transstudent.org/graphics)

**TSER**  
Trans Student Educational Resources

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# About those MI Diagnoses...

The image is a composite graphic. On the left, a dark purple square contains the text 'BE YOU!' in white, with a rainbow-colored bar chart below it. On the right, a screenshot of the 'Depression Looks Like Me' website is shown. The website header includes 'Depression Looks Like Me' and navigation links: 'OUR STORIES', 'UNDERSTANDING DEPRESSION', 'TREATMENT OPTIONS', 'RESOURCES AND TOOLS'. The main text on the website reads: 'You are seen. You are heard. You are not alone.' Below this, a paragraph explains that depression is not a one-size-fits-all condition and that it cuts deep across every intersection. A 'READ OUR MANIFESTO' button is at the bottom left of the website screenshot. The entire graphic is set against a black background with a rainbow wave at the bottom.

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# Gender Dysphoria

The image features a cartoon character with a crown, glasses, and a rainbow heart on their white t-shirt. They are holding a green sign that says 'BE KIND TO YOUR MIND'. The background is black with a rainbow wave at the bottom and some stars.

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# Summary Questions Gratitude

The image features a cartoon character with glasses and a rainbow heart on their shirt, standing on a large pile of colorful, 3D-style 'THANKS' words. Above the character is a sign that says 'Many Thanks!'. The background is black with a rainbow wave at the bottom.

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