

The SGM Clinic:

Housed within the MSU Psychological Clinic, we offer Cognitive Behavioral Therapy (CBT) services for LGBTQ+ individuals. Therapists in our clinic are trained in how to provide the best quality care to LGBTQ+ people.

Therapists in the clinic can help if you would like to talk about experiences related to being LGBTQ+, such as coming out, gender affirmation, holding multiple marginalized identities, or other topics. The clinic is also a good fit for LGBTQ+ people who would like to discuss topics unrelated to being LGBTQ+. Our therapy services provide an affirming space for LGBTQ+ people to focus on their mental health and well-being.

OUR MISSION:

The MSU Psychological Clinic strives to meet two equally important missions.

The first is to provide state-of-the-art evidence based treatments to the community in such a way that permits underserved populations to receive mental health care.

The second is to provide high quality training to advanced doctoral and postdoctoral students.

The MSU Psychological Clinic embraces the diversity embodied within individual and group differences. We offer culturally competent services in a safe and affirming space.

Fees are set based on family income level and/or specific provider level.

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For more information or to schedule an appointment, contact us and mention you're interested in the SGM Clinic:

Tel: 517-355-9564

Fax: 517-353-5437

Email or send text to email address:

clinic@msu.edu

psychology.msu.edu/clinic/

*The Sexual
and Gender
Minority
(SGM) Clinic*

Specialized, evidence-based mental health services for LGBTQ+ adults & young adults

Director:

Jae A. Puckett, Ph.D.
psychology.msu.edu/clinic

The Sexual and Gender Minority (SGM) Clinic

Our goal is to help you improve your mental health and well-being by providing an affirming space to discuss whatever challenges are happening in your life.

What is therapy like?

Therapy starts with learning more about you and what types of things you would like to focus on with your therapist.

Some clients may want to discuss areas directly related to being LGBTQ+, like coming out, whereas others may not. Therapists in our clinic are trained in how to be affirming with LGBTQ+ clients regardless of whether what you want to focus on is related to your sexual orientation/gender or not.

Therapy is usually weekly, and the length of treatment depends on many factors and will be discussed with your therapist. We also ask you to complete questionnaires periodically to learn more about how you are doing.

Topics May Include:

- Identity exploration
- Coming out
- Family & romantic relationships
- Depression
- Anxiety
- Stress
- Discrimination

- Letters of support for gender affirming medical care
- Interpersonal problems
- Coping skills
- And others - give us a call if you would like to know more about other areas or to see if we can meet your needs



What is Cognitive Behavioral Therapy?

This is an evidence-based therapy that focuses on how our thoughts, emotions, and behaviors are connected. CBT is collaborative and often includes practicing skills outside of therapy and becoming empowered to make changes in the ways we manage stressors and respond to life events.

Who provides services?

Therapists are trainees in the MSU Clinical Psychology program who are earning their Ph.D. Therapists are supervised by a licensed clinical psychologist with expertise in working with LGBTQ+ individuals. Therapists receive structured training in evidence-based practice and how to work competently with LGBTQ+ people. The supervisor will meet with your therapist weekly, as well as view videos of your session. This is all to help therapists provide high quality care and further develop their clinical skills.

Other Local Resources:

Salus Center:

<http://www.saluscenter.org/>

Transgender Michigan:

<http://www.transgendermichigan.org/>

Lansing Association for Human Rights:

<https://lahronline.org/>