

CAUCUS OF GAY, LESBIAN, AND BISEXUAL MEMBERS  

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OF THE AMERICAN PSYCHIATRIC ASSOCIATION

NEWSLETTER

Volume VIII, Number Two

Winter 1983

Reflections by James Krajewski, M.D.

The efforts which went into the education of the District Branches over the summer were immensely successful. We were able to accomplish something which few people expected us to do in so short a period of time. The response from Caucus members during our "campaign" was gratifying. There was a good deal of behind the scenes participation from members who are not in a position to be open about their sexual orientation. There were individuals who helped us out even at some personal risk to their careers and in situations where they were forced to be the lone Caucus spokesperson for an entire area. There were many people who devoted considerable time and energy to direct efforts on our campaign. There were many non-gay colleagues who helped us through this. All of these individuals deserve our thanks.

Progress brings changes. As a result of gaining a seat in the Assembly we will have to follow procedures which are set in the Assembly Procedural Code. This means that those individuals who wish to participate in the Caucus of Homosexually Identified Psychiatrists (CHIP) will have to join this group by registering with the APA. At this time it appears that the primary business of the CHIP at the Annual Meeting will be the nomination of candidates for Representative and Deputy Representative. The date and time for the meeting of the CHIP will be arranged by the APA and announced later. The actual vote will be by mail ballot following the Annual Meeting.

Only registered members of the CHIP will be permitted to participate in the selection and voting process. Individuals who have not joined the CHIP prior to the Annual Meeting will be able to do so at the Annual Meeting. (If the APA registration form arrives in time, we will include a copy of it in this newsletter). The registration form will also be published in Psychiatric News some time during the next few weeks. An individual may only register as a member of one minority or underrepresented group. Unfortunately, this may create some conflict for members of the Caucus, but there is no way around this. Registration as a minority/underrepresented Caucus member will not affect your ability to vote in District Branch and APA elections.

The relationship between the CHIP and the present Caucus is not totally clear, but presumably the CGLBMAPA as it is now constituted will continue to be necessary because of the limited purpose and scope of the official minority/underrepresented Caucuses as defined in the Assembly Procedural Code. Maintaining the CGLBMAPA will permit those who do not wish to register with the APA to continue to belong to CGLBMAPA. It should be clear that the APA cannot guarantee any confidentiality of the names of the CHIP. Presumably

the list would be available to anyone who has a legitimate interest in seeing it. It is important, however, that the CHIP have a significant number of members if we are to have any clout or any great influence. I would encourage as many people as possible to register as members of CHIP.

I would add that I am not enamored of the label CHIP. It was clear, however, that if gay and lesbian psychiatrists wanted a representative in the Assembly that we would have to accept that label or likely have no representative. Technically also it was not within our domain to approve or disapprove of the label since the Assembly was not subsuming the CGLBMAPA into its fold. If the people who wish to join the CHIP wish to change its name, then presumably this could be brought before the Assembly at a later date.

It still has not been clarified whether the Speaker of the Assembly has the authority to appoint a Representative and Deputy Representative under the Assembly Procedural Code. If it is determined that the Speaker cannot do this, then we will not have a Representative in the Assembly until the Fall 1983 Assembly meeting. In the meantime we would continue to have Observer Status.

Finally, Plans are shaping up for our meetings in New York. The Annual Meeting should be great fun this year, so make your plans early to attend.

The Road to Washington  
by James Krajewski, M.D.

Laying the groundwork for the second round of discussion on the Caucus application for a Representative in the Assembly began during the May APA meeting. There were discussions at that time with several Assembly leaders regarding a course of action. It was evident that no one was very optimistic about our chances of gaining approval of the Caucus application by the time of the Fall Assembly meeting. Many people indicated that we should not be discouraged, however, and that if we persisted long enough we would eventually reach our goal. So we started with a challenge, could we make it by October? Early in the summer I sent a letter to every District Branch President indicating our interest in presenting our case to their Council, and asking how the Caucus application would be discussed and voted on in their District Branch. At the same time a packet of materials was prepared as background material to be distributed by the APA to all Assembly Representatives, Deputy Representatives, District Branch Presidents and Presidents-Elect. This included our application, responses to frequently asked questions, APA actions and position statements and a copy of the Caucus bibliography prepared in 1980 for the San Francisco Annual meeting.

Responses from District Branch Presidents were slow in coming. Many did not reply. On the negative side there was a letter from one District Branch which said, "A preliminary survey of our membership does not reveal any support for your group nor any interest in discussing this at one of our meetings at this time." It was signed "Sincerely." On the other hand we received notes from the Indiana and Massachusetts DBs indicating that they had discussed the issue and voted to support the Caucus even before we had any opportunity to personally discuss the matter with them;

From this point on it is difficult to give a coherent description of the activities of the Caucus because they were carried out by many people on several different fronts. Stu Nichols and myself served as coordinators of our campaign. We personally contacted individuals in almost every District Branch in the APA. In some cases this involved contact with Caucus members who did most of the local work, in some cases we did much of the work directly with District Branch officials. Our goal was to have a representative to discuss the Caucus application in as many District Branches as possible. Assessing the sentiment in each DB was complicated. Surprisingly there would sometimes crop up supporters in areas where we did not expect it such as New Mexico. Other areas in which we were optimistic of support sometimes faltered, e.g., Hawaii.

As Caucus members began appearing before District Branch meetings, an entire range of responses was received. In Northern California I made a brief five minute presentation, there were a couple of questions and the Council voted unanimously to support the Caucus application. Unfortunately not many other DBs were as easy to deal with. Terry Stein went to battle single-handedly with the Michigan DB, a Branch with a large number of votes. Without having a Caucus representative present, Michigan voted not to support the Caucus application. Terry was able to have the matter brought before a subsequent Council meeting. Ultimately a Task Force was appointed to study the issue. However, there was then a refusal to appoint a gay member on the Task Force. In spite of this, the Task Force reported favorably on our application, yet the Council then voted not to support our application. The Michigan representative, however, personally favored the Caucus application. There was an entire stack of correspondence which came out of just this one DB.

The Southern California District Branch offered another kind of example of how emotion affected decision making. Three of our Caucus members made a presentation to the DB and it was voted 12-2 to support the Caucus application with the instruction that the Assembly votes of the SCPS be split accordingly. However, at a subsequent Council meeting when no Caucus members were present, the issue of the application was reopened and it was decided to take a secret mail ballot of Council members. Apparently the rationale for doing this was that some Council members may have felt intimidated by the presence of Caucus members. When the secret ballot was counted it was revealed that the vote was now 11-10 opposed to the Caucus application. Ultimately these shenanigans may have worked to our advantage and did not reflect favorably on the District Branch.

We continued to do our work and count our votes. We had major disappointments, but we had major successes. The support of Texas and Oregon were examples of real success stories where a single Caucus member in each state gained for us the needed votes from their DB. There were DBs which we simply crossed off our list as hopeless, and there were DBs where we expended a great deal of effort to provide education of the Council. In Colorado, for example, I flew from San Francisco to attend a Council meeting in Denver, and on the East Coast Stu Nichols drove to Pennsylvania to meet with that DB.

In September I was invited to attend the Fall Committee Meetings of the APA as a guest of the Council on National Affairs. The invitation was extended because the Council was asked to make a recommendation on the Caucus application. During that time Jim Paulsen, Jean Munzer and myself spoke with each of the present APA Minority Committees to ask for their support of our application. In the end the Council on National Affairs voted to strongly support our application.

During the month prior to the Assembly meeting there was a flurry of last minute activity with DB visits, telephone calls, letters, etc. Stu and I spoke frequently throughout this period, our conversations would one day express our optimism and the next day our pessimism. We knew it was going to be close when the final vote was taken. We knew also that there were some crucial votes that could swing things one way or the other. We decided that we needed a full complement of "lobbyists" in Washington for the Assembly meeting, so off to Washington we went with Stu, myself and Dave Kessler.

Remarks to the Assembly

By James Krajewski, M.D.

October 29, 1982

Mr. Speaker, Members of the Assembly, and Guests:

I want to thank you for this opportunity to speak to you today. The Assembly's action referring the Caucus application to the District Branches, Minority Caucuses, and Council on National Affairs has been an educational process for members of the Caucus and I believe for the membership of the APA.

If we recap where we are now we find that the Assembly Procedures Committee has determined that 1) gay men and lesbians are underrepresented in the Assembly and APA 2) The Caucus of 250 members is a significant group within the APA 3) Potential gay and lesbian patients do have their mental health needs repeatedly neglected, ignored or violated in society.

In looking at our discussions with various District Branches it appears that most members of the APA would agree that we do meet the criteria as an under-

represented group. It is important to point out that in those District Branches where we have had a representative to speak on behalf of the Caucus that the vote almost always favored the Caucus. The Council on National Affairs also strongly supported our application after hearing our presentation.

There were those District Branches who handled our application simply by saying that the Caucus has a reasonable cause, the issue of underrepresentation is just, you meet the Assembly criteria, so we are supporting you. However, many District Branches encountered a great deal of turmoil and anguish in discussing the Caucus application. One District Branch voted 12-2 to support the Caucus application after a presentation of the issue by Caucus members. However, at a subsequent meeting when no Caucus members were present, the Council decided to vote again on the issue, this time with a secret mail ballot. Interestingly, under these circumstances the vote was against the Caucus application. We would hope that in this body the vote will be an open and fair one which reflects our ability to separate personal attitudes from professional and procedural considerations.

It is important to keep this entire issue of Caucus representation in perspective. This is not to be a vote on the status of minority or under-represented groups in the Assembly. It is not to be a vote on our personal or professional feeling about homosexuality. We are voting on whether the Caucus is an underrepresented group and deserves a place in the Assembly. You are not giving away control of the APA to the Caucus. You will be taking one small but significant step forward. This step is in the interests of gay men and lesbians, in the interests of our patients, and in the interests of our profession.

The HIP Caucus: What it Means.  
by Stuart Nichols, M.D.

The lesson we must learn from the struggle for representation in the APA assembly is, once again, that there is great power in simply being open about ourselves and great loss in remaining closeted. If this statement turns off some of our caucus members, especially coming as it does from one of our "political types," I would ask that they reflect on how much more open they are than when they first became involved with the caucus. Not all of us have the option of being completely open, but many of us can find ways to offer support to gay patients, residents, and colleagues without a public declaration of one's homosexuality.

I wish each of you could have been lobbying with Jim, Dave and me at the Fall Assembly meetings. I, personally, have never experienced the impact of simply being there, acting decorously, and making reasonable arguments influencing so many people so much. There were a few awkward moments, even some rudeness, but the overwhelming experience was seeing attitudes change in many of the representatives. Even those most opposed to our application began to view us as reasonable colleagues who knew how to influence the political process.

It was apparent that we had friends in positions of power and the backing of much of the APA staff. Any initial feeling that we were different, or outsiders in this old-boys club, soon melted away as we became competent players in the political game that these men and women enjoyed. We were formidable opponents (or allies), and this assessment of us was obvious when, after the vote was taken, so many rushed up to congratulate us. In fact, there seems to be a new homophobia in the APA, the fear that we can accomplish anything we set out to do.

Perhaps it is time that we consider this estimation of us. In May, when our application was referred to the District Branches, we did not give ourselves much of a chance of winning approval. That was a realistic assessment only because we had never attempted a vigorous campaign to influence the grass-roots divisions of the APA. We expected to encounter homophobia, which we did, but we were amazed that we were able to overcome its influence almost everywhere we presented our case. By the time we went to Washington for the Fall Meetings, we had already accomplished more than we had expected. We had educated a great many people and had raised the consciousness of many. Still, we were about 2,000 votes short, and it took a lot of hard work in those last few days to turn the tide. No one, including ourselves, thought we could do it. Once again, we underestimated our strength.

My point is that continuously we undervalue ourselves and our potential impact on our profession and society. This struggle was doubly hard because, apart from the gay issue, there was a lot of negative feeling regarding minority representation in the APA in general. Now that we've accomplished this goal, it is time to go on to others. We need, first, to encourage as many of you as possible to identify yourselves to the APA as homosexual. This will be done at the time of the May meeting in New York, and details of how it will be done will be presented there. Second, we must continue to impress the APA with the seriousness of our voice in the APA. There are many important issues which affect the mental health of gay men and lesbians, and the APA will hear of these from us. We will not be a do-nothing caucus. We will continue to be reasonable, polite but assertive, and will work with our friends in the APA, including Jim Paulsen's committee, to meet our goals. Finally, we will continue to educate the APA so that all psychiatrists, straight and gay, will understand homosexuality better and provide more acceptable and appropriate services to gay people and their families.

#### GLB CAUCUS PLANS EXTENSIVE PROGRAM AT FORTHCOMING APA MEETING.

Plans are well advanced for the annual meeting of the APA in New York City in early May. We expect to have a booth again this year, designed to acquaint psychiatric colleagues with recent scientific data on homosexuality not usually taught in residency programs, in order that they have a balanced perspective and be able to provide better service to gay patients and their families.

The emphasis will be on work of clinical importance such as gay and lesbian relationships, children of gay people, and psychological evaluation of non-patient homosexuals.

Two of the four proposed symposia have been accepted for the scientific sessions, and a wide variety of papers will address issues of both theoretical and clinical importance. Further details will be forthcoming in the Spring issue of this newsletter, to be distributed shortly before the annual meeting.

SOCIAL PROGRAM.

Gay Caucus members will be offered a rich and full social schedule during the APA Annual Meeting to be held in New York City in May, 1983. The center of activities will be the Caucus Hospitality Suite which will be located in a convenient mid-town hotel.

GAY NIGHT AT THE CIRCUS:

Plan to come to NYC early to attend the largest gay theatre party in history! The Gay Men's Health Crisis (GMHC) has bought out Madison Square Garden for Saturday evening, April 30th, for the Ringling Brothers, Barnum and Bailey Circus. We have reserved a block of tickets.

TEA DANCE AT THE SAINT:

On Sunday evening we will have a limited, but ample, number of tickets available to Caucus members who want to experience the ambience of one of the world's most exciting discos.

OPEN HOUSE IN A GREENWICH VILLAGE TOWNHOUSE:

On Monday evening we'll renew old friendships and make new ones at the traditional welcoming cocktail party. This year we plan to honor as guests some of the important members of the Assembly who helped us to gain minority status in October, and we plan to have a lavish, catered affair in an elegant townhouse in the Village.

TUESDAY: OPTIONS --

On Tuesday we plan to have informal get-togethers at several restaurants, theater parties, and perhaps a visit to one of our popular gay bars. Information and sign-up sheets will be available in the hospitality suite. "Torch Song Trilogy" anyone?

MET PARTY:

Smith, Kline, and French are hosting a gala at the Metropolitan Museum of Art on Wednesday, which is free. Anyone interested in going with a gay group can meet at the hospitality suite. If there is interest, we will have options, as on Tuesday, available after the Met party.

THURSDAY OPEN HOUSE:

Following the installation of our new officers, we'll host our final party in the Manhattan home of one of our generous Caucus members. As usual, drinks and hors d'oeuvres will be served.

In addition, we are working on making available places to stay for Caucus members who would like to stay with a local member. We are also planning to have a local gay guide to bars, restaurants, and etceteras. This looks like it is going to be a great gay meeting, with a scientific exhibit, Boswell speaking, two symposia in the Scientific Sessions, and the election of the gay minority delegates. Plan to attend, and if you can make it for the Greatest Show on Earth, send for your tickets immediately, by mailing a check made out for \$25 to GMHC to:

Leonard J. Rubin, M.D.  
Box 109  
70 Greenwich Avenue  
New York, New York 10011

REPORT FROM THE SECRETARY AND FROM MICHIGAN.

The news from East Lansing has been mostly one of struggle since the time of the last newsletter. The Council of the Michigan Psychiatric Society remained adamantly opposed to our Caucus application for Assembly representation through the summer and fall. It voted unanimously against support for representation in July with no input from the Caucus; it agreed to hear a presentation from me in August and appointed a committee to study the issue; in September, in spite of a unanimous vote by this committee in support of our application, the Council again voted down support. Fortunately, many individual members of the Michigan Psychiatric Society were supportive of our efforts, and the district representative was consistently interested in and supportive of our application. I was greatly relieved and excited when Jim Krajewski called to inform me of the outcome of the vote in the Assembly.

Michigan State University, where I am a faculty member, also raised some difficult problems for the local gay and lesbian student community this summer when the President of the University overruled a study group's recommendations regarding a gay man's right to belong to a fraternity. The President unilaterally decided that Michigan State's non-discrimination policy,



which specifically prohibits discrimination on the basis of sexual preference, did not apply to fraternities. Interestingly, at the same time the University took official action against another fraternity because of an alleged incident of racism. My letters to the President clarifying some of the issues clearly were no sufficient to convince him.

But . . . the work continues. I am learning a great deal from two projects I am working on now: First, Carol Cohen and I are writing a paper together for presentation at the APA next year on the implications of the coming out process for psychotherapy. This has been a challenging and enjoyable collaborative effort for me. Second, I have developed a course with a sociologist which will be offered during Winter term here at Michigan State. The course is called, "Gay Men and Lesbians: Issues of Life Styles, Health and Mental Health." We are both very excited about this course, which will be the first one to be taught at the University by an openly gay man and woman.

Finally, I received several applications for new membership in the Caucus after the last newsletter. I have enclosed another form in this newsletter if you know of others who wish to join. Those of you who owe dues for this year also can send them to me with an updated application, and I will forward your payment to our treasurer.

Terry S. Stein, M.D.

#### ACQUIRED IMMUNE DEFICIENCY SYNDROME.

An informative and clearly-written summary on this topic by Lawrence Mass, M.D. (past editor of this Newsletter) recently appeared in the New York Native, issue of January 3-16, 1983. Entitled "Basic Questions, Basic Answers about the Epidemic" Mass addresses the question of risk factors, prognosis, diagnosis, treatment, and psychological issues associated with the disorders.

The same issue also contains a short article by Peter A. Seitzman, M.D., president of the New York Physicians for Human Rights, on "Guilt and AIDS."

This material is too lengthy to include in this Newsletter but any colleague desiring a copy who doesn't have access to the newspaper should write me and I will send you one.

Jaime Smith, M.D.  
4508 West 12th Avenue  
Vancouver, British Columbia, Canada  
V6R 2R5

CONFIDENTIAL

MEMBERSHIP #: \_\_\_\_\_

DATE: \_\_\_\_\_

New Membership Application

CAUCUS OF GAY, LESBIAN AND BISEXUAL  
MEMBERS OF THE AMERICAN PSYCHIATRIC ASSOCIATION

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_ OFFICE ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

PHONE #: ( ) \_\_\_\_\_ PHONE # ( ) \_\_\_\_\_

PREFERRED MAILING ADDRESS: HOME \_\_\_\_\_ OFFICE \_\_\_\_\_

AREAS OF PSYCHIATRIC PRACTICE (CHECK ALL APPLICABLE):

Private Practice _____	In Training _____	Other (Specify): _____
Hospital _____	Research _____	_____
Agency _____	Adult _____	_____
Academic _____	Child _____	_____

I WOULD LIKE TO BE INVOLVED IN THESE CGLBMAPA ACTIVITIES:

Newsletter _____	Program Planning _____
Monitoring Literature _____	a. Scientific _____
Speakers' Bureau _____	b. Social _____
Finance _____	Other (specify): _____

TYPE OF MEMBERSHIP:

Voting (APA Member ) \_\_\_\_\_  
 Affiliate (APA Non-Member) \_\_\_\_\_  
 Member-in-Training \_\_\_\_\_

Annual membership fee is \$50.00 (\$25.00 for Members-in-Training)

Additional Voluntary contribution to further the work of the Caucus:

\$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$250 \_\_\_\_\_ \$500 \_\_\_\_\_ Other \_\_\_\_\_

Make check payable to "CGLBMAPA" and return with this application to:

Terry L. Stein, M.D.  
 Secretary, CGLBMAPA  
 Department of Psychiatry  
 A-239 East Fee  
 Michigan State University  
 East Lansing, MI 48824

Membership and mailing lists are confidential. If, in addition, you do not wish your name to appear on these lists (in which case you will receive no mailings from the Caucus), please check here: \_\_\_\_\_.

PLEASE RETURN THIS APPLICATION WITH YOUR REMITTANCE AS SOON AS POSSIBLE.

CAUCUS MEMBERS PRESENT AT ANALYTIC MEETING.

At the winter meeting of the American Academy of Psychoanalysis held in December in San Diego, a half day was devoted to a symposium on New Issues in the Treatment of Homosexuals.

Organized and chaired by Bert Schaffner, M.D., three papers were presented and discussed, dealing with individual psychotherapy, group psychotherapy, and psychodynamics of gay male couples. Presenters were GLB Caucus members David Kessler, M.D., Jaime Smith, M.D., and David McWhirter, M.D., and Andrew Mattison, Ph.D.

About 80 registrants attended the session and we felt the presentations were received with considerable interest. The papers were discussed by Norman Levy, M.D., and Robert Gould, M.D., and audience participation was high.

(Drs. McWhirter and Mattison incidentally have completed their book on the psychodynamics and stages of gay male couples and it should be in print later this year. A preliminary report was published last year in the Journal of Homosexuality special issue on psychotherapy.)

Jaime Smith, M.D.

NEWSLETTER NEEDS CONTRIBUTIONS.

Please send material for publication to the Editor! We welcome book reviews, reports of activities at District Branches and at other psychiatric meetings, essays, and any other items of interest to members. Send contributions to:

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