

CGLBMAPA

Caucus of Gay, Lesbian and Bisexual Members of the American Psychiatric Association

Volume 9, Number 1

Summer, 1983

REPORT ON THE 1983 NEW YORK APA ANNUAL MEETING:

(Terry S. Stein, M.D., in his capacity as Secretary to the Caucus, provides the following review of the Caucus events at the Annual Meeting:)

Most of you are aware that there were a number of meetings and presentations related to gay and lesbian issues at the APA Annual Meeting in New York in May. The Caucus of Gay, Lesbian, and Bisexual Members of the APA met for three business meetings, several small group discussions, and two very successful social gatherings. Several scientific presentations were on the program as well. In this report I will describe some of the major activities during these meetings.

An important focus of the Caucus meetings was sharing the process which had occurred in the various District Branches throughout the year which eventually led to acceptance of a Representative and a Deputy Representative to the Assembly for the group of homosexual-identified psychiatrists. Jim Krajewski, Stu Nichols, and Dave Kessler were given a special round of applause by the Caucus members for their extraordinary efforts prior to and during the October 1982 APA Assembly Meeting. Their refusal to accept defeat and encouragement of the idea that broad support existed for our "cause" apparently helped to get the necessary votes in the Assembly.

During the initial Caucus meeting on Monday, members reported on many activities in different regions and cities around the country. Several persons had worked within their District Branches to obtain support for the Representative and Deputy Representative to the Assembly. Others reported on a wide range of professional undertakings related to educating psychiatrists, other physicians, mental health workers, and the general public about the special problems and concerns of gay and lesbian psychiatrists and patients. Important work had been done by Caucus members with such groups as the American Association of Physicians for Human Rights, the American Academy of Psychoanalysis, and the Group for the Advancement of Psychiatry, as well as with a number of local organizations of gay psychiatrists and gay physicians. In addition, several members reported about a growing involvement in medical, psychotherapeutic, legislative, research, and support groups created to work with the AIDS problem. Encouragement was offered by some members for the Caucus to become more directly involved in AIDS-related efforts in the future.

New officers of the Caucus were elected during the New York meetings. The 1983-4 Executive Committee consists of the following persons: President, Stuart Nichols, Jr., M.D.; President-Elect, Emery Hetrick, M.D.; Vice Presidents, Peggy Hanley-Hackenbruck, M.D., and Bertram Schaffner, M.D.; Treasurer, Robert D. Schwartz, M.D.; Secretary, Terry S. Stein, M.D.; Newsletter Editor, Robert P. Cabaj, M.D.; Past President, James Krajewski, M.D.

Considerable discussion occurred also about the future direction of the Caucus. Some suggestions included working more in AIDS-related areas, working against discrimination in the military, forming a closer alliance with the American Association for Human Rights, increasing Caucus membership and visibility within the APA, organizing more educational efforts, writing a positive paper on gay issues for the Psychiatric News, and working to

change diagnostic classifications in DSM-IV (or a revised DSM-III.) Jim Paulsen reported on the activities of the Committee on Gay, Lesbian, and Bisexual Issues of the APA. These efforts included a questionnaire on the sexual orientation of psychiatrists, an effort to change the ICDA-9 classification of homosexuality as an illness, and a survey on homophobia within psychiatry. Jim reported that new issues which the Committee will be involved with are developing educational programs, especially for residents and medical students, and addressing discrimination within the APA against gay and lesbian psychiatrists.

During the final business meeting of the Caucus, Jim Krajewski gave a brief presentation as outgoing President, and Stu Nichols was introduced as the new President. Stu thanked all of the former presidents for their leadership and spoke about his belief in the need for the Caucus to focus internally in the coming year. He also stated that he believed we need to increase the number of women in the Caucus and develop mechanisms for greater awareness of and responsiveness to women's issues. Peggy Hanley-Hackenbruck offered several suggestions in this area. Finally, discussion also occurred during this meeting about next year's program at the APA.

A single meeting of the Caucus of Homosexually-Identified Psychiatrists Group was held on Wednesday. More than forty persons joined this group prior to and during the New York meetings. The purpose of the meeting was to define a procedure for nominating a Representative and Deputy Representative to the APA Assembly. After considerable discussion of the process which would be followed, a slate of nominees was agreed upon. The APA was to conduct the election of a Representative and a Deputy Representative from the list of nominees during the summer prior to the Fall Assembly meetings.

At least four separate scientific meetings regarding gay and lesbian issues were on the program of the Annual Meeting. The three meetings which I attended were all held in rooms which were too small to accommodate the number of persons who tried to attend. While this obviously means that there is considerable interest in gay and lesbian issues within the APA, it is unfortunate that some persons actually had to be turned away from these meetings because of a lack of space.

The first program was a symposium called "Innovations in Psychotherapy With Homosexuals." Emery Hetrick chaired this symposium and papers were presented by Jim Krajewski ("Psychotherapy With the Gay and Lesbian Patient"), Carol Cohen and myself ("Psychotherapy and the Coming Out Process"), Phyllis Kaufman and Elizabeth Harrison ("Distancing for Intimacy: Interventions with Lesbian Couples"), and Andrew Mattison and David McWhirter ("Psychotherapy for Gay Male Couples"). Jean Munzer was the discussant of the papers. Since I was a presenter at the symposium, I am probably somewhat biased, but I was very pleased by the quality of the papers, the response of the audience, and the level of discussion about the topic.

John Boswell, Ph.D., presented a special lecture on Wednesday, entitled "Christianity, Judaism, Tolerance, and Homosexuality." His lecture was held in a much larger room than the symposium, but again there was standing room only. I think all of us in attendance would agree that Dr. Boswell's lecture was extremely informative and exciting, and frequently humorous as well.

The final session which I attended was a symposium on issues in diagnosis and treatment of homosexuals presented by the APA Committee on Gay, Lesbian, and Bisexual Issues. This meeting was held in an especially small room and, as a result, some persons could not be admitted because of space limitations. Nevertheless, the papers and discussion were of high quality. Stu Nichols chaired this symposium, and the papers were presented by Emery Hetrick and Damien Martin ("Ego-Dystonic Homosexuality: A Developmental View"), Kathleen

Degen ("Sex Role Stereotypes In Gay Relationships"), and Jaime Smith ("Ego-Dystonic Nosology; DSM-IV and Homosexuality"). Peggy Hanley-Hackenbruck and Bert Schaffner were discussants of the papers, and Robert Spitzer was also present and offered a counterpoint to the view of most of the symposium participants.

Bob Schwartz also presented a paper at the New York meetings on group treatment of gay males and there was apparently an additional paper presented on AIDS. Finally, the Caucus maintained its hospitality suite and a scientific exhibit entitled "Research in Homosexuality: Recent Findings" throughout the entire Meeting. Numerous Caucus members volunteered their services to help keep the Scientific Exhibit open.

I am sure in this account of the APA Annual Meeting I have missed some important highlights for all of us, but even this brief report conveys that this was an important Annual Meeting for lesbian and gay male psychiatrists. Our contingent of New York psychiatrists should be thanked especially for their hospitality and support during these meetings.

Our next chapter will be written following the Annual Meeting in Los Angeles in 1984. See you there.

(Editor's Note: We should all be aware that the Committee on Gay, Lesbian, and Bisexual Issues gave up its usual meeting time to allow the presentation of another symposium. For some not so clear reasons, the APA had rejected most of the papers and symposia originally proposed. These rejections, along with the limited space assigned to the symposia scheduled, may induce some of the members to write in concern to the APA officials involved. Also, see the following article in Updates for changes on the officers for 1983-4.)

PRESIDENT'S COLUMN: DR. STU NICHOLS

As I said in New York, I was lucky enough to be elected at a time when we were able to meet all the important early goals of the Caucus. It is now time to improve our internal organization and our services to members.

Before getting into that, I would like to state that my first priority for the year is AIDS. The emotional needs of patients and the "worried well" must be met with care that is both competent and compassionate. In addition, psychiatry must speak out against the hysteria, fueled by prejudice, that threatens to erupt in our society, and could ultimately prove to be more dangerous than the disease on which it is focused.

Getting back to the Caucus, let me present some of my thoughts:

ANNUAL MEETING: We need to streamline our meeting schedule and to have our activities centrally located. One way to achieve this is with a hospitality suite large enough to accommodate such events as small groups, special programs, a women's night, and socializing. It would probably not be adequate for our business meeting, but if space were requested from the APA for only one or two rooms during the week, we would have a better chance of getting a more centrally located site.

How can we reduce the number of meetings? First, by substituting the Monday meeting with a brief welcoming address and introduction of luminaries at the sumptuous Opening Party, while allowing people to catch up on what the others had been doing during the

year.

The nominations of the officers could be done by mail prior to the annual meeting and thus be eliminated from the Tuesday meeting. I also propose that we elect new officers, again by mail, in advance. In this way, all eligible members could vote, not only those who were able to come to the APA meeting.

One business meeting would still be required to get reports from officers, committees, handle new business, and to install new leaders. Cutting down on meeting time would give us much more time to do other things during the week.

SERVICES BETWEEN ANNUAL MEETINGS: I think it is time that we begin to develop a system of committees that will allow us to be more fully involved with projects of interest to the Caucus. I propose, for a start, that we set up standing committees on Membership, Education, and Support Activities. In addition, there seems to be a need, at this time, for a special committee on nomenclature and one on AIDS. Those interested in serving on these committees, please be in touch with me. I would also entertain suggestions for additional committees.

It is essential that we provide a regular newsletter to the membership between meetings. We are taking measures to make the production process easier, while increasing its professional look. The backbone of the newsletter, however, depends upon regular input from members, and you are all requested to send material to our Editor, Bob Cabaj. To provide a sense of history, I will be asking each of our former presidents to write a brief account of the "years in the hot seat." I have also thought of asking various members to write their professional "coming out" stories for the publication. Any volunteers?

The newsletter should be a forum for reporting on the activities of other groups of interest such as the APA Committee on Gay, Lesbian, and Bisexual Issues; other minority Caucuses; the activities of GAP regarding homosexuality; and other gay health organizations.

This summer I have had two requests for information on the attitudes of psychiatric training programs toward homosexual psychiatrists. This information has been collected by some of the local groups, and it would be an important service to have nationally. Perhaps the Education Committee should do this?

We also need to look at the special needs of two segments of our membership: lesbians and those psychiatrists working in Non-metropolitan areas.

MEMBERSHIP: I have asked John O'Donnell and Peggy Hackenbruck to head the Membership Committee. Many persons are in arrears of their dues for a year or two. We need to find out who are members are, and what they want from us. There are many more who have never joined but continue to receive our newsletter. Needless to say, we need the support of all gay, lesbian, and bisexual psychiatrists, and we will make a sincere effort to learn why some have not yet made a contribution. We need volunteers to help in this, especially a person in each metropolitan area who would be willing to contact former and potential members.

Anyone receiving this who is not a paid-up member will get a dues notice shortly.

DUES: If most of the persons who should be members pay their dues, we would not find it necessary to change the fee. It has been suggested that we change to a calendar year (January through December) to make it easier to remember when these dues are to be paid.

I agree.

BY-LAWS: Many of the ideas I have offered here would involve a change in our by-laws. Therefore, they will not be put into effect without the approval of our membership. Anyone who objects, however, to my proposals should let me know without delay. I may request your permission to institute some of these before our May, 1984 meeting.

NEWS UPDATES:

It is with deep regret that the Executive Committee must accept the resignation of Dr. Emery Hetrick as President-Elect. The following letter explains the circumstances:

July 27, 1983

Dear Stu:

As you know, for three years I have been deeply involved in developing a service agency called the Institute for the Protection of Lesbian and Gay youth, Inc., designed to address the pressing issues related to homosexuality in adolescence. Not long after the APA Annual Meeting this spring, the Institute received substantial donations which enabled us to open offices, expand educational and service operations and begin to move into the realm of a small but major youth service agency. Instead of diminishing demands on my time as founder and president, the Institute's growth has exponentially expanded the need for my involvement.

When I accepted the nomination for President-Elect of the Caucus, I anticipated a busy year but did not think that I was at risk for over commitment, that would jeopardize work needed for the Caucus. Now, however, the situation has materially changed. I am unable to give the time necessary to meet the standards that I have set for myself in the job as President-Elect. Instead of trying to manage both organizations and do well with neither, I have reached the sad conclusion that I must withdraw from the position of President-Elect of the Caucus. It is with great regret that I do so for I am fully committed to the goals and purposes of the Caucus to which I have devoted substantial amounts of time and energy in the past. But the claims of both organizations require this action. Of course I will be available to give whatever assistance I can and will continue my active support as a general member.

With regrets, but my warmest regards,

Emery S. Hetrick, M. D.
(signed)

Since Dr. Hetrick will not be able to accept the position of President-Elect currently since he will not be able to function as President in 1984-1985 because of his new commitments, Dr. Stu Nichols has contacted several members about filling the position. Dr. Terry Stein, currently our Secretary, has agreed to run. If elected, his

position will open and Dr. John O'Donnell, the Regional Representative of the Caucus in Texas, has agreed to run as Secretary. Officially, we must hold an election for these newly opened positions and any member may run for the offices. If you are interested, or know a member who would be interested, please contact Dr. Stu Nichols as soon as possible to express your interest. We must know by mid-September; a ballot of the candidates will be sent at that time. The list of descriptions of the roles of each office at the end of the list of current officers may help in your decision.

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All current members should have received your membership and referral forms, plus the request for dues. Please fill them out and return, with any money owed, as soon as possible.

If you have registered with the Caucus of Homosexually Identified Psychiatrist, you should have already received you ballot for electing representatives to the new Caucus. If you would still like to register with the APA in CHIP, mail in the form sent in the last mailing or contact the APA directly. The article on CHIP vs. CGLBMAPA should help explain the importance of both organizations.

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If you decided to respond to the article printed in the North Carolina Medical Journal on "AIDS and the Moral Law," copies of which Dr. Nichols mailed to all of you earlier this summer, please forward copies of your reply to the News Editor, Bob Cabaj, so we can have a file of the Caucus's action. We are hoping to increase the role of the Caucus as a "media watch" agency and will need the cooperation of all the members.

REPORT FROM THE APA COMMITTEE ON GAY, LESBIAN, AND BISEXUAL ISSUES

(Jim Krajieski submits this report for the Newsletter!)

Dr. Jim Paulsen completed his tenure as Chair of the Committee. Jim was instrumental in establishing the Committee and successfully brought the Committee through its early and difficult stages of development. Dr. Jim Krajieski will be the new Committee Chair; Dr. Peggy Hackenbruck is a new member of the Committee.

Currently the Committee is considering the development of a Curriculum on Homosexuality. Other recent issues discussed are the AIDS crisis, the treatment of gays in the military, and the need for adequate educational material on homosexuality at the Annual Meetings.

The Committee needs assistance from others to identify issues which are relevant to homosexuality and psychiatry. If you become aware of issues or material concerning psychiatry (or psychiatrists) and homosexuality which you think the Committee should or could consider, please forward them. This might include such things as examples of psychiatric court testimony which may affect gay men and lesbians adversely, distortion of psychiatric theories, bias in residency programs, etc. Newspaper accounts of examples or even references to any of the above areas would be particularly welcome. The Committee would also like to receive copies of any syllabus or outline used in teaching residents or medical students about homosexuality which might be helpful in preparing a curriculum on homosexuality.

All such material and any recommendations should be addressed to:

Jim Krajewski, M.D.
APA Committee on Gay, Lesbian, and Bisexual Issues
2001 Union Street, Suite 340
San Francisco, California 94123.

(Correspondence can also be directed to Jim in care of the APA.)

CHIP vs. CGLBMAPA

(With the creation of the new Caucus of Homosexually Identified Psychiatrist -- CHIP -- on obtaining minority status in the APA, some confusion has arisen. Jim Krajewski submits the following report to help differentiate the two groups!)

Several questions arose during the APA Annual Meeting in New York regarding the role of what are now two separate groups, the Caucus of Gay, Lesbian, and Bisexual Members of the APA (CGLBMAPA) and the Caucus of Homosexually Identified Psychiatrist (CHIP). Some people did not understand the purpose of both groups and were confused by the existence of two separate groups. The fact that the membership of both groups may be similar may be further confusing.

The two organizations are entirely separate, have different purposes, and theoretically may have different goals. The CGLBMAPA is an organization of APA members acting under their own by-laws to accomplish whatever goals they choose. This group has no official connection with the APA other than the requirement of APA membership as a prerequisite for voting membership in CGLBMAPA. The APA has no control over CGLBMAPA and CGLBMAPA is free to take any action it wishes with regard to the APA or any other group. The membership list, dues, etc., are controlled entirely by the organization itself. It was the CGLBMAPA which approached the APA and negotiated the approval of minority status in the APA Assembly for gay men and lesbians, and the formation of CHIP.

The APA by-laws have no provisions for subsuming an existing group such as the CGLBMAPA into the APA Assembly structure. The Assembly, therefore, established a new underrepresented/minority group and named this group the Caucus of Homosexually Identified Psychiatrist. (The name was chosen primarily because of political expediency.) CHIP, then, is an official APA body whose sole function is to elect a representative to the Assembly to represent those members of the APA who chose to identify themselves as homosexual. The nomination and voting process for the representative is in accord with the APA by-laws for all minority/underrepresented groups. This requires that APA members register with the APA as members of their appropriate minority group. (Though many APA members may be eligible to join more than one minority/underrepresented group, they can only register as a voting member of one such group under Assembly rules.) Thus the focus and influence of CHIP is entirely aimed at the APA Assembly. This focus, though narrow, is a crucial one and it is important that CHIP represent a large number of members. This in turn means that as many eligible members as possible should sign up as members of CHIP.

Because of the precise confines of CHIP, it is necessary to continue the CGLBMAPA as before. The CGLBMAPA can then undertake whatever lobbying, education, social activities, research, or publication as it wishes. In addition, the existence of the CGLBMAPA will permit those individuals who do not wish to identify themselves as homosexual to the APA

to have a direct voice in an organization concerned with gay issues and psychiatry.

TREASURER'S REPORT:

Dr. Bob Schwartz has submitted the financial report for the Caucus. Because the convention was scheduled earlier than usual this year, the report only covers May, 1982, through March, 1983. Bob reports that, as of April 30, 1983, before convention expenses, the cash on hand was \$8,949.45. The expenses for the New York convention were \$6,167.17.

Statement of Income and Expenses
5/1/82 through 3/31/83

INCOME		
Dues	\$5,525.00	
Contributions	625.00	
Interest	211.33	
		\$6,361.33
EXPENSES		
Postage	\$ 433.72	
Printing & Typing	490.19	
Newsletter	924.81	
Misc.	381.72	
Depreciation	400.00	
Office Supplies	7.00	
Phone	391.51	
Travel & Meeting	2,588.91	
		5,617.86
Income over Expenses		\$ 743.47

REPORT OF THE SECRETARY: TERRY S. STEIN, M.D.

Much of my report as Secretary of the Caucus is contained in the accompanying account in the Newsletter of the APA Annual Meeting in New York. However, I also wanted to report on the mailing which was done in July to all Caucus members. This mailing included an application form for membership in the Caucus (as well as a reminder to pay 1983-84 dues,) a form for a listing of psychiatrists who wish to be referred gay and lesbian patients, and an enrollment form for the Homosexually-Identified Group of Psychiatrists within the APA. Many of you have already returned all or some of these forms. I encourage as many of the rest of you as possible to mail them back so that we can have an updated membership list, an extensive referral list, and a budget for our 1984 program.

Thanks for your response.

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To help clarify the role of each officer, the following description of each position, written in 1980 by past-president Dave Kessler, may help:

President--Chief executive officer; represents the Caucus as spokesperson; overall coordination and planning

Vice-President(s)--Coordinate internal organizations, including the developing and strengthening of local groups; available for special projects

- Secretary--Executive manager; collects reports and keeps executive committee members informed; correspondence with members
- Treasurer--Manages finances; handles membership dues and renewals
- Newsletter Editor--Coordinate production of the newsletter and promote communication network
- President-Elect--Coordinate plans for up-coming Annual Meeting

This list may help in deciding if you wish to run for the recently opened positions of President-Elect and Secretary, or to help in deciding to run on the slate for 1984. If you have any questions, please contact Stu Nichols.

EDITOR'S REMARKS: DR. BOB CABAJ

The Newsletter will be issued on a more regular basis, quarterly to start, then, hopefully, every other month. We will need the cooperation of all the members in putting out an interesting and informative newsletter. We hope to have a regular column on women's issues, regional reports from around the country, updates from the Committee on Gay, Lesbian, and Bisexual Issues, reports from the CHIP, relevant information culled from newsletters and reports of other organizations, appropriate book reviews and speeches, in addition to reports on ongoing CGLBMAPA activities and plans for the Annual Meeting. The officers urge you to submit ANY and ALL appropriate information to the newsletter editor at any time--and we thank you ahead of time. Please forward any information and comments to:

Bob Cabaj
 90 Chandler Street
 Boston, Mass. 02116.

Because of space limitations, there are some articles that were originally intended for this issue -- including a summary of remarks that Dr. Spiegel made on the future of psychoanalysis relevant to homosexuality and women's issues, and a summary of Dr. Nichols on the psychiatric aspects of AIDS patients. These will appear in the next issue, along with reports from local areas. Please forgive any errors in format, spelling, and punctuation; the editor and his word processor take full responsibility!
