



AGLP

The Association of LGBTQ Psychiatrists

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Welcome to Los Angeles

Amir Ahuja, M.D., Local Arrangements Committee Chair and
Roy Harker, C.A.E., Executive Director



On behalf of the local organizing committee, we welcome you to the City of Angels. Los Angeles is emerging from recent natural disasters even stronger than ever, with tourists and conventions starting to return to this great city. Our local arrangements group has worked hard to offer you a memorable experience in their hometown.

Highlighted events during the week include a Welcome Reception, on Friday, May 16; the annual Membership Meeting on Sunday afternoon, May 18; The AGLP Hospitality Suite in the JW Marriot LA LIVE!, open on Monday, May 19 – with a continental breakfast available for AGLP members from 9:30am to 10:30am (RSVP now!); followed by the AGLP Trainee Paper Award Presentation from 10:00am to 11:30pm. **Rahul Nachnani, PhD**, is the 2025 winner of the AGLP Outstanding Trainee Paper Award for the *Journal Gay and Lesbian Mental Health*.

And don't miss our Annual Awards Reception, on Monday evening, May 19, at 7:00pm, this year honoring **Sarah Noble, DO**, **The Connie Norman Transgender Empowerment Center**, **Greg Louganis**, **Vickie Mays, PhD**, and **Susan Cochran, PhD**. This year's event is at the glamorous Queensbury (819 S. Flower Street, Los Angeles, CA). Once again PRMS is generously supporting this event.

A special screening of the movie *A Nice Indian Boy* will be held in the hospitality suite on Monday afternoon, and we will have the film's director, **Roshan Sethi**, available for Q & A at the conclusion of the film. And, of course, we've scheduled local outings for our Trans, Women, Residents and Medical Students, and BIPOC committees. Some of the scheduled events require an RSVP. Please visit the website for more details.

The complete schedule of AGLP events and LGBTQ+ educational offerings is available at www.aglp.org and is updated daily.



Scan the QR Code to the left to view all of the latest schedule information on our website.



Convention Issue
Los Angeles 2025
Schedule begins on
page 15

The Newsletter of AGLP: The Association of LGBTQ+ Psychiatrists

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The views expressed in the Newsletter are those of the writer and do not necessarily represent the opinions of AGLP. The sexual orientation of any writer or any person mentioned in the Newsletter should not be inferred unless specifically stated. Mailing lists for the Newsletter are confidential, to be used only by AGLP, and do not imply sexual orientation.

INFORMATION FOR AUTHORS

Persons wishing to submit articles for publication should send them to the National Office, 1512 Spruce Street #2601, Philadelphia, PA 19102; E-mail: AGLPeditors@aglp.org. Submissions become the property of AGLP. The Newsletter reserves the right to make editorial changes and to shorten articles to fit space limitations. Name, address, daytime telephone number, and a short biographical statement about the author should accompany the submission even if the author requests anonymity in publication (which is discouraged).

ADVERTISING RATES

The Newsletter of AGLP accepts limited advertising depending upon space and applicability to issues affecting psychiatrists who either are part of the LGBTQ+ community or who treat LGBTQ+ patients. The mailing lists for AGLP are confidential and never sold or provided to any vendor.

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Community service announcements are printed without charge, but are accepted only on a limited basis depending upon space limitations and applicability.

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Editor's Column Donya Ahmadian, MPH

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Donya Ahmadian, MPH

Dearest AGLP Family,

I'd like to begin with a short poem to introduce our May edition.

"Hope is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -
And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -
I've heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me."

- Emily Dickinson

The air around us feels thick with urgency, and each new headline and policy shift brings with it the challenge of holding on to the hope that dwells deep within us. Psychiatry's very nature is built upon the foundational understanding that in our recognition of what is, alongside our vision for what can be, lies our freedom. If we remain tethered to one over the other, we lose some semblance of our bearings. So, we must face the times we are surviving with honesty- it is difficult to escape the weight of these changes and in these moments, it is seemingly easy to get lost in the sea of uncertainty, wondering if the hope we carry is enough to sustain us. But let us remind ourselves—hope is a discipline.

This idea, so beautifully put forth by the writer and activist, Mariame Kaba, is crucial to how we navigate the unknown. Hope is not passive, though it does necessitate and encourage time to rest. Hope is a practice and like anything else requiring devotion, it requires attention, effort, and intention. Hope means showing up, even when the work seems insurmountable. Hope means trusting in things yet unseen, remaining binded to our values, even when the world around us feels unrecognizable. It means remembering that every small act of resistance, every step toward justice, every advocate who continues this work- matters.

**// But let us remind
ourselves—hope is a
discipline.**

**This idea, so beautifully
put forth by the writer
and activist, Mariame
Kaba, is crucial to how
we navigate the
unknown.**

This is especially true for all of us at AGLP. As we stand on the precipice of the APA Annual Meeting, a gathering that serves as both a reflection of our past work and a clarion call for the future, we must hold steadfast to the deep roots of our mission. Now, more than ever, advocacy is a lifeline. The ongoing fight for LGBTQ+ rights, for equality in mental health care, and for the dignity of every human being within our community requires each of us to be both vigilant and engaged.

It is no easy task to remain grounded at a time when so much of what we have fought for is under threat. The legislation, the rhetoric, the barriers to access—each can feel like a setback, a sign that each benchmark reached is slipping away from us. However, this is the time to remember that hope, when nurtured, is not fragile. It is resilient. Our advocacy is our mission- our purpose- and the time is now.

In the lead-up to the Annual Meeting, we are reminded of all the work yet to be done. There is no shortage of opportunities to engage, contribute, and to advocate. Whether it's preparing for the Early Career Psychiatrists gatherings, amplifying the voices of our peers, or engaging in the deep work of mental health advocacy for LGBTQ+ people, we must continue to push forward. However, it is equally important to pause along the way, to notice the emotions dwelling within your heart, to speak for them, to nourish yourself, and to resume again when you are able.

At this moment, I invite each of you to reflect on the role you are playing in the collective journey. We will look back on this time and we will, as always, be proud of the gifts that we gave one another in our fight and in our unwavering presence- especially now.. Every conversation you have,

Continued on page 12

President's Column**Pratik Bahekar, M.B.B.S.**

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Pratik Bahekar, M.B.B.S.

Many people believe that everyone is inherently cisgender and heterosexual, and that some individuals "lose their way" and need to be corrected. Conversion therapy is often seen as a solution for these individuals, with the idea that it can "normalize" sexual orientation and change various gender identities to conform to cisgender norms.

Sexual orientation is complex and requires a nuanced understanding. Research has shown that conversion therapy is both ineffective and harmful. Individuals who undergo conversion therapy often experience increased rates of depression, anxiety, self-harm, and suicidal thoughts. In fact, conversion therapy can be lethal. This issue should not be viewed as a controversial topic with multiple sides; there is no ethical debate to be had.

A 2022 study estimated that the lost productivity resulting from survivors of conversion therapy and the need to address their mental health issues amounts to around \$9.23 billion.

Historically, psychologists speculated that male homosexuality resulted from various family dynamics, such as an overly intimate mother and a distant father. The legacy of these theories still influences today's debates.

Conversion therapy is banned in 23 states and Washington, D.C., while it is partially banned in four states and one territory. Despite these bans, the practice continues underground. This issue is not about free speech or religious freedom; it is about protecting individuals, which is disguised as care.

■ ■ ■

Queer, Nonbinary, and Trans Committee**Sarah Noble, D.O.**

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Sarah Noble, D.O.

I hope you're all managing during this second Trump presidency. I want to remind you that the barrage of executive orders we're seeing is exactly what we expected. Project 2025 laid out these plans, and now they're being enacted. Part of the strategy is to overwhelm advocates, exhaust federal workers, and disengage everyday Americans.

As progressives and liberals, there are actions we can — and must — take.

First and most importantly: take care of yourself. We have four years ahead, and we need to maintain the mental and physical stamina to stay in this fight.

Second, take care of each other. Build and nurture your community. Spend time with friends, chosen family, and your spiritual family — even when your instinct might be to withdraw.

This will be a multi-front fight, and much of it will happen in the courts. As you're able, please donate to the organizations leading this litigation: the ACLU, Lambda Legal, Advocates for Trans Equality, and the Human Rights Campaign (HRC).

We also need to work harder than ever for our patients. Programs like the ADA, food stamps, Medicaid, and Social Security are all at risk. Reach out to your elected officials — and encourage your patients to do the same. Let them know how vital these programs are. Apps like 5 Calls make it easy to contact officials and even provide scripts to help.

Lastly, encourage your colleagues and friends to join the AGLP! We gather strength in numbers.

I can't wait to see you all in Los Angeles for the Annual Meeting.

■ ■ ■

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■ ■ ■

AGLP & Advocacy**Eric Rafla-Yuan, M.D., Vice-President, AGLP**

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*Eric Rafla-Yuan, M.D.***Dr. Rafla-Yuan's piece from the *San Diego Times*****Opinion: Congress Must Act to Protect Medi-Cal for Low-Income San Diegans**

For decades, Medicaid has been a lifeline for more than one third of California residents, and millions of Americans, providing essential mental health care coverage to individuals and families across all demographics, including low-income workers, children, seniors, and people with disabilities.

California's version of Medicaid is known as Medi-Cal, and in San Diego County alone, nearly 900,000

individuals rely on Medi-Cal for essential health care, including 300,000 children. From California's rural communities to urban centers, Medi-Cal ensures access to critical medical services, preventive care, and life-saving treatments for our fellow Californians who might otherwise go without. By bridging gaps in the healthcare system, Medi-Cal also plays a crucial role in promoting public health and economic stability across every corner of our state. Congress's proposed cuts to this vital program are not just numbers on a budget sheet — they represent a direct threat to the health and well-being of thousands of families across California. At a time when healthcare costs continue to rise, these cuts could push many to the brink, forcing impossible choices between life-saving medical treatment and basic necessities. Such a move is not just fiscally reckless — it is morally indefensible. We have a significant mental health and substance use disorder crisis in this country, and California is no different. Cutting Medicaid funding or benefits, as well as imposing burdensome work requirements, would disproportionately harm people with mental health and substance use disorders, who make up approximately 40 percent of non-elderly adults on Medicaid.

These cuts threaten to reverse the positive downward trend in overdose mortality rates, potentially leading to a resurgence of the opioid epidemic that has had a devastating impact on communities in San Diego and across the nation for more than a decade. Medi-Cal is lifesaving for my patients. Children with cancer, adults with diabetes, those recovering from heart attacks or stroke, and people seeking mental health care — all of these and more are covered by Medi-Cal. I think often of a patient of mine who suffered from severe postpartum anxiety and depression. Because of Medi-Cal, she was able to get the care she needed, which supported not just her, but the health of her new baby. Now is not the time to scale back services and coverage for those in need of accessing essential health services. Cutting these services does not erase the need for them, it simply causes patients who cannot access the treatment they need to worsen until they reach a crisis point, necessitating more costly and intensive care, and putting further strain on the health care system. All people, regardless of their economic circumstances, deserve access to health care, and this absolutely includes evidence-based mental health and substance use care. We all pay a high cost when that care is unattainable. I urge Congress, especially those members representing Californians, to reject cuts to the Medicaid program.

*Link to full article. APA featured this on their social media: American Psychiatric Association on X: "Opinion: Congress Must Act to Protect Medi-Cal for Low-Income San Diegans."

■ ■ ■

**WELCOME TO OUR NEW MEMBERS 2025**

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AGLP & Advocacy

Eric Rafla-Yuan, M.D., Vice-President, AGLP

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Dr. Rafla-Yuan's piece from *The Sacramento Bee*

Critical mental health and substance abuse programs face Trump administration cuts | Opinion

Most people have never heard of the Substance Abuse and Mental Health Services Administration. But if you or someone you love has ever struggled with mental health, addiction, trauma or even suicidal thoughts, chances are the administration has already helped you — even if you didn't know it. This critical federal organization, however, is now at risk under the Trump administration.

The Substance Abuse and Mental Health Services Administration is the federal agency that funds and helps coordinate mental health and substance use services across the country. In California and across the nation, we all rely on this administration to keep many of our most critical programs running — from suicide prevention hotlines and school-based mental health services to drug treatment programs and trauma-informed care for children, veterans and survivors of violence.

One program that has touched the lives of more than a million individuals and families across California is the 988 Suicide & Crisis Lifeline, which has fundamentally transformed how we respond to people during a mental health emergency. Counselors working for 988 provide lifesaving services around the clock.

We know that Californians rely on the 988 program — in fact, about one out of every eight calls to 988 originates from California. In February of 2025 alone, more than 30,000 Californians reached out and got support from 988 crisis counselors. And thanks to a new state law, the Miles Hall Lifeline Act, 988 in California is more than just assistance by phone, it's connected to real-time mental health services on the ground.

But eliminating the Substance Abuse and Mental Health Services Administration puts this entire system at risk at a time when suicide remains a leading cause of death among young people. This is especially urgent for Sacramento, which has the highest death from suicide rate of any of urban county in California.

Dissolving this administration — as the Trump administration is proposing to do — would be devastating. Yet 50% of administration staff, including key leaders, have already been fired in the last few weeks, and more staffing cuts are expected. Some congressional leaders, including Senator Alex Padilla, who co-chairs the Senate Mental Health Caucus, have warned that closing down this administration would have disastrous ramifications for millions of Americans.

Every year, the Substance Abuse and Mental Health Services Administration provides hundreds of millions of dollars in grants to local communities, and California is one of the largest recipients. In the past year alone, our state received nearly \$700 million from this administration to support mental health and substance use treatment, recovery and prevention efforts. All of California's 58 counties and more than 300 local organizations and agencies received funding for essential services. These investments include community mental health clinics, overdose prevention and treatment programs addressing California's opioid and fentanyl crisis, suicide prevention programs, 988 and mobile crisis response teams that meet people where they are.

This administration also supports services helping people transition out of homelessness, hospitalization or incarceration and reintegrate back into their communities. In addition, it funds school- and campus-based mental health services across California, as well as workforce development initiatives that train the behavioral health professionals our communities urgently need.

We're not talking about abstract policy here, we're talking about real people: the high school student with depression who gets help through a school counselor instead

of dropping out; the person struggling with pain pills or fentanyl who finally finds a treatment program; the family worried sick about their loved one who call 988 and get help; the senior in a rural part of the state who talks to a counselor via telehealth instead of suffering alone; the veteran battling post-traumatic stress disorder who, through a peer-run group, finally finds relief from the horror of reliving traumatic experiences every night.

People already wait too long for help, and without the Substance Abuse and Mental Health Services Administration, critical services might fully disappear. That means more people in mental health crisis waiting in busy emergency rooms, more individuals battling addiction with nowhere to turn and more lives unraveling in plain sight — the kind of heartbreak we're already witnessing on our sidewalks, in our parks and outside our businesses.

As a psychiatrist who works on the front lines of mental health care in California's second largest county, I see what happens when people don't get the help they need. I've had patients wait hours — or sometimes repeatedly over days — in emergency departments because there's no available psychiatric bed. I've met families doing everything right, calling for help and still struggling to find care for their loved ones.

Preserving the Substance Abuse and Mental Health Services Administration is about protecting the services that keep people alive, housed, stable and connected to care. From classrooms to clinics to crisis lines, this administration's impact is everywhere — quietly holding together a system that so many people depend on. Eliminating it would be a profound and preventable failure for California and every state across the nation.

*Link to full article. This one ran in the Sacramento Bee, San Luis Obispo Tribune, Modesto Bee, Fresno Bee and Merced Sun-Star.

■ ■ ■

Building A Stronger Future for AGLP Advocacy

Eric Rafla-Yuan, M.D., Vice-President, AGLP

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Dear AGLP Members,

Advocacy has always been at the heart of AGLP's mission—to advance the mental health and well-being of LGBTQ+ individuals. In fact, it's why I became a part of the organization in the very first place. As the challenges facing our communities continue to evolve, so too must the ways we approach policy development and advocacy. I'm excited to share important updates on how we are modernizing AGLP's advocacy efforts to meet today's needs and prepare for tomorrow's opportunities.

I encourage you to get involved by joining one of our committees—your voice and experience are needed now more than ever as we work to uphold our values and advocate for our communities. Together, we are strengthening AGLP to meet the challenges ahead and to build a more inclusive, just, and compassionate future.

Our new Advocacy and Policy Initiative centers around three key improvements:

First, democratizing the policy-making process. We are empowering AGLP committees to drive the creation of policies that are most relevant to their areas of expertise. By inviting more member voices into the process, we ensure that our positions are deeply informed, practical, and responsive to the real challenges our patients, colleagues, and communities

Continued on page 12

AGLP 2025 Slate of Officers

Roy Harker, C.A.E., Executive Director

RHarker@aglp.org

The AGLP Executive Committee has approved the following slate of officers for the 2025-2026 term. Early voting is now available for those not able to attend the meeting.

CLICK HERE to cast your vote. Your username and password will be required to access the ballot – only AGLP members may vote in this election.

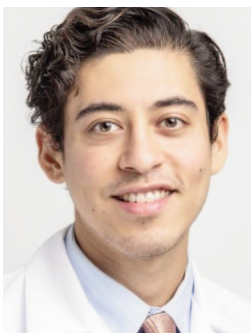
President: Pratik Bahekar, M.B.B.S.



Chris McIntosh, M.B.B.S.

Dr. Pratik Bahekar is an assistant professor in psychiatry at Yale University and a diversity leadership fellow of the American Psychiatric Association. He was a delegate from the Medical Society of the State of New York to the American Medical Association -RFS Interim meeting. He was on various local and national committees working toward advancing LGBTQ+ mental health and participated in advocacy and policy development with the same goal. He serves as the vice president of the Association of LGBTQ+ Psychiatrists. Dr. Bahekar's research focuses on the legal aspects of LGBTQ+ mental health. He has produced scholarship works with his expertise in LGBTQ+ mental health and his vision to remove healthcare barriers for LGBTQ+ individuals. Dr. Bahekar completed the General Psychiatry Residency Training Program at SUNY Downstate Medical Center in Brooklyn, NY, and Yale University, and a forensic psychiatry fellowship at the University of Pennsylvania.

Vice-President: Eric Rafla-Yuan, M.D.



Eric Rafla-Yuan, M.D.

Eric Rafla-Yuan, M.D. is a San Diego psychiatrist and a voluntary assistant clinical professor at UC San Diego, where he founded and led the psychiatry residency diversity committee. He graduated medical school and completed additional training in bioethics at the Vanderbilt University School of Medicine, and completed residency training at the UC San Diego Community Psychiatry Program. He currently sits on the APA Council of Advocacy and Government Relations, and previously held leadership roles with the San Diego Psychiatric Society and California State Association of Psychiatrists. His research focuses on policy and structural drivers of health outcomes and his work on 988 and clinical crisis services has been published in popular media as well as the New England Journal of Medicine and Health Affairs. He is the chair of APA's Caucus on the Social Determinants of Health, a delegate in the American Medical Association's House of Delegates, and formerly served as Health Counsel in the United States House of Representatives during the 117th session of Congress.

Secretary: Sarah Noble, D.O.



Sarah Noble, D.O.

Sarah Noble, DO currently works at Albert Einstein Medical Center where she is the Medical Director of Outpatient Behavioral Health. Sarah is interested in women's mental health, particularly postpartum depression. She is secretary for the AGLP: the organization of LGBTQ+ psychiatrists. Sarah also teaches about the social determinants of health and the effects of implicit bias on patient care.



Sarah Kaufman, M.D.

Treasurer: Sarah Kaufmann, M.D.

Dr. Sarah Kaufman earned her Masters in Pharmacology from Tulane University and her MD from LSU Health Shreveport. She is currently a PGY-4 and serving as one of the Administrative Chief Residents in the Psychiatry Residency Program at LSU Health Shreveport. She is matched to the Addiction Psychiatry Fellowship at the University of California, San Francisco for next academic year, after which she plans to pursue a career in Addiction, Emergency, and Street Psychiatry.

■ ■ ■

Support AGLP today! Upgrade to a Patron Level Membership

AGLP derives 13% of our budget from members who support us at the patron level. Your additional support helps finance the social and educational events we have planned for the Los Angeles APA. AGLP fosters a community of LGBTQ+ psychiatrists who can advocate for our patients and find support for ourselves, and organize cutting edge educational programming. If you become a patron, you will be invited to our VIP reception on Monday May 19 at 6pm. Additionally, you can donate to our medical student travel fund to help fund medical students to come to the APA conference. You can donate to the John O'Donnell Medical Student Travel Fund by clicking on this secure link. Or contact Roy Harker at RHarker@aglp.org. See www.aglp.org for more information.

■ ■ ■

THANKS TO THE FOLLOWING WHO HAVE GENEROUSLY SUPPORTED AGLP IN 2024 AND 2025

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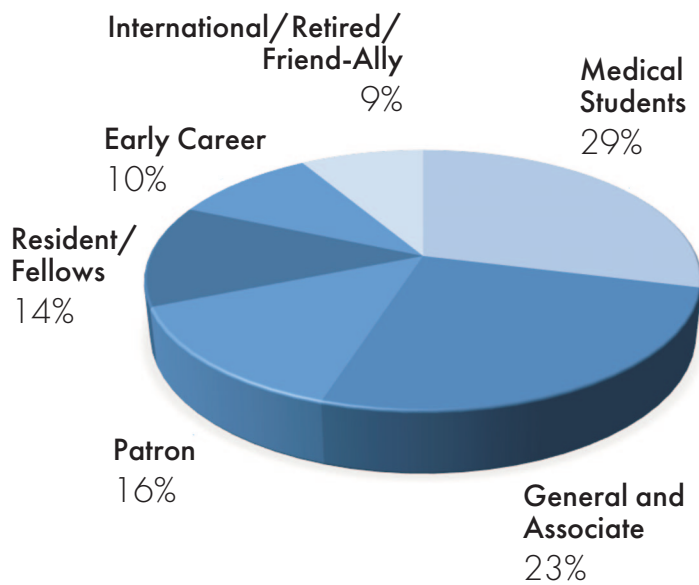
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AGLP Membership Composition



Changing Membership Trends

Roy Harker, C.A.E.

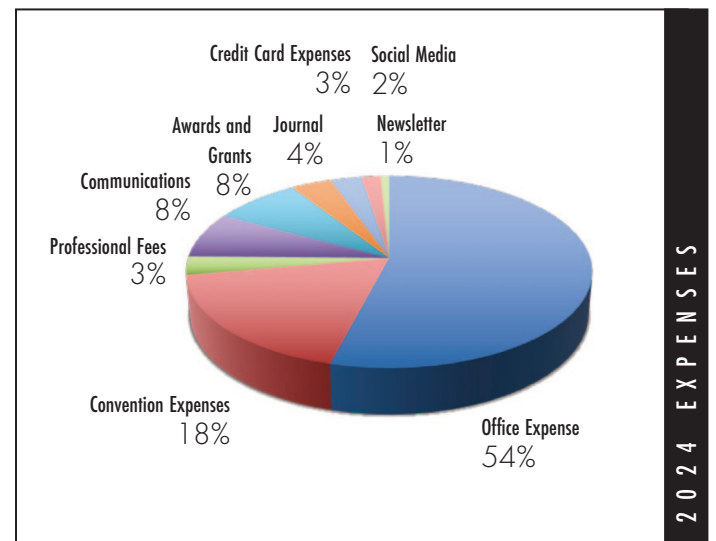
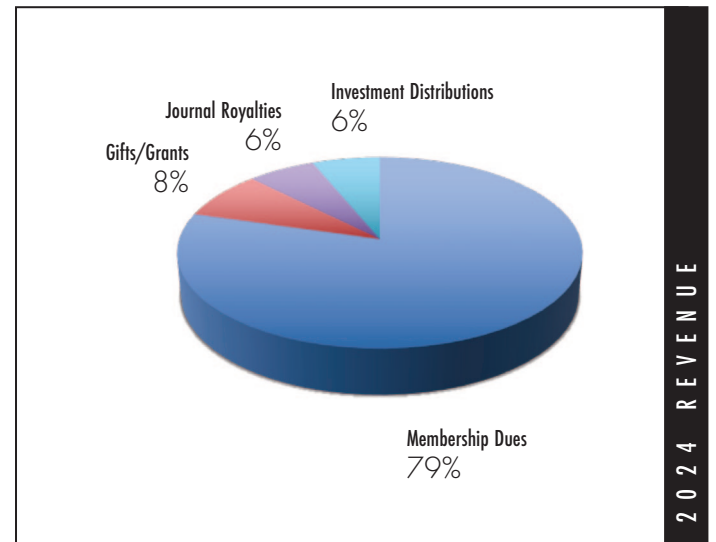
RHarker@aglp.org

After significant growth during our 40th anniversary membership campaign, AGLP has sustained a consistent level of membership around the same levels over the past 4 years. With the easing of covid restrictions and the return to more in-person gatherings, membership numbers have remained steady, now equal to our pre-pandemic figures. There continues to be a significant demographic shift, making AGLP more diverse in terms of gender and ethnicity than ever before. Here are the current membership numbers.

| | |
|----------------------------|-----|
| Patron Level | 65 |
| General and Associate | 94 |
| Early Career | 39 |
| Resident/Fellow | 57 |
| Medical Student | 118 |
| International/Retired/Ally | 37 |
| Total | 410 |

2024 AGLP Financial Statement

Chaden Nouredine, M.D., Treasurer



LEDGER SUMMARY

| | 2024 | 2023** |
|------------------------|-------------|------------|
| Total Receipts | \$ 95,587 | \$ 192,789 |
| Total Disbursements | \$ 109,227 | \$ 104,356 |
| Receipts/Disbursements | \$ - 12,640 | \$ 88,433 |

CASH, SAVINGS, AND INVESTMENTS


| | |
|-------------------|-------------|
| Beginning of Year | End of Year |
| \$ 166,795** | \$ 172,140 |

* Includes contracted salaries, postage, supplies, book inventory and mailing expenses, bank service charges
 ** Audited figures

Time Capsule

Step into our Time Capsule, a nostalgic journey through past newsletter highlights. Together, we can re-visit and celebrate the stories that continue to inspire our journey together.

In this February 1986 edition, we can take a look back in time at the APA Annual Meeting invitation, showcasing AGLP programming, and the enduring commitment to building a vibrant community that we have always shared. As we reflect on our decades of service, let this time be a reminder that we have always risen to the challenge of the moment in front of us. Let us continue with our forward-building legacy of resilience.



The Association of Gay and Lesbian Psychiatrists

[Formerly the Caucus of Gay, Lesbian, and Bisexual Members of the APA]

Invites You To Its Program Activities and Related Events At the APA Annual Meeting in Washington, DC

- AGLP EVENTS -

SUNDAY MAY 11 - Opening Reception for everyone
6:00 - 8:00 P.M.

MONDAY MAY 12 - Business Meetings, Nominations
5:30 - 7:30 P.M.

TUESDAY MAY 13 - Business Meetings, Elections
5:30 - 7:30 P.M.
2nd Annual Awards Luncheon honoring
Dr. Judd Marmor 12:15 - 1:45 P.M.

WEDNESDAY MAY 14 - Business Meetings
5:30 - 7:30 P.M.
Dinner for Lesbian Psychiatrists
6:30 P.M. [meet in Sheraton Lobby]

THURSDAY MAY 15 - Closing Party
[location and time TBA]

- APA EVENTS OF INTEREST -

COURSE 12: New Perspectives on Psychotherapy with Lesbians and Gay Men - **SUNDAY MAY 11 - FULL DAY COURSE**

COURSE : Meeting the Mental Health Challenges of AIDS
THURSDAY MAY 15 - FULL DAY COURSE

WORKSHOP: New Thinking on Sexuality and Homosexuality
THURSDAY MAY 15 - 9:00 - 10:30 A.M.

- LOOK FOR: -

WORKSHOP PRESENTATION BY THE APA COMMITTEE ON GAY, LESBIAN, AND BISEXUAL ISSUES


WORKSHOP PRESENTATION BY THE APA COMMITTEE ON AIDS

WORKSHOP ON ISSUES FOR LESBIANS

COURSE ON GAY AND LESBIAN YOUTH

WORKSHOP ON MILITARY AND AIDS

Check the APA Annual Meeting Schedule for actual times and locations and for related activities.
More information about AGLP activities will be available in both the Registration Area and Hospitality Suite which will be open from Sunday afternoon, May 11, through Thursday May 15.
Several dinners, receptions, and parties will be organized, in addition to events for friends, lovers, significant others, spouses, and spouse-equivalents.



SMALL DISCUSSION GROUPS ON:
The "Closeted" Psychiatrist
Clinical Material Discussion
Residency Training Issues
The Gay and Lesbian Parent
AIDS: The Personal Impact
AIDS: The Impact on Clinical Practice
Videos Teaching Safe Sex Practices

Please consider joining AGLP. Confidentiality is fully assured; the APA does NOT have access to the membership list.

For further information, write to:

Robert P. Cabaj, M.D., President, AGLP
93 Ivy Street
Brookline, MA 02146

All correspondence is confidential.

Pearls of Wisdom Requests

Donya Ahmadian, MPH

AGLPeditors@aglp.org

In this space, we will feature brief words of wisdom from our AGLP family. These pieces may be testimonies of lived experiences, words of advice, mentorship, previous works you have written, calls to action, and beyond. We would love to feature you. Please submit anything you'd like to share, no matter the length, to AGLPeditors@aglp.org.

"You are not your shame, your most noble act, nor your worst. You are simply human, with all your intricacies, worthy of love and wholeness, in every understanding of the word. Our patients are no different than you or I in this way... how beautiful is this commonality which ties us." - Anonymous



Committee on Legal Advocacy**David L. Scasta, M.D., DLFAPA**

scastadavid@msn.com



David L. Scasta, M.D., DLFAPA

After participating in an APA symposium on the “Dark Side of Psychiatry,” Dr. David Scasta wrote a riveting piece, outlining the story of the APA and its’ metamorphosis from the pathologization of homosexuality to its’ now most fervent allies. The history of Dr. Scasta’s piece will be shared in a four-part series.

Malevolent Paternalism to Benevolent Patronage: The evolution of the American Psychiatric Association in the understanding of same sex relations

David L. Scasta, M.D., DLFAPA

APA Official Actions: Position Statement on Issues Related to Homosexuality

Approved by the APA Assembly November 2013

Approved by the APA Board of Trustees December 2013

While recognizing that the scientific understanding is incomplete and often distorted because of societal stigma, the American Psychiatric Association holds the following positions regarding same-sex attraction and associated issues.

It is the American Psychiatric Association’s position that same-sex attraction, whether expressed in action, fantasy, or identity, implies no impairment per se in judgment, stability, reliability, or general social or vocational capabilities. The American Psychiatric Association believes that the causes of sexual orientation (whether homosexual or heterosexual) are not known at this time and likely are multifactorial including biological and behavioral roots which may vary between different individuals and may even vary over time. The American Psychiatric Association does not believe that same-sex orientation should or needs to be changed, and efforts to do so represent a significant risk of harm by subjecting individuals to forms of treatment which have not been scientifically validated and by undermining self-esteem when sexual orientation fails to change. No credible evidence exists that any mental health intervention can reliably and safely change sexual orientation; nor, from a mental health perspective does sexual orientation need to be changed.

The American Psychiatric Association opposes discrimination against individuals with same-sex attraction whether it be in education, employment, military service, immigration and naturalization status, housing, income, government services, retirement benefits, ability to inherit property, rights of survivorship, spousal rights, family status, and access to health services. The American Psychiatric Association recognizes that such discriminations, as well as societal, religious, and family stigma, may adversely affect the mental health of individuals with same-sex attraction necessitating intervention by mental health professionals, for which, the American Psychiatric Association supports the provision of adequate mental health resources to provide that intervention. The American Psychiatric Association supports same-sex marriage as being advantageous to the mental health of same-sex couples and supports legal recognition of the right for same-sex couples to marry, adopt and co-parent.

In the mid-1900s the APA (American Psychiatric Association) was steeped in psychoanalysis as indisputable dogma, ignoring efforts of psychologists to bring non-experiential sciences to bear on the understanding of human behavior. Paternalistically, American psychiatrists pathologized homosexuality as a failure of normal human development that made fulfilling, normal relationships untenable – thereby creating a market for psychiatric interventions. Scientific studies to the contrary went unnoticed. It was a dark time for lesbian, gay, and bisexual peoples, subjected to treatments which inevitably led to failure – which was attributed to the failure of the patient; not the psychiatrist. Gay activists and progressive psychiatrists challenged that view in the early 70s. When a psychiatrist in disguise, Dr. John Fryer, told colleagues in 1972 what it was like to be a gay psychiatrist, attitudes began to change. The APA is now in the vanguard of advocacy for LGBT (lesbian, gay, bisexual, transgender) peoples. This is the story of the APA’s journey from malevolent paternalism to benevolent patronage.

By way of background, the APA was founded in Philadelphia in 1844 by 13 superintendents, calling their organization: the Association of Medical Superintendents of American Institutions for the Insane. It changed its name to the American Psychiatric Association in 1921. It is now the largest organization of psychiatrists in the world. In 2019 it had more than 38,000 members; a full time staff of about 235 people in its headquarters in Washington, DC, and about 70 district offices across the United States and Canada. (APA Website: psych.org). The understanding of same sex attraction for American psychiatrists within the APA did not occur in a historical vacuum. To contextualize that understanding, it is helpful to briefly review some of the history of cultures and beliefs about same sex attraction before psychiatrists existed.

Ancient History

Ancient civilizations varied in their acceptance of same sex relationships. The Hebrews codified death (Leviticus 20:13), the Assyrians castrated, and the Greeks provide both female and homosexual prostitutes to support temples of the gods (Boswell). Most records about homosexuality in the Greek period reference intergenerational sex in which the “top” (anal penetrator) was a warrior or well-placed adult who mentored an adolescent or a young slave who was the “bottom” (penetrated anally by the penis). An adult male who was penetrated was considered effeminate and scorned. Spartans and Celtic warriors were housed together with very young warriors in training without women and, in the case of the Celts, were reputed to prefer sex with boys over women. Athenian boys were mentored by older free male citizens who advantaged the adolescents that accepted a sexual relationship. Sex with prepubescent boys was rejected. Athenian mothers lamented that they had to accompany their very young sons past the gymnasium to get them to school because of harassment by men in the gym (who were naked).

Both Socrates and Plato wrote about same sex relationships. Plato’s *Phaedrus*, contains a debate between *Phaedrus* and *Socrates* about the advantages of erotic love versus friendship between men (Plato, Cir. 340 BC). 4th-century Greeks understood the love of an older man for a younger man – the younger man had vigor and beauty – but it was more difficult to explain how a younger man could love an older one whose physical beauty had faded. Plato postulated that young man is beautiful because he partici-

Malevolent Paternalism to Benevolent Patronage

Continued from page 10

pates in the divine Beauty, which is perceived by the older man and then reflected back to the younger. In this way both the older and younger man serve as conduits through which is channeled the ideal form of Beauty which is changeless and eternal.

In the ancient era, homosexuality was understood as one of the forms that sexual behavior can take, rather than an identity. Romantic love between two adult men was framed by stories of heroic love, such as the Babylonian epic of Gilgamesh (2150 BC). The epic describes Gilgamesh's love for Enkidu, a rough, hairy man with whom he fought and later loved. They subsequently shared many adventures together until the love stricken goddess, Ishtar, sent a bull to kill Gilgamesh when he rejected her sexually. Gilgamesh and Enkidu killed the bull for which the gods retaliated with the death of Enkidu, throwing Gilgamesh into a great depression. Gilgamesh then set out on a quest to find the secret of immortality leading to Utnapishtim, the Babylonian Noah, from which the Israelites took their story during the Babylonian Captivity. Utnapishtim was granted immortality for building an ark, saving animals from extinction, and offering the fumes of sacrifice to the gods – who needed such from humans for survival. The story of Jonathan and David in the Bible was a similar story of heroic love. David expressed that his love for Jonathan was more wonderful than the love of women (2 Samuel 1:26) (which does not necessarily mean that the love had a sexual dimension). Alexander the Great's lover was his boyhood friend and general, Hephaestion, whose death sent Alexander into a clinical depression. Alexander died of illness several months later – reportedly broken in spirit.

Sex between women is neglected by Western ancient history. Women were rarely viewed as important in historical accounts except as they related to men. That does not mean that female same sex relations were totally unknown. The Greek poet, Sappho (7th century BC) wrote poems on the Isle of Lesbos describing love and infatuation between women. The word "Lesbian" comes from the island on which she wrote her poems.

In the Roman era, homosexuality was tolerated during the early Empire. Arguments could be found in literature debating whether sexual relations between men and women or between men and men were more desired. There were a number of recorded examples of homosexual marriages and laws that were written codifying such marriages. The prohibition against passive sexual behavior for men remained. Receptive anal sex was limited to adolescents and slaves. Most of the early Emperors engaged in same sex relations. Julius Caesar was ridiculed by his soldiers over the gossip that he had been the passive partner in a sexual affair with Nicomedes IV Philopator, King of Bithynia.

Caesar Augustus became concerned about the rampant infidelity of the Roman aristocracy (led by the women sleeping with each other's husbands, causing many intrigues). He banned adultery and encouraged his soldiers to marry. His conservative views on sexuality began to take hold after the excess of the emperors who followed him, who engaged in wild public and often brutal orgies of depraved sexuality. Tiberius reportedly broke the legs of young boys who resisted his advances and had infants fellate him. Nero married two males. Tacitus wrote that Nero castrated a young man and then married him. Caligula reportedly offered his young homosexual catamites to his sisters. That being said, the history comes from ancient historians such as Tacitus and Suetonius who despised the Caesars. History may have been distorted by ancient day conspiracy theories.

Hadrian (117-138 AD), one of the better emperors, had a lover, named Antinous, whom he deified after his lover mysteriously drowned following criticism of the affair. Statues of Antinous can be found in many collections of Roman art due to the widespread and prolific production of memorials to him ordered by Hadrian.

By the middle of the third century AD, the role of the Roman Senate began to wane as the Emperors solidified their control of the reins of government. Christianity became increasingly influential with the emperors leading eventually to the establish-

ment of Christianity as the state religion in 311 AD by the emperor, Constantine. As Christianity began to sway the empire, the tolerance of homosexuality began to wane. Initially male prostitutes were taxed and then prohibited. By the middle of the fourth century, even homosexual marriages were prohibited. Homosexuality became, not a behavior, but a moral lapse.

The Christian Era

A Roman theologian, a Berber from North Africa named Augustine (354-430 AD), began espousing the value of celibacy. Augustine developed his faith and philosophy as an about face from his early background. He was sexually active as an adolescent. By age 17 he was in a sexual relationship with a woman and had a son by age 18. He left his son's mother at age 29, eventually waiting to marry a 10 year old girl as soon as she turned 12. He wrote in his autobiographical work, *Confessions*, of his passions as a young man and of his prayer, "Give me chastity and continence, but not just now." He was influenced by the writings of St. Paul (e.g., It is good for a man to not marry" 1 Corinthians 7:1). In 387 he had randomly selected the Paulian verse: Romans 12:13-14: "Let us walk honestly, not in revelry and drunkenness, not in debauchery and licentiousness...make no provision for the flesh, to gratify its desires." After reading the verse, he returned to the religion of his mother, Christianity, and subsequently became celibate. Augustine never married the girl young because he took up a vow of chastity before she turned 12. St. Augustine became a bishop in Hippo Region in North Africa. His theological treatises became mainstays of Catholic philosophy, and profoundly influenced St. Thomas Aquinas the principle architect of Christian doctrine regarding homosexuality.

Like his predecessor St. Augustine, St. Aquinas entered the priesthood after a period of searching and rebellion. He was particularly interested in the philosophical debate questioning whether divine revelation is knowable or must be accepted solely by faith. He felt that some divine Truths were in fact knowable and used Nature as the prime example of Truth that is apparent. Similar in approach to St. Augustine, St. Aquinas espoused sex for procreation, not for pleasure. He erroneously (cf. Ford & Beach, 1951) believed that homosexual behavior was not seen in animals and therefore was "Unnatural" (i.e., not of Nature) making the behavior a form of sin. In essence, all behavior that is against Nature, is against God and therefore is a form of sin. Homosexual behavior became codified as immoral with St. Aquinas's seminal treatise, the *Summa Theologica*, completed in 1273 one year before his death.

For the next six hundred years, Western scholars viewed homosexual behavior as a moral question. Homosexuality was typically assumed to be a behavior that was immoral in the same way murder is an immoral behavior. Engaging in the behavior of murder does not imply that the individual has a separate, immutable identity as a "murderer" since anyone is capable of committing murder and may or may not chose to murder depending upon circumstances (Boswell, 1980).

It is incorrect however, to assume that the concept of a homosexual identity was a foreign idea to medieval thinkers. The sermons of St. Bernardino of Siena (Cir. 1425) warned his parishioners of the risks of allowing their sons to be exposed to sodomites who would pollute their sons and turn them into sodomites themselves. He preached, "I heard it from a very worthy man, who said he believed that more boys are ruined from the age of 8 to 15 than at any other age." (Parenthetically, age 15 is the modal age when gay boys become aware of same sex attraction.) St. Bernardo asserted that the sodomite would then betray himself by choosing not to marry – leading local officials in Tuscany to encourage heterosexual prostitution and appoint a special court, called "Officers of the Night," to prosecute homosexuals with the hope of preventing the youth from being turned forever into sodomites.

.....To be continued next edition.

■ ■ ■

Editor's Column
Continued from page 2

every paper you author, every letter you write- every call to Congress you make—these are the seeds we are planting, and we must trust that they will grow.

I am comforted that we will be together in person soon. As we look around us, we will be surrounded by the magic of what it means to gather- to persist- and to hold to the very thread that ties us together. We are a community that is rooted in hope, and in the discipline of showing up for one another, for our colleagues, and for the generations that will follow us. Our true work is in the doing and in the radical nature of this- we remember our power.

I ask you to keep hope alive in the work you do every day. Let's stay devoted to who we are, why we chose this work,, and in the quiet but powerful belief that change—while slow—is already ours. We have seen it before and we will see it again.

United alongside you,

Donya Ahmadian, MPH

■ ■ ■

Building a Stronger Future
Continued from page 5

face every day. More engagement means a stronger, more united AGLP.

Second, enhancing how we develop and present our policies. We are adopting a standardized position statement format that emphasizes clarity, relevance, and consistency. This new format provides a clear framework for articulating the issues we face, the positions we take, and the actions we recommend. By refining how we communicate, we amplify the power of our advocacy.

Third, expanding our external collaborations. AGLP's Advocacy Committee will take a broader role in building partnerships with professional organizations, civil rights groups, and policymakers. By joining forces with like-minded allies, we can more effectively influence the policy landscape on LGBTQ+ mental health issues at the local, state, and national levels. You'll see these changes reflected in upcoming AGLP position statements, which will follow the newly introduced template.

I am deeply appreciative of our members, committee leaders, and volunteers whose dedication and expertise drive our work forward. I encourage you to get involved by joining one of our committees—your voice and experience are needed now more than ever as we work to uphold our values and advocate for our communities. Together, we are strengthening AGLP to meet the challenges ahead and to build a more inclusive, just, and compassionate future.

In pride and solidarity,

Eric Rafla-Yuan, MD
He/him/his

■ ■ ■

AGLP 2025 Trainee Paper Award Announced

Mark Bradley, M.D.

Editors@aglp.org



Rahul Nachnani, PhD

AGLP: The Association of LGBTQ+ Psychiatrists is pleased to announce that Rahul Nachnani, PhD, a third-year medical student at Penn State University, has been awarded the 2025 Trainee Paper Award for his manuscript "Mental Health Outcomes Associated with Perceived Consent to Intersex-related Surgeries among Intersex Adults: Results From A National Non-Probability Sample."

This community-based study examined the relationship between intersex adults' perception of consent to surgeries and their mental health outcomes. Using data from the National Intersex Adult Health Study, Nachnani and colleagues found that individuals who reported having undergone surgery without their consent showed significantly higher rates of PTSD, depression, and suicidality compared to those who did not report such experiences.

The research employed a community-engaged approach, involving members of the intersex community throughout the research process. This strengthens the validity and relevance of their findings for the intersex community.

This work contributes valuable evidence to our understanding of the mental health needs of intersex individuals and highlights important considerations for clinical practice. The study emphasizes the need for mental health practitioners to be attentive to depressive symptoms, PTSD, and suicidality when working with adults with intersex variations, particularly those with histories of early surgical interventions.

The paper, co-authored with Katharine B. Dalke, MD, MBE, Jeremy C. Wang, MD, MPH, Arlene B. Baratz, MD, and Jason D. Flatt, PhD, will be published in an upcoming issue of the *Journal of Gay and Lesbian Mental Health*.

We congratulate Rahul on this achievement and look forward to his continued contributions to research that advances the health and well-being of LGBTQ+ communities.

The Journal of Gay & Lesbian Mental Health seeks out and publishes the most current clinical and research scholarship on LGBT mental health with a focus on clinical issues.

The Journal strives to represent the full breadth of LGBTQ+ mental health treatment, including issues relevant to patients and mental health care providers in all types of settings. The Journal of Gay & Lesbian Mental Health also strives to cover the full spectrum of sexual and gender minority populations — lesbian, gay, bisexual, transgender, intersex, queer, and gender-queer.

This peer-reviewed journal emphasizes original research articles, critical reviews of the literature, reports of innovative programs for LGBT mental health care training and delivery, and case reports that advance our understanding of LGBT mental health.

The Journal is provided free-of-charge to AGLP members.

■ ■ ■

AGLP 2025 Awards

Roy Harker, C.A.E., Executive Director

RHarker@aglp.org

AGLP is pleased to announce our awardees for this year's lineup of significant contributors to the LGBTQ+ community, both within the organization and across the country. This year, the 2025 AGLP Awards will be presented in a ceremony at The Queensbury; 819 S. Flower Street, Los Angeles, CA 90017, on Monday, May 19, 2025. The reception begins at 7:00pm with the Awards Ceremony following at 8:00pm.



Greg Louganis

The Distinguished Service Award, AGLP's first designated award, is given to an individual for outstanding contributions to the LGBTQ community. Over the years it has been awarded to AGLP members whose work extends past the reach of the organization, to supportive APA officials, and to public figures. The 2025 Distinguished Service Award is being presented to Greg Louganis.

Greg Louganis is a five-time Olympic medalist in the three-meter and 10-meter diving events, and he is the first man in Olympic history to sweep the Diving events in consecutive Olympic Games. Born in San Diego, Louganis won a record 47 national titles and 13 world championships throughout his Diving career. He captured his first Olympic medal at the Olympic Games Montreal 1976, placing second in the tower event. Louganis won two titles at the 1982 world championships and was the first person to receive a perfect score of 10 from all seven judges in an international event. He proceeded to win gold

medals in both the three-meter and 10-meter events at the Olympic Games Los Angeles 1984, both with record scores and leads over his opponents. However, at the Seoul 1988 Games, a concussion Louganis sustained during the preliminary rounds of the three-meter event almost dashed his medal hopes. But Louganis competed despite the injury, claiming two gold medals and becoming the first man in Olympic history to sweep the Diving events in consecutive Olympic Games. After his competitive Diving career, Louganis became a LGBTQ+ activist and worked frequently with the Human Rights Campaign to defend the civil liberties of the LGBTQ+ community and those diagnosed with HIV.



Sarah Noble, D.O.

The AGLP James Paulsen Award, created in 1986 and presented to an AGLP member who has made significant contributions to the ongoing life of the organization, is conferred this year on Sarah Noble, D.O., a long-standing member of AGLP.

Sarah Noble, DO currently works at Albert Einstein Medical Center where she is the Medical Director of Outpatient Behavioral Health. Sarah is interested in women's mental health, particularly postpartum depression. She is secretary for the AGLP: the organization of LGBTQ+ psychiatrists. Sarah also teaches about the social determinants of health and the effects of implicit bias on patient care.

The Barbara Gittings Award for 2025 is being presented to Vickie Mays, PhD and Susan Cochran, PhD. The AGLP Barbara Gittings Award is presented to a woman who demonstrates exceptional leadership and advocacy for lesbian issues. It was named after one of the founders of the gay rights movement and one of the activists instrumental in moving APA to consider depathologizing homosexuality. We note the importance of the joint efforts of Dr. Mays and Dr. Cochran.



Vickie Mays, Ph.D.

Vickie Mays is a Professor in the Department of Psychology in the College of Letters and Sciences, as well as a Professor in the Department of Health Services. Professor Mays is also the Director of the UCLA Center on Research, Education, Training and Strategic Communication on Minority Health Disparities (www.MinorityHealthDisparities.org). She teaches courses on health status and health behaviors of racial and ethnic minority groups, research ethics in biomedical and behavioral research in racial/ethnic minority populations, research methods in minority research, as well as courses on social determinants of mental disorders and

psychopathology. She holds a Ph.D. in Clinical Psychology and an M.S.P.H. in Health Services, with postdoctoral training in psychiatric epidemiology, survey research as it applies to ethnic minorities (University of Michigan) and health policy (RAND). Professor Mays' research primarily focuses on the mental and physical health disparities affecting racial and ethnic minority populations. She has a long history of research and policy development in the area of contextual factors that surrounding HIV/AIDS in racial and ethnic minorities. This work ranges from looking at barriers to education and services to understanding racial-based immunological differences that may contribute to health outcome disparities. Other areas of research include looking at the role of perceived and actual discrimination on mental and physical health outcomes, particularly as these factors impact downstream disease outcomes. Her mental health research examines availability, access and quality of mental health services for racial, ethnic and sexual minorities. She is the Co-PI of the California Quality of Life Survey, a population based study of over 2,200 Californians on the prevalence of mental health disorders and the contextual factors associated with those disorders.

Dr. Mays has provided testimony to a number of Congressional committees on her HIV, mental health and health disparities research findings. She recently completed a term as the Chair of the Subcommittee on Populations of the National Committee on Vital and Health Statistics. There she helped develop a report on the role of data collection in the reducing health disparities associated with race, ethnicity, and primary language. She has received a number of awards including one for her lifetime research on women and HIV from AMFAR, a Women and Leadership Award from the American Psychological Association and several Distinguished Contributions for Research awards.



Susan D. Cochran, Ph.D.

Prof. Susan D. Cochran is, by training, a clinical psychologist and an epidemiologist. Her research program seeks to elucidate the mechanisms that moderate relationships among marginalizing social factors, behavior, and disease. This work has centered on three broad areas: a) illuminating disparities that affect the health of sexual/gender and racial/ethnic minority populations, b) destigmatizing homosexuality and gender expression both domestically and internationally, and c) identifying key policy changes that may reduce the harmful effects of social marginalization.

"Over the years," she writes, "I have been fortunate to receive several awards for my research, mentorship efforts, and contributions to the University including the American Psychological Association's Distinguished Contribution to Research in Public Policy Award, the UCLA Chancellor's Award for Special Contributions to a Fair and Open Academic Environment, and most recently the 2022 Impact Award from the UCLA Williams Institute for "groundbreaking foundational research showcasing health disparities among LGBT people."

AGLP 2025 Awards Continued from page 13

Besides serving on various professional boards and committees, she was a member of the World Health Organization International Classification of Disease Working Group on the Classification of Sexual Disorders and Sexual Health (2011-2014) charged with developing the scientific rationale to remove from the ICD residual diagnoses linked to homosexuality.

The 2025 Stuart Nichols Award is being conferred on The Connie Norman Transgender Empowerment Center



Transgender and non-binary individuals comprise two of the most marginalized groups in our society.

The Center provides much-needed services in one convenient, safe, and welcoming place.

Named after Connie Norman, known as the 'AIDS Diva,' a fearless Transgender and AIDS activist who died in 1996, this center acts as a home to raise up and empower the next generation of activists and members of our community. We are home to several Trans-led organizations including FLUX powered by AHF, TransCanWork, the Unique Woman's Coalition (UWC), and many others.

The Connie Norman Empowerment Center is a creation from AIDS Healthcare Foundation (AHF) whose mission is to provide cutting-edge medicine and advocacy regardless of ability to pay. The new center will help advance AHF's mission by providing high-quality HIV care and functioning as a sort of 'WeWork' space for Trans-led organizations to have a place to do their work, advocate for the community, and be affirmed. AHF will open an outpatient clinic at Linn House, focusing on the medical needs of transgender individuals which will help provide HIV medical care and advocacy to those in need.

The Stuart Nichols Award is presented to a community service organization in the Annual Meeting city that supports LGBTQ+ Mental Health. It was named after Stuart Nichols, MD, a community psychiatrist who did addictions and HIV work and was a mentor to many AGLP members. The award includes a cash stipend.



2025 John Fryer, M.D. Award Winner

Roy Harker, C.A.E., Executive Director

RHarker@aglp.org



Chris McIntosh, M.D.

AGLP is pleased to announce **Chris McIntosh, M.D.**, is the recipient of the American Psychiatric Association's 2025 John Fryer Award.

We believe that Dr. McIntosh embodies the ideal candidate for the Fryer Award. Through his sustained life-long work, especially in regards to the AGLP *Journal of Gay and Lesbian Mental Health*, he has brought world-wide attention to the issues that have directly and indirectly improved the lives and mental health of countless LGBTQ+ people.

Dr. McIntosh began his career as an outstanding student of science, receiving his Bachelor of Science in Biochemistry (First Class Honours, Distinction) at Mount Allison University in Canada. Three years later, he received his Master of Science degree at the University of Ottawa in Molecular Biology. More than

prepared for the science of medicine, he entered medical school at the University of Toronto, receiving his M.D. in 2001 with Honours Standing. He completed his residency in Psychiatry at the University of Toronto, from 2001-2006; chosen as Chief Resident from 2005-2006. His academic interests have included mental health and the LGBTQ+ community, teaching medical students and residents, general psychiatry and psychodynamic psychotherapy.

The University of Toronto has remained Dr. McIntosh's academic home ever since. He has risen to the rank of Associate Professor. Clinically, he has served on the staffs of Mount Sinai Hospital in Toronto, The Centre for Addiction and Mental Health, and Toronto East General Hospital. One patient review described him as "compassionate, thorough and respectful". And so he is, always. Dr. McIntosh is an outstanding researcher, writer, editor, administrator, and leader in addition to his work as a clinician. He is highly respected and valued by every colleague. Never seeking the spotlight, he is rather a beacon to the rest of us as he has served as Editor-in-Chief of the *Journal of Gay and Lesbian Mental Health* for the last decade, as he chaired the LGBTQ+ Committee of the Group for the Advancement of Psychiatry (and is currently on the Publications Board and Steering Committee) and held leadership positions in AGLP: The Association of LGBTQ+ Psychiatrists.

A look through his years leading the *Journal* and chairing the GAP LGBTQ+ Committee will cover every single major issue for our community. And in the process, countless students, residents, clinicians, researchers, and academics have had their work nurtured, encouraged, and strengthened.

The 2025 AGLP John Fryer Award and Lecture, "An Unselfish Satisfaction" will occur on Monday, May 19, 8:00am to 9:30am, at the American Psychiatric Association Annual Meeting in Los Angeles, Room 502 B, Convention Center.

The John E. Fryer, MD, Award honors an individual whose work has contributed to the mental health of sexual minorities. It was named for John Fryer, the psychiatrist who appeared as "Dr. H. Anonymous" at the 1972 APA meeting and helped move forward the process of removing the diagnosis of homosexuality from the DSM. The Award is funded by AGLP members, a matching grant from the Gill Foundation, and a bequest from AGLP founding member Frank Rundle, MD.



Contribute to the Fryer Award Legacy Fund

Ensuring the growth and future of the Fryer Award for generations to come

For more information about how you can get involved, please contact Roy Harker, Executive Director of AGLP, at rharker@aglp.org or visit our website, www.aglp.org. Tax-deductible contributions to AGLP for the Fryer Award can be made through this secure link.



AGLP Schedule and Highlighted Educational Sessions

Edited by Roy Harker, and Gene Nakajima, MD



Scan the QR Code to the left to view all of the latest schedule information on our website.

The following schedule is accurate as of May 7. For up to date listings closer to the convention of AGLP/APA events go to <http://www.aglp.org/Pages/annualconference.htm>

Friday, May 16

AGLP Welcome Reception

6:00pm to 8:00pm

At the home of Bill Resnick, MD

Registration Required: REGISTER NOW!

Theater Suggestion

7:30pm to 8:45pm

Furlough's Paradise follows two cousins, one of whom is on a three-day release from prison, as the pair attend a funeral in their childhood town. Playwright a.k. payne (she/they) engages Black lives. Geffen Playhouse, Westwood. See website for ticketing information.

Saturday, May 17

HIV Psychiatry – Essential Clinical Updates

8:00am - 9:30am

Chair: Luis Filipe Gomes Pereira, MD; Jordi Blanch, PhD, MD; John Wells, MD; Kenneth Bryan Ashley, MD

Room 410, Convention Center

Museum Outing: Jeffrey Gibson: "the space in which to place me"

11:00am to 12:00pm

Broad Museum (221 S. Grant St, a 15-min subway ride from the convention center) Adapted from its origination presentation at the US Pavilion at the Venice Biennale in 2024, where Gibson was the first Indigenous artist to represent the US with a solo exhibition. Gibson identifies as Queer/Gay. See website for more information.

We are trying to book a docent tour. If we can't book a tour, buy a ticket for the exhibition on your own preferably at least three days in advance, though limited same day tickets are available. Please look at the AGLP list of events on the website for up to date details.

AGLP Resident and Medical Student Brunch

11:30am to 12:45pm

At the home of Cage Hall, MD

Registration Required: REGISTER NOW!

Symphony Suggestion

2:00pm

LA Philharmonic, Black Queer Cellist Seth Parker Woods premieres Julia Adolpe's *Chrysalis*. Gay composer Ravel fills out the program. See website for more information. Walt Disney Concert Hall is an acoustic and architectural (Frank Gehry designed) wonder. Self guided tours available. 15 min by subway from the AGLP hotel. Before the performance at 1:00pm, some of us will meet for a bite at the Concert Hall Cafe at Walt Disney Concert Hall. Cafeteria style.

Physicians with Lived Experience: The Ripple Effect of Sharing Their Stories

3:45pm to 5:15pm

Chair: Michael Myers, MD; Jessica Gold, MD, MS; Chase Anderson, MD, MS; Devika Bhushan, MD

The third speaker Chase Anderson, MD, MS, is black and queer and lives with a history of depression and anxiety. He will speak about how being open about his mental health has changed his life.

Room 410, Convention Center

Hope for the Hopeless - Lessons in Changing Attitudes Toward Substance Use Disorders That Can Be Learned From Changing Attitudes Toward HIV Treatment

3:45pm to 5:15pm, Poster Session 3

Sarah Elizabeth Kaufman, MD

Exhibition Hall

Trans/Non-Binary Committee Happy Hour

5:30pm

Bar Magnolia in the Hotel Figueroa

939 S. Figueroa Street, Los Angeles, California 90015

Sarah Noble, DO (she/they) is your host.

Registration/RSVP Required: REGISTER NOW!

Women's Dinner Outing

7:00pm

Sol-Agave, 800 W Olympic Blvd, Suite A130, Los Angeles, CA 90015

(213) 536-5287

Registration/RSVP Required: REGISTER NOW!

Theater Suggestion

7:30pm to 10:00pm

A Man of No Importance is a musical by gay composer Stephen Flaherty and gay playwright Terrence McNally, based on the 1994 film, *A Man of No Importance*. It tells the story of an amateur theatre group in Dublin in 1964, and their leader, a closeted bus conductor who is determined to stage Oscar Wilde's *Salome* at his church, despite the objections of church authorities. *A Noise Within* in Theater Pasadena 50 min by subway. See website for more information.

Sunday, May 18

Poster Sessions

8:00am to 9:30am

Exhibition Hall

AGLP Annual Board and Council Meeting

9:00am to 12:30pm

JW Marriott LA Live; Atrium II, 900 W Olympic Blvd, Los Angeles, CA 90015

Psychiatrists at the Los Angeles Opera's *Ainadamar*: Sex, Politics and Garcia Lorca's Murder"

10:30am to 12:00pm

Howard Rubin, MD; Harmanpreet Kaur, MD; Gene Nakajima, MD

A discussion about *Ainadamar*, an opera that The Los Angeles Opera is performing from 2:00pm-3:20pm. It is about poet Garcia Lorca's murder by the fascists for his left wing politics and his homosexuality.

Poster Sessions

10:30 to 12:00pm

Exhibition Hall

AGLP Schedule and Highlighted Educational Sessions
Continued from page 15

Medical Student Lunch

12:15pm to 1:15pm

Cow Cafe, 342 W Pico Blvd, Los Angeles, CA 90015

Join fellow medical students for a casual lunch during the APA Annual Meeting. All are welcome!

Please email cyi@som.umaryland.edu to RSVP so we can include you in the headcount.

AGLP/APA Caucus Annual Membership Meeting

1:30pm to 3:30pm

JW Marriott LA Live; Atrium I, 900 W Olympic Blvd, Los Angeles, CA 90015

Opera Suggestion

2:00pm to 3:20pm

Ainadamar, by Argentinian composer Osvaldo Golijov, to a libretto by American playwright David Henry Hwang, tells the story of the famous Spanish poet and playwright Federico García Lorca and his muse, the lesbian actress Margarita Xirgu, their opposition to the Falange, accusations of homosexuality against the playwright, and events leading to his execution by the Fascists. This production is infused by Flamenco dance. LA opera is 15 min by subway. See website for more information.

Before the performance, some of us will meet for a bite at the Concert Hall Cafe at Walt Disney Concert Hall, which is across the street from the Opera House.

Intimate Partner Violence: A Conversation with Olympic Gold Medalist Greg Louganis

3:45pm to 5:15pm

Chair: Amir Ahuja, MD.

Room 511 ABC, Convention Center

Classical Music Suggestion

7:30pm

Cameron Carpenter is a bisexual organist with camp sensibilities. He plays a Frank Gehry-designed organ at Walt Disney Concert Hall, 15 min by subway. His performance includes a transcription of gay composer Mussorsky's *Pictures at an Exhibition*. See website for more information.

Before the performance at 6:30pm, some of us will meet for a bite at the Concert Hall Cafe at Walt Disney Concert Hall. Cafeteria style.

Monday, May 19

"An Unselfish Satisfaction": The John Fryer Award Lecture

8:00am to 9:30am

Chair: Christopher A. McIntosh, MD

The Fryer Award honors an individual whose work has contributed to the mental health of sexual minorities. The Award is funded by AGLP members. Dr. McIntosh was Editor in Chief of the *Journal of Gay and Lesbian Mental Health* for 10 years. He will explore the history of the scientific study of the LGBTQ+ community.

Room 502 B, Convention Center

AGLP Hospitality Suite

9:00am to 5:00pm

JW Marriott LA Live; Plaza I, 900 W Olympic Blvd, Los Angeles, CA 90015

AGLP Member Breakfast

9:30am to 10:30am

Continental breakfast served just before the Trainee Award presentation

RSVP Now!

AGLP Hospitality Suite: JW Marriott LA Live; Plaza I

AGLP JGLMH Trainee Paper Award Presentation

10:00am to 11:30pm

Rahul Nachnani, Ph.D., is the 2025 winner of the AGLP Outstanding Trainee Paper Award for the *Journal of Gay and Lesbian Mental Health*.

Breakfast will be served beginning a half hour before at 9:30am.

AGLP Hospitality Suite: JW Marriott LA Live; Plaza I

Medical Student/Resident Discussion Group

11:30am to 12:30am

Howard Rubin, MD

AGLP Hospitality Suite: JW Marriott LA Live; Plaza I

AGLP Advocacy Committee Meeting

12:30pm to 1:30pm

Open to all AGLP members

AGLP Hospitality Suite: JW Marriott LA Live; Plaza I

The New Four a's: Asexuality Agender and Aromantic Presentations in the Autism Spectrum

1:30pm to 3:00pm

Chair: Sarah C. Noble, D.O.

Room 402 A, Convention Center

Black, Brown, and Queer Joy: From Distress and Moral Injury to Mental Health Amazement in the Making

1:30pm to 3:00 pm

Ravi Chandra, MD; Tiffani Bell, MD, MPH; Kevin John Reyes Rivera, MD; Pratik P.

Bahekar, MBBS; Jessica Borelli, Ph.D.

Room 405, Convention Center

Poster Sessions

1:30 to 3:00pm

Exhibition Hall

AGLP Cultural Event Museum Outing: Don Barchardy: A Life in Portraits

1:30pm to 3:45pm

The Huntington (1151 Oxford Rd, San Marino, CA 91108)

Barchardy is known for creating portraits of artistic, literary and film personalities including Truman Capote, David Hockney, James Baldwin, and Bette Davis.

Barchardy was author Christopher Isherwood's long term partner. (Isherwood wrote the *Berlin Stories*, which the musical and film *Cabaret* was based on, as well as the novel, *A Single Man*, made into a movie starring Colin Firth). See website for more information. We will rent cars to go to the exhibit. Limited to 10 people. RSVP required to reserve a space in the car. (\$20 for car ride, \$5 for trainees). Buy tickets for the museum on your own. (See website for more information.) We will meet at 1:30pm at the car rental (the car rental is at Avis, 888 S. Figueroa St - Ste 130, a 10 minute walk from the convention center) to arrive at the museum at 2:00pm. No docent tour. See a documentary about Isherwood and Barchardy called *Chris and Don, A Love Story* on Amazon Prime \$3 and other platforms. (See website for more information.)

RSVP Now!

Movie Screening and Filmmaker Q&A: A Nice Indian Boy

2:30pm to 4:10pm (screening) 4:10pm to 5:00pm (Q&A with the film's director, Roshan Sethi, MD)

AGLP will screen the feature-length romantic comedy *A Nice Indian Boy*, a heartfelt story about Naveen, a gay Indian American doctor, whose relationship with Jay—a white, adopted artist—challenges cultural expectations and traditions as the couple prepares for a Hindu wedding that defies convention but celebrates love.

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AGLP Schedule and Highlighted Educational Sessions
Continued from page 16

Roshan Sethi, MD, is a radiation oncologist at Harvard Medical School, screenwriter and director. He is the co creator of *The Resident* and directed *7 Days*, and *World's Best*. Feel free to watch the movie on streaming platforms and come to the Q&A at 4:10pm. On Apple, Amazon, Fandango at Home, and Google Play.

See website for more information and streaming suggestions.
AGLP Hospitality Suite: JW Marriott LA Live; Plaza I

The Treatment of Gender Dysphoric Youth: Historical, Clinical and Political Perspectives

3:45pm to 5:15pm

Presenter: Jack Drescher, M.D.; Presenter: Scott Leibowitz, MD; Presenter: Brad Sears
Room 402A, Los Angeles Convention Center

Poster Sessions

3:45 to 5:15pm

Exhibition Hall

AGLP VIP Reception

(Invitation Only, Upgrade your membership to a patron category to boost your support of AGLP and receive an invitation)

6:00pm to 7:00pm

The Queensbury; 819 S. Flower Street, Los Angeles, CA 90017

AGLP Annual Awards Ceremony and Party

7:00pm to 9:00pm

Our main event of the year. Socialize with old friends and make new ones. This year honoring Sarah Noble, DO, The Connie Norman Transgender Empowerment Center, Greg Louganis, and Vickie Mays, PhD and Susan Cochran, PhD
The Queensbury; 819 S. Flower Street, Los Angeles, CA 90017

This event graciously co-sponsored by:



Tuesday, May 20

Should Gender Dysphoria Be in the APA Nomenclature?

8:00am to 9:30am

Chair: Kevin John Reyes Rivera, MD; Lana Irons, MD; Fiona Fonseca, MBBCh, MS; Colt St. Amand, MD, PhD
Room 406 B, Convention Center

AGLP Cultural Event: Getty Museum: Gustave Caillebotte: Painting Men

11:30am to 12:30pm

1200 Getty Center Drive, Los Angeles, CA 90049

French painter Caillebotte's interest in male subjects sharply distinguishes him from his Impressionist peers. Overwhelmingly, he depicted men in his life that often subverted gender norms. This exhibit originated at the Musée d'Orsay, Paris. The catalogue includes an essay by art professors and couple Andre Dombrowski and Jonathan Katz titled *Caillebotte, Painting Naked Men*. See website for more information.

We will rent cars to go to the exhibit. We will meet at 9:45am at the car rental (The car rental is at Avis, 888 S. Figueroa St - Ste 130, a 10 minute walk from the convention center) to be early for the 11:30am exhibition tour (first come, first served). Limited to 10 people. RSVP required to reserve a space in the car (\$25 for

car ride, \$5 for trainees and for admission ticket to museum which is free).
FREE! RSVP is necessary: RSVP NOW!

Finding Mentorship: From Colleagues to Formal Arrangements

1:30pm to 3:00pm

Chair: Jack Drescher, MD; Ahmad Hameed, MD

This presentation describes the *ad hoc* experiences of a boomer gay psychiatrist who offers some suggestions for increasing mentorship for early career psychiatrists.

Room 404 B, Convention Center

More Than Sexual Side Effect Management: Integrating Biomedical Prevention for HIV and Stis for Sexual Health Promotion in Psychiatric Practice

1:30pm to 3:00pm

Chair: Samuel R Bunting, MD; Aniruddha Hazra, MD

Room 406 B, Convention Center

Going Beyond Cultural Competency: Promoting LGBTQI+ Wellness Through Responsiveness to Intersecting Identities

1:30pm to 3:00pm

Chair: Pratik P. Bahekar, MBBS; Katharine Dalke, MD; Sarah C. Noble, DO

Room 518, Convention Center

Promoting Mental and Physical Well-Being in Survivors of Male Sexual Trauma: Addressing Stigma and Institutional Barriers

1:30pm to 3:00pm

Chair: Dhruv R. Gupta, MD, MS; Saranyan Senthelal, MD; Obiora Nnaji, MD

Discussant: Michelle Joy, MD

Room 512, Convention Center

Polymorphous Perversity in the Art of Thomas Eakins, a 19th-century American Realist Painter

1:30pm to 3:00pm

John Bostwick, MD; Alastair John Stewart McKean, MD

Room 409 AB, Convention Center

AGLP International and BIPOC Reception (All are welcome!)

6:00pm

Informal gathering for International psychiatrists visiting from other countries, IMG's, and Black, Indigenous, and People of Color (including Latina/x/o, Asian/PIs)

At the home of Amir Ahuja, MD

Registration Required: REGISTER NOW!

Wednesday, May 20

Beyond Labels and Flags: Introducing Dynamic Work by LGBT-Affirming Psychiatrists

8:00am to 9:30am

Chair: Gregory Gabrellas, MD, MA; Sien Rivera, MD; Nathan Ha, MD, PhD;

Ali Haidar, MD

Room 402 B, Convention Center

Promoting Mental and Physical Well-Being in Survivors of Male Sexual Trauma: Addressing Stigma and Institutional Barriers

1:30pm to 3:00pm

Chair: Dhruv R. Gupta, MD, MS; Saranyan Senthelal, MD; Obiora Nnaji,

MD; Discussant: Michelle Joy, MD

Room 512, Convention Center

■ ■ ■

AGLP MEMBERSHIP APPLICATION FORM

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- ☐ FULL MEMBER - \$315 ☐ MEMBER OF THE APA
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☐ MEDICAL STUDENT - \$0
☐ EARLY CAREER - \$140 (1ST 3 YEARS OUT OF TRAINING)
☐ FRIEND/ALLY - \$110
☐ INTERNATIONAL (OUTSIDE US AND CANADA) - \$140 (US CUR.)
☐ FOUNDING (PATRON LEVEL) - \$1,000
☐ PATRON (PATRON LEVEL) - \$500
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APPLICATION FORM

CAUCUS OF LESBIAN, GAY, BISEXUAL, AND TRANSGENDER PSYCHIATRISTS AMERICAN PSYCHIATRIC ASSOCIATION

(CLGBTP is the official APA minority caucus for lesbian, gay and bisexual psychiatrists. Membership lists are maintained by the APA; confidentiality is not assured. Membership is free.)

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____ - _____

APA Membership Status: _____

Please enroll me in the Caucus of Lesbian, Gay, Bisexual, and Transgender Psychiatrists.

SIGNED: _____ DATE: _____

Send this form to: Office of Membership
American Psychiatric Association
1000 Wilson Boulevard • Suite 1825
Arlington, VA 22209

YOU MAY ALSO UPDATE YOUR ONLINE MEMBERSHIP PROFILE AT WWW.PSYCHIATRY.ORG BY CHECKING OFF THE APPROPRIATE CAUCUS(ES) IN QUESTION 3Fa "APA CAUCUS MEMBERSHIP" IN SECTION 3: CURRENT PRACTICE AND PROFESSIONAL ACTIVITIES.



Next year, San Francisco will host the APA/AGLP Annual Meeting, May 16 to May 20, 2026.



Fill out this application, or scan this QR code, and become part of our community!