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ways that are peaceful and just, and that reduce or eliminate unjust and unequal uses of power.

13. Practitioners should regularly work with others including client and action systems to determine whether goals, and especially social justice goals, were identified initially and developed further over time—this is a requirement in general for an evaluation process that also considers the attainment of social justice goals.

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See Also: Changing the Client Versus Changing the Environment; Community Organizing; Conflict Resolution and Diversity; Counseling and Psychotherapy Services; Group Therapy; Marriage and Family Therapy.

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LGBTQ Clients

Living in America as a lesbian, gay, bisexual, transgendered, or queer and/or questioning (LGBTQ) individual can bring about many challenges. The unique needs of this population have resulted from the challenges they face. Support during various stages of development of individual identity is an important need of LGBTQ individuals. Commonly, support is needed during the acceptance of self, coming-out process, and transitioning process. However, the primary barrier many have to overcome is self-acknowledgement and acceptance of being an LGBTQ individual. The coming-out process happens once self-awareness has been reached. Frank Floyd and Roger Bakeman describe the coming-out process of sexual orientation development as a standard set of life experiences that take place prior to and after self-identification as lesbian, gay, bisexual, or transgender. Furthermore, Arlene Noriega concludes that this process includes the time in which LGBTQ individuals disclose their sexual orientation to others. LGBTQ individuals come out in a number of ways and to many different groups of people. Natalie Hill notes that, as LGBTQ individuals are not a dominant group, they face unique challenges such as the coming-out process in which they have to explain their sexual orientation, and heterosexuals do not. They often find themselves coming out continually as they meet new people, acquire new jobs, or find themselves on different paths in their lives.

The coming-out process can be an exhilarating yet difficult process to navigate. Many LGBTQ individuals face extreme challenges as a result of the disclosure of their sexual orientation. The needs of this population include support and assistance in navigating the coming-out process. Some may need assistance processing their disclosure to various populations in various social contexts. Nicole Legate, Richard Ryan, and Netta Weinstein concluded that LGBTQ individuals are more likely to disclose their sexual orientation in contexts that are supportive and that LGBTQ individuals experience more positive well-being. In contrast, disclosure and positive well-being in more controlling contexts are less likely to occur.

Although there are benefits associated with coming out as an LGBTQ individual, there are also some risks to the process. Natalie Hill contends that most

consist of the lack of understanding or acceptance of everyone; the loss of support system and relationships with friends, family members, or coworkers that could be negatively impacted permanently; individuals that may be thrown out of their homes and experience homelessness, cut off from any financial support; and discrimination or harassment based on sexual orientation or gender identity, which in many cases, provide no recourse to legal protection. Lack of legal protection can put LGBTQ individuals at risk of losing their employment, denied housing, or even denied access to health care or insurance. These risks contribute to the special needs of LGBTQ populations and the coming-out process.

The coming-out process can be much more difficult for individuals who identify as transgender. Just as lesbians, gays, and bisexuals come out, transgender individuals come out during all stages and times in their lives. The National Center for Transgender Equality contends that this population may come out when they are adolescents, adults, or seniors; married or single and when they have children or even when they do not. LGBTQ individuals face many of the same challenges during and after the coming-out process, ranging from strained relationships to verbal and physical attacks. However, transgender individuals experience some different challenges.

Navigating the world daily as a transgender individual presents many challenges. It can be overwhelming for those whose gender identity, or internal feelings about their sense of gender, differs from the one they were given at birth. Making the decision to transition, living in one gender to living in another, can put the transgender individual into a more public light. The National Center for

Los Angeles Gay and Lesbian Center is a clinic serving lesbian, gay, bisexual, transgender, and queer (LGBTQ) people. Its clinic and on-site pharmacy offer free and low-cost health care, mental health care, HIV/AIDS medical care and HIV/STD testing and prevention. It also provides social, cultural, mental health, and educational services, including a 24-bed transitional program for homeless LGBTQ youth.

Transgender Equality contends that transitioning can bring on increased ridicule and the continuous disclosure to family, friends, employment, and medical professionals. At this stage, it becomes more important for individuals transitioning to surround themselves by individuals and communities that will support them through the process.

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See Also: Behavioral Health Disparities for Racial and Ethnic Minority Populations; Children With Special Needs; Heterosexual Privilege; Legal Services; National Center on Minority Health and Health Disparities; Prejudice, Theories of; Same-Sex Couples/Marriage; Sexual Reassignment Surgery.

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Life Book

Life Book is a tool to chronicle the origins of an adopted child for generating a stable self-concept and identity. As a tool in therapy or case work, Life Book is a critical tool for the client and practitioner starting mental health and well-being discussions with foster and adopted children and to maintain and nurture the links between the adopted child's family of origin and life after adoption. The overall format of Life Book varies. It is constructed to give space for the child, the child's lost family, the adopted family, and the professional supports such as the therapist, and to make obvious and subtle linkages among them while maintaining a distinct identity for the adoptee. The Life Book has limitations but is a way for the child to share and make sense of his or her story for him- or herself and for others through engagement with the therapist, family members, and other professionals in its creation. It is aimed at creating a sense of self and relationships, both lost ones and new ones. It encourages imagination and reality to come together for a positive perspective.

There is no exact record of the origins of Life Book in the literature, but it is traced to Mary Hitz of the Los Angeles Children's Bureau in the 1960s. Although there was a wide range of acknowledgment of its clinical use, there is limited research on the Life Book. K. A. Backhaus conducted an exploratory study of the use of the Life Book. She conducted open-ended interviews of 15 social workers working with foster and adopted children placed in private and public welfare agencies in Connecticut. Most of the respondents reported positive outcomes of the Life Book in allowing children to experience more control in their lives by integrating their feelings, organizing their experiences, and returning their memories. The respondents also viewed it as a helpful tool for practitioners in understanding children's experiences. The Life Book has helped the child and others (e.g., the workers or adoptive parents) realize the uniqueness of adoptees' lives and value their identities as people. Furthermore, it helped the adoptees understand the reasons for separation and adoption in their lives, which contributed to resolving anger about separation and placement in foster care or adoption.

There is no predefined format, but a loose-end structure is encouraged, as suggested by professionals, as it allows for the flexibility of adding and removing information in different types of adoption histories and varying sources of information and the adoptee child's knowledge about it. The Life Book is a collection of images and stories, which are used