

# 2022 – 2023 DMHAS LGBTQIA+ Training Series



# Trainers

## Regina Dyton



A lifelong social justice activist, Regina has only recently begun to share and perform her work publicly in response to requests to be presented in connection with social justice events. As such, her work speaks to issues such as racism, sexism, oppression, growth, hope and transformation that are personal and political at one time. Regina is a member of Journey Writers and performed with them at multiple venues. Regina has performed at the PRIDE Festival of CT Valley Hospital's Gay/Straight Alliance, The Transgender Day of Remembrance, The Women's Recognition Day at Vibz Uptown in Hartford, The CT Science Center's September 11 Memorial Program, The (former) Hartford Gay and Lesbian Community Center, The Free Space, The University of CT School of Social Work, West Hartford Public Access TV and other venues.

Regina is a contributor to the 2020 Every Kinda' Lady Poetic Anthology. Her short story, Uncle Bubby, is included in the June 2021 upcoming Chicken Soup for the Soul book of writings by African American women.

AJ Eckert, DO, is Connecticut's first out nonbinary trans doctor and serves as the Medical Director of Anchor Health's Gender & Life-Affirming Medicine (GLAM) Program. Dr. Eckert has over 15 years of experience in LGBTQ health care, with eight years as a provider of primary care and gender-affirming services. After Dr. Eckert completed their education at Touro University College of Osteopathic Medicine and residency at NEOMEN/Maine Dartmouth Family Medicine Program, they specialized in LGBTQ health. Dr. Eckert is board certified in Family Medicine. He is an assistant clinical professor of family medicine at Frank H. Netter MD School of Medicine at Quinnipiac University.

Outside of their clinical work with patients, Dr. Eckert is active in education and advocacy. In 2021, Science-Based Medicine published four of Dr. Eckert's articles, and the Journal of Medical Ethics asked him to be a reviewer. The upcoming 2nd edition of The Transgender Child: A Handbook for Families and Professionals features a quote from Dr. Eckert. They were on the 2021 Abstract Review Committee for the United States Professional Association for Transgender Health, or USPATH. Additionally, Dr. Eckert piloted a 4th-year medical student rotation at Anchor Health. Through TikTok and YouTube, he makes information about gender-affirming care accessible to trans people everywhere. Dr. Eckert is bilingual in English and Czech. They are a classically trained pianist but mostly plays Elton John and Queen now. He is a horror movie buff. Their favorites are Halloween (1978), Phantasm, and queer horror musicals like Phantom of the Paradise. You can usually find Dr. Eckert hiking with his dog/Anchor Health's mascot Lupik in their spare time!

## AJ Eckert, DO



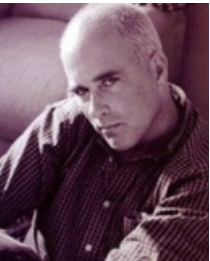
## Shane Pugh, LADC



Shane Pugh is a licensed alcohol and drug counselor who currently leads the LGBTQ+ program at Nivon Wellness Center in Saint Paul, Minnesota. Shane is a national trainer who facilitates trainings for clinicians, therapists, corrections officers, and community members to work with issues related to substance use, trauma, and identity. He has gained substantial experience working with various populations including men, women, LGBTQ+, multicultural communities, those without housing, and people with more complex mental health. Shane also works in the development of individual counselors and assists organizations in developing clinical teams.

Shane is a coauthor of Exploring Trauma+: A Brief Intervention for Men and Gender Diverse People, an innovative 6 session intervention designed for work with people who identify as male. In addition, he has extensive experience in facilitating and training Helping Men Recover curriculum; and contributed to the upcoming revision of this work. Shane has also contributed to the development of other trauma-based curriculums for use in treatment and recovery. Shane currently serves as a member of the Board of Directors for Rainbow Health, a nonprofit organization whose mission is work for equitable health care access and outcomes for people who experience injustice at the intersection of health status and identity. Shane holds a Bachelor of Arts degree in Counseling Psychology from the College of Individualized Studies at Metropolitan State University, with an emphasis on trauma and multicultural/marginalized populations.

## Richard Stillson, PhD

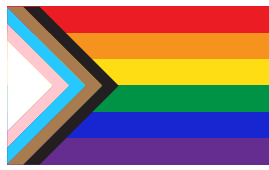


Dr. Richard Stillson (ze, zir, they, them) is a licensed psychologist who is in semi-retirement after 26 years working for the State of CT in a variety of inpatient, outpatient and residential services for people with mental health, substance use and intellectual/developmental disabilities. Ze is in private practice with transgender and gender variant individuals at Hartford Psychological Services providing a group intervention for the past 5 years. Ze is also the Clinical Director providing supervision to students and consultation to clinical staff. Ze has clinical expertise in CBT, DBT, co-occurring disorders, ART, trauma-informed care and sees people in all modalities of group, couples, family and individual. Ze is a non-binary, gay human.

## Seth Wallace, LCSW



Seth Wallace, LCSW, has over 15 years of experience working to help LGBTQ people live their best lives. He is currently the Assistant Director of the Yale Office of LGBTQ Resources and a clinician at Yale Mental Health and Counseling. Seth works with behavioral and physical healthcare providers, schools, and other organizations nationwide to create inclusive places to live, work, and grow. He is a graduate of Connecticut College and Southern Connecticut State University. He is a proud resident of New Haven, where he lives with his husband, baby, dog, reptiles, and a large collection of plants.



## **\*Trauma-Informed Clinical Practice with LGBTQ+ Clients**

**Trainer: Seth Wallace, LCSW**

**August 12th, 2022 | 9am – 12:30pm | 3.5 CECs**

This workshop is designed to support clinicians and case managers in deepening their culturally-competent practice with the LGBTQ+ community. The focus of this session is the intersection of LGBTQ+ identity and trauma, and the multiple ways in which clinical staff can adopt a trauma-informed lens to their work. Relevant topics such as making mistakes, navigating difficult conversations, and connecting to local resources are included. Participants will leave with strategies for navigating cases with a trauma-informed approach. Q+A time included.

*\*This training was a part of the 2021 LGBTQ+ training series. If you took this training in 2021, please do not re-register to allow space for new participants.*

### **To Register:**

**[https://womensconsortium.configio.com/lgbtq\\_812](https://womensconsortium.configio.com/lgbtq_812)**

## **Building LGBTQ+ Supportive Families**

**Trainer: Seth Wallace, LCSW**

**September 9th, 2022 | 9am – 12:30pm | 3.5 CECs**

In this workshop, participants will have an opportunity to explore the multifaceted and significant roles played by families of transgender and nonbinary people. Topics will include building supportive families, managing family trauma and conflict, religious and cultural concerns, family therapy, family building. Relevant resources and discussion time will be provided.

### **To Register:**

**[https://womensconsortium.configio.com/lgbtq\\_99](https://womensconsortium.configio.com/lgbtq_99)**

## **Writing Letters for Gender-Affirming Medical Care**

**Trainer: Seth Wallace, LCSW**

**October 5th, 2022 | 9am – 12:30pm | 3.5 CECs**

This workshop will support clinicians in preparing to write letters in support of their clients who are seeking hormone and/or surgical therapies for gender dysphoria. We will cover topics including why letters are required, who can write letters, what information is required, and how to avoid gatekeeping. Participants will leave with relevant information on how to provide their own clients with letters for gender-affirming therapies. Relevant resources and discussion time will be provided.

**To Register:**

[https://womensconsortium.configio.com/lgbtq\\_105](https://womensconsortium.configio.com/lgbtq_105)

## **A Workshop on the Intersectionalities of Race, Gender Identity, Sexual Orientation, Class & Disability**

**Trainer: Regina Dyton**

**November 9th, 2022 | 9am – 12:00pm | 3 CECs**

**To Register:**

[https://womensconsortium.configio.com/lgbtq\\_119](https://womensconsortium.configio.com/lgbtq_119)

## **Effective Group Interventions for LGBTQIA2+ Individuals within Our Facilities**

**Trainer: Richard Stillson, PhD**

**December 8th, 2022 | 9:00 AM – 12:00 PM | 3 CECs**

**To Register:**

[https://womensconsortium.configio.com/lgbtq\\_128](https://womensconsortium.configio.com/lgbtq_128)



## **A Queer History Workshop Focusing on How We Can Use Our Past to Shape Our Future**

**Trainer: Kamora Herrington**

**January 19th, 2023 | 9:00 AM – 12:00 PM | 3 CECs**

**To Register:**

**[https://womensconsortium.configio.com/lgbtq\\_11923](https://womensconsortium.configio.com/lgbtq_11923)**

## **Sexual Health & Health Disparities in LGBTQ+ Populations**

**Trainer: AJ Eckert, DO**

**February 16th, 2023 9:00 AM – 12:00 PM | 3 CECs**

**To Register:**

**[https://womensconsortium.configio.com/lgbtq\\_216](https://womensconsortium.configio.com/lgbtq_216)**

## **Substance Use Counseling Skills for the LGBTQ+ Community**

**Trainer: Shane Pugh, LADC**

**March 16th, 2023 9:00 AM – 12:00 PM | 3 CECs**

**To Register:**

**[https://womensconsortium.configio.com/lgbtq\\_317](https://womensconsortium.configio.com/lgbtq_317)**

