

# 2022 – 2023 DMHAS LGBTQIA+ Training Series



# Trainers

**AJ Eckert, DO**



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!

**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.

**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.

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

**Trainer: AJ Eckert, DO**

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

**[Click here to To Register:](https://womensconsortium.configio.com/lgbtq_216)**

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

**Trainer: Shane Pugh, LADC**

**March 17th, 2023 9:00 AM – 12:00 PM | 3 CECs**

**[Click here to To Register:](https://womensconsortium.configio.com/lgbtq_317)**

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## **Navigating Difficult Conversations**

**Trainer: Seth Wallace, LCSW**

**March 31st, 2023 | 9am – 12:30pm | 3.5 CECs**

**[Click Here to Register:](https://womensconsortium.configio.com/difficult-convos)**

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## **Introduction to LGBTQ-Affirming Inpatient Practice**

**Trainer: Seth Wallace, LCSW**

**April 28th, 2023 | 9am – 12:30pm | 3.5 CECs**

**[Click Here to Register:](https://womensconsortium.configio.com/affirming-inpatient)**

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**More trainings to be added!**

