2020 TransPride Pittsburgh Health and Wellness Conference
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Presenter Bio

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Sean earned their graduate degree in New York City, where they grew up, and is a licensed psychologist. They have worked with clients for over a decade with a focus on college mental health for underrepresented student populations including LGBTQ+ identified individuals. Since 2017, they have been a staff clinician at the University of Pittsburgh Counseling Center and a member of Tri-State Gender Collaborative. Sean's multiculturally affirming approach incorporates Acceptance and Commitment Therapy, solution-focused, systems, and strengths-based perspectives. They also enjoy listening to music, volunteering time with helping animals, and trying new vegan food.

Name and Narrative Description of your Presentation

Grit and Gratitude: The Power of Post-Traumatic Growth (Intermediate)

There has been much focus on the prevalence and treatment of post-trauma responses in transgender communities given the very distressing effects of institutionalized, interpersonal, and sometimes internalized transphobia. Equally important is a focus on the potential for post-traumatic growth (PTG). Via large and small group discussion, this workshop will focus on an overview of PTG including in trans communities; facilitating PTG when working with adult trans-identified clients in individual counseling; as well as addressing potential barriers to PTG. Throughout, PTG will be discussed in the context of a multiculturally affirming therapeutic approach that integrates intersecting social identities of clinicians and clients alike.

Three (3) learning objectives

By the completion of this session, participants should be able to:
1. Define post-traumatic growth (PTG).
2. Describe 3 benefits of a PTG perspective in working with therapy with adult trans clients.
3. Identify 3 strategies to facilitate PTG development from a multiculturally affirming perspective

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation