Nate Fuks, Ph.D



Dr. Nate Fuks is the Director of Psychoeducational & Counselling Clinic, Director of Clinical Training in Counselling Psychology, and Assistant Professor at Faculty of Education, Department of Educational & Counselling Psychology at McGill University. He is also the founder and co-chair of Pride Psychotherapy Team, and a private practice psychologist at the Argyle Institute of Human Relations in Montreal, specializing in working with LGBTQ people, immigrants, refugees, and ethnic minorities. Prior to completing his PhD in Counselling Psychology at McGill University, Nate pursued an MBA from the Schulich School of Business at York University, and has established himself in a number of challenging and evolving leadership roles, in both the public and private sector. He offers service to clients in four languages, and during his career was involved in a variety of international and multi-cultural ventures. Nate's industry observations and experiences raised his awareness of the importance of newcomer and minority integration, and inspired his interest and ongoing involvement in research, teaching, and community initiatives pertinent to these issues. His research these days revolves mostly around intersecting identities and mental health of LGBTQ individuals, immigrants, and refugees.

SEXUAL AND GENDER IDENTITY DEVELOPMENT AMONG LGBTQ CHILDREN AND ADOLESCENTS
(CE: 3 credits for OPQ & 2.75 credits for CPA)

Current scientific literature offers mental health professionals numerous psychobiosocial models of sexual and gender identity development. In order to provide effective support for clients exploring their sexuality and gender, mental health practitioners need to acquire cultural and linguistic competence required to navigate various models, understand their similarities and differences, and successfully integrate them into clinical work. In their efforts to serve all clients more effectively, many mental health professionals seek to develop an understanding of how individuals come to have and enact lesbian, gay, bisexual, trans, and queer (LGBTQ) identities, as well as acquire practical knowledge and skills required for successful work with clients in the areas of sexual and gender identity.

Learning Objectives

This training will allow participants to:

1. Navigate the notions of sex, gender, gender identity, sexual orientation, and gender expression
2. Develop understanding of the development of sexual and gender identity
3. Provide effective support for clients exploring their sexuality and gender
4. Acquire practical knowledge and skills required for successful work with clients in the areas of sexual and gender identity