(LGBTI) AFFIRMATIVE PRACTICE GUIDELINES: PSYCHOLOGY CONTRIBUTING TO THE ‘RAINBOW (IN THE) NATION’?

Inaugural lecture: 23 October 2012
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PRESENTATION OUTLINE

PART A: SOUTH AFRICA: THE ‘RAINBOW NATION’?

PART B: LGBTI PERSONS A PART OF THE ‘RAINBOW NATION’?

PART C: HUMAN RIGHTS AND WELL-BEING

PART D: PSYCHOLOGY’S ROLE IN LGBTI HUMAN RIGHTS AND WELL-BEING

PART E: THE PSYCHOLOGICAL SOCIETY OF SA (PSYSSA) AFRICAN LGBTI HUMAN RIGHTS PROJECT CONTRIBUTING TO THE ‘RAINBOW (IN THE) NATION’?

CONCLUDING COMMENTS
PART A: SOUTH AFRICA: THE ‘RAINBOW NATION’?

The motto on SA’s national coat of arms is: ‘!ke e: /xarra //ke’


Archbishop Desmond Tutu (Nobel Peace Prize winner) – 1st to use the phrase ‘Rainbow Nation’ (Sunday Times, 1994) to describe the

51 million people who contribute to the diverse nature of SA society.

More so than most, this is a country with a mixture of races, languages, religions and cultures...

Author: Shanaaz Suffla (2012)
United in diversity?

1995 Rugby World Cup

“A colourful (FIFA) World Cup for the Rainbow Nation”
(http://earthtravelunlimited.net)

2010

“I braai for a living” says Jan Braai. The man behind National Braai Day, the 'celebration of the nation', calls all South Africans to action on September 24th.”

(www.capetownmagazine.com)
...or divided and conflicted?

- Differences in...
  - ‘realities’
  - values, etc?

- Difficulties in
  - understanding each other?
  - dealing with (and respecting) diversity?
  - dealing with related conflicts, etc?

Sources: Bornman (2005); Habib (1996); Nel (2007)
...and/or disillusioned?

- “Myth of the Rainbow Nation” (Habib, 1996)
- “SA’s rainbow is fading” (Houston, 2012)
- “Cracks in the rainbow made visible at summit” (Sosibo, 2012)
- “Storms gather over Africa’s ‘Rainbow Nation’” (AFP, 2012)
PART B: LGBTI PERSONS A PART OF THE ‘RAINBOW NATION’?

Transgender persons?
FTM? MTF?

Lesbians and gay men?

Intersex?
...or, the ‘Rainbow (in the) Nation’?

“Gay flag for a 'queer' South Africa”
(http://www.timeslive.co.za/the
times/2012)
LESBIAN AND GAY RIGHTS IN THE WORLD

ILGA, the International Lesbian, Gay, Bisexual, Trans and Intersex Association

MAY 2010

PERSECUTION 76 countries & 5 entities
- Death penalty
  - 5 countries and parts of Nigeria and Somalia
- Imprisonment
  - 75 countries and 5 entities

PROTECTION
- Anti-discrimination laws
  - 53 countries and 57 entities*

RECOGNITION
- Recognition of same-sex unions
  - 26 countries and 30 entities*

* includes part of a federation, state, province, federal district, any other administrative and/or territorial unit

These laws are aimed at lesbians, gay men and bisexuals and at same-sex activities and relationships. At times, they also apply to trans and intersex people. This edition of the world map (May 2010) was coordinated by Rubén Alonso Sánchez and Stephanie Barili with the help of Claudia Rivarola and Alessia Valenzia (ILGA). Design: Laurence Col腚n and Christian Högå. Data represented in the map is based on "State-Sponsored Homophobia: a world survey of laws prohibiting same-sex activity between consenting adults - 2010", an ILGA report by Daniel Ottosen (available on www.ILGA.org in English, Spanish, Portuguese and French). ILGA thanks groups which contributed to the annual update.
“Same sex marriage is a disgrace to the nation and to God... When I was growing up an ungqilingi [a gay] would not have stood in front of me. I would knock him out”.

- Deputy President of the African National Congress, Jacob Zuma, speaking in his personal capacity ‘as a man’ at Heritage Day celebrations in KwaDukuza, KwaZulu-Natal, on September 24, 2006 (Sowetan, 2006).

“Some day a bunch of politicians will muster the balls to rewrite the constitution...” - Jon Qwelane, the then newspaper columnist, and now SA High Commissioner to Uganda (Sunday Sun, 2008)
South African context (2/3)

- History of institutionalised discrimination (apartheid, colonialism and criminalisation of same-sex sexuality)
- Highly patriarchal society
- Hegemonic forms of masculinity
- Heterosexist society
- Silencing of same-sex sexuality
- No homogeneous group of lesbians/ gay men/ bisexuals/ transgender and/ or intersex persons

Sources: Nel & Judge (2008); Nel, Yi, Sandfort & Rich (2012); Polders, Nel, Kruger & Wells (2008); Rich & Mitchell (2010)
South African context (3/3)

South Africa – a home for all? The need for hate crime legislation” (Breen & Nel, 2011)

“Cloud over the rainbow nation: ‘corrective rape’ and other hate crimes against black lesbians” (Reddy et al., 2007)

“Rainbow nation: getting a little less rainbow?” (AVAAZ, 2012)

“Joburg Pride responds to One in Nine protest” (Mambaonline, 2012)
PART C:

HUMAN RIGHTS AND WELL-BEING
Human Rights and Public Health

Human rights and public health are two complementary approaches, and languages, to address and advance human well-being.

A human rights approach seeks to describe and then to promote and protect the societal-level prerequisites for human well-being in which each individual can achieve their full potential.

Discrimination compromises or threatens the physical and mental health and well-being of the victims thereof and may result in denial of access to care, inappropriate therapies, or inferior care.

Prejudice and hate are incompatible with the principles of equality and respect for fundamental human rights and are thus considered highly undesirable in democratic societies.

Sources: Breen & Nel (2011); Mann et al., (1999); Nel (2007)
Sexuality is influenced by interaction of:

- Biological
- Psychological
- Social
- Economic
- Political
- Cultural
- Ethical
- Judicial
- Historical
- Religious and Spiritual Factors.

Sexuality influences our:

- Thoughts
- Feelings
- Actions
- Interactions
- And, thereby also our mental and physical health.

Health is a fundamental human right, thus, so must sexual health also be considered a basic human right.

Source: WHO (2002)
Related LGBTI health and well-being issues?

- Living in a heterosexist / homonegative society results in significant stress:
  - Turning to alcohol / other substances = form of relief from ↑ stress (Anderson, 1996; Gochros & Bidwell, 1996), but instead ↑ distress
  - ↑ proneness to mental health problems (↑ risk of depression & substance abuse disorders) (Meyer, 2003)
  - Fear of victimisation can result in non-disclosure of sexual orientation which diminishes opportunities for support & heightens vulnerability to depression (Buzzella et al., 2003)
  - ↑ stress from various sources (i.e. criminal victimisation & lack of support), may ↓ self-esteem (Zea et al., 1999)

- Thus ↑ risk of compromised mental health, including depression (Polders et al., 2008)
LGBTI-related ‘vulnerability’/ ‘at riskness’

- HIV & AIDS and other STIs
- Discrimination and/or victimisation
- Psychological ill-health
- Decision-maker de-prioritisation
- Healthcare provider neglect

[So, what contributes to ‘vulnerability’, ‘at riskness’?

Sexual orientation and gender expressions; stigma; internalised oppression; own (sexual) behaviour; marginalisation; discrimination; (secondary) victimisation]

Responding to:

De-prioritisation,
Marginalisation,
Neglect,
Exclusion,
Discrimination and/or
(Secondary) victimisation
on the grounds of sexual orientation and/or gender identity and/or biological variance

In the law, communities, workplace, psychological practice, etc…

Source: Nel (2007)
Towards:

- Freedom
- Democracy
- Equality
- Human rights for all
- Sexual orientation/ gender identity/ biological variance protected
- Relationships considered equal
- Benefit and protection of the law for LGBTI people

= Social justice

Source: Nel (2007)
PART D:

PSYCHOLOGY’S ROLE IN LGBTI HUMAN RIGHTS AND WELL-BEING
History of sexual and gender identity disorders

Historically ‘sinners’; ‘criminals’ and ‘sick’ …

1973: American Psychiatric Association declassification of same-sex sexuality
1975: American Psychological Association (APA) declassification

“In the 1960s you were sick if you liked being a homosexual; now you are sick if you do not like being a homosexual.”
(MacDonald, 1976, in Steffens & Eschmann, 2001, p. 7)

1990: WHO declassification
1999: ICD declassification

Note: GID remains classified as psychopathology (current activism in preparation for imminent new editions of DSM & ICD)

Source: Nel & Lake (2012)
(Potential) role of Psychology

As psychology professionals, both in research and in psychotherapy/counselling, we specialise in communication and facilitation of change; we create contexts, in our various fields of expertise, in which our clients and/or research participants can begin to explore optional patterns of interaction, thereby setting the stage for attitudinal and behavioural change. Our response-ability therefore is to:

- **DESCRIBE**
  - What, where, when, how, to whom and by whom
- **PROMOTE UNDERSTANDING THROUGH PROVIDING INSIGHT**
  - Policy (macro)
  - Awareness creation (micro)
- **PREVENT**
  - Design and implement actionable programmes in communities, collaborating with CBOs, CSOs, NGOs (meso)
- **TREAT**
  - Victims AND perpetrators

Relationship between stereotyping, discrimination and victimisation

Perception

Categorisation

Labelling/
Stereotyping

Prejudgement

Discrimination

Victimisation

Source: Nel (2010)
Perception
Categorisation
Labelling/Stereotyping
Prejudgement

Prevent
Deprioritisation
Marginalisation
Exclusion
Discrimination
Victimisation

Hate Crime

React
Trauma counselling
Psychotherapy
Reactive education

Criminal Justice System

Psychology

Source: Nel, van Wyk & Mbatha (2012)
ICP2012: “Psychology serving humanity”

UN High Commissioner for Human Rights
Dr Navi Pillay

ICP2012/ IUPsyS President 2012
Dr Saths Cooper

Archbishop Desmond Tutu
Steve Biko Award for psychological liberation

Dr Melvyn Freeman
National Department of Health
PART E: THE PSYCHOLOGICAL SOCIETY OF SA (PSYSSA) AFRICAN LGBTI HUMAN RIGHTS PROJECT CONTRIBUTING TO THE ‘RAINBOW (IN THE) NATION’?
PsySSA’s membership of INET

ACTIVITIES & ACCOMPLISHMENTS

Policy

The International Network works to promote lesbian, gay, bisexual, and transgender affirmative policies and practices at the national and international levels. Accomplishments and activities include:

- Successfully lobbying the International Union of Psychological Science (IUPsyS) to add lesbian, gay, bisexual, and transgender as indexing terms for program proposal submissions to the International Congress of Psychology

- Successfully lobbying the IUPsyS to adopt a policy that includes sexual orientation in regard to the free circulation of scientists

- Advocacy for the International Council for Science (ICSU) to include sexual orientation in its policy on the Universality of Science

- Advocacy for the World Health Organization to delete sexual orientation-related diagnoses in the “mental and behavioral disorders” chapter of the International Statistical Classifications on Diseases and Related Health Problems

Programming

The International Network has worked to increase the inclusion of lesbian, gay, bisexual, and transgender psychology in the major international psychological organizations and congresses.


MISSION

The International Network for Lesbian, Gay, and Bisexual Concerns and Transgender Issues in Psychology is composed of national, multinational, and international psychological associations that are cooperating to achieve the following aims:

- “To increase cross-cultural collaboration among psychological researchers and practitioners who are concerned about the mental health and well-being of lesbian, gay, bisexual, and transgender populations;

- “To increase knowledge among psychologists and other mental health practitioners about lesbian, gay, bisexual, and transgender populations;

- “To apply psychological research and Mental health practice guidelines that address the needs and concerns of lesbian, gay, bisexual, and transgender populations to international health policy;

- “To increase the number of national, multinational, and international psychological associations that formally reject the mental disorder conception of homosexuality and that promote mental health practice that is affirmative of gay, lesbian, bisexual, and transgender people.”

About

The International Network on Lesbian, Gay, & Bisexual Concerns & Transgender Issues in Psychology

- MISSION
- ACTIVITIES & ACCOMPLISHMENTS
- MEMBERSHIP

The International Network is a result of the 2001 International Meeting, Sexual Orientation and Mental Health: Toward Global Perspectives on Practice and Policy. Final report:
http://www.apa.org/pi-lgbt/resources/international-meeting.pdf

For more information about the International Network and related resources, visit
http://www.apa.org/pi-lgbt/resources/international.aspx
APA guidelines for psychotherapy with LGB clients

• Emphasise importance of having a gay-affirmative approach to psychotherapy (See www.apa.org/pi/lgbt/homepage.html)

• Adopted by American Psychological Association (APA) in 2000 (revised 2010)

• Presented at the historic 1st international meeting of psychologists focusing on “Sexual Orientation and Mental Health: Toward Global Perspectives on Practice and Policy”: San Francisco, USA, 2002
  – INET launched

• Guidelines provide frame of reference for treatment of clients & information is provided in areas of assessment, intervention & identity

  (Note: Exclusion of ‘T’ and ‘I’ )

• Since then, other national associations have followed suit (i.e. BPS, APS, etc – note, Australian example may be of particular interest to SA/ Africa…)

Sources: Nel (2007); Nel & Victor (2012)
LGBTI-Affirmative Psychological practice

- Term ‘gay-affirmative’ - coined by Weinberg in 1972
  - A ‘political-ideological’ approach that significantly resembles feminist approach to psychotherapy: gives attention to/takes into account the specific, the own interest (Schippers, 1997).
  - Specialised treatment modality with implications for attitude & attention to specific themes integrated into conventional methods to conduct therapeutic conversation & group process facilitation (Schippers, 1997).

- Characteristics of affirmative approaches:
  - LGBTI sexualities and gender identity as normal and natural variance
  - Sexuality and gender identity, per se, not seen as the cause of psychological difficulties or pathology
  - Contextual awareness is important, including an understanding of how aspects such as homonegativity, heterosexism, prejudice and stigma impact on mental health
  - Important for practitioner to be able to empathise with the experience of LGBTI clients, including being knowledgeable about LGBTI sexuality and lifestyles
  - Practitioner needs to be comfortable with and open about their own sexuality and gender identity to avoid their own biases of impacting on practice (Milton, Coyle, & Legg, 2002).

- Note, ‘gay’ VS ‘LGBTI’ affirmative; and ‘psychotherapy’ VS ‘psychological practice’...

Sources: Nel (2007); Nel & Victor (2012)
OPEN STATEMENT FROM PSYSSA

OPPOSING

THE PROPOSED UGANDA ANTI-HOMOSEXUALITY BILL 2009

AND CALL TO ACTION FOR ENDORSEMENT

The Psychological Society of South Africa (PsySSA) issued a statement to the Ugandan people and their leadership offering a science-based assessment of the proposed "Anti-Homosexuality Bill of 2009" and calling upon them to abandon it.

PsySSA, as member of the International Network on Lesbian, Gay, and Bisexual Concerns and Transgender Issues in Psychology (INET), an association of national, multinational, and international psychological organisations, responded to INET’s suggestion for a voice from the scientific community by issuing the open statement, challenging the rationale of the proposed Bill which centres on the alleged threat to families and youth.

The Bill seeks to expand on Uganda’s criminalisation of not only homosexual behaviour, but also of those who fail to report even suspicions of it. Given the outpouring of international condemnation of the Bill on largely humanitarian, human care and faith-based grounds, it was important that an analysis based on research and clinical practice from the fields of mental health also be offered in examining the core arguments being used to justify the legislation. While the rhetoric being used to promote this Bill may make for emotionally powerful politics, it has no basis in what is actually known about the nature of sexual orientation and homosexual people.

The PsySSA statement further examines the effects of discrimination based on sexual orientation, most notably the increased risk of psychological harm and risk behaviour, as well as heightened exposure to deep-seated and widespread prejudice and violence for the individual concerned.

In conclusion, the PsySSA statement underscores the view of the mental health sciences that sexual orientation is not considered to be a mental disorder and emphasises the fact that there is no evidence that the proposed Bill will serve the need to protect the youth of Uganda.

PsySSA extended an urgent invitation to other, particularly African, organisations and individuals devoted to mental health and well-being for endorsement of the statement. The full statement can be viewed at www.psyssa.com (news releases).

For more information on INET or PsySSA's membership thereof, please contact Prof Juan Nel (nelja@unisa.ac.za) or Dr Carien Lubbe (Carien.Lubbe@up.ac.za), who are PsySSA’s representatives on INET.

SOUTH AFRICAN JOURNAL OF PSYCHOLOGY (SAJJP)

The editorial team is pleased to confirm that the SAJP office is functioning efficiently. As mentioned on previous occasions, the SAJP’s success can be attributed to many factors including the outstanding support from the editorial board.

We wish to confirm that we have reduced the backlog of articles considerably. Only a few articles currently in our office have been under review for longer than five months.

national, international, transdisciplinary and interdisciplinary contributions. As always, an imposing array of scholars has contributed to Issue 40(1). Readers will be given insight into, for example, research endeavours in a number of psychological subfields, into progress made in terms of racial integration in training institutions over the past few years, and into the consequences of and contributory factors to teen-aged pregnancy. The articles cover the

Nadel & Jacobs.


We have finalised Issue 40(2) (June, 2010) and are in the process of compiling Issue 40(3). The core editorial staff — PsySSA president, Kopano Katele, consulting editor, Anthony Pillay, consulting editor: statistics, Prof. Tyrone

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As outlined in PsyTalk Issue 1, 2011 (page 5), in the foreseeable future (and funding permitting) UCAP on behalf of PsySSA, and with the guidance of the International Network on LGB Concerns and T Issues in Psychology (INET), in accordance with the objectives set out in their detailed work plan, aims to:

- Develop a UNISA post-graduate psychological course in African perspectives on sexuality and gender to be presented under the auspices of UCAP as a pilot in 2013. The focus of the envisioned course will be on sexuality, not limited to sexual minorities, and specifically on the various roles of psychology within the field of sexology.
- Develop detailed programming and planning meetings to bring together psychology professionals and psychological associations, in particular from Africa, in the ICP 2012 Sexuality Stream.
- Establish a Sexuality and Gender Division within PsySSA.
- Develop African psychological guidelines for LGBT-affirmative practice.
- Produce position statements (such as that written to Uganda) to ensure that the rights of LGBT persons in Africa are observed.
ABSTRACT FOR PRE-CONFERENCE WORKSHOP

TITLE:  
African Psychological Guidelines for LGBTI-Affirmative Practice: Global and Local Experience

Facilitator:  
Prof Juan A. Nel (D Litt et Phil), Psychological Society of South Africa

Co-presenters:

- Dr Armand R. Cerbone (PhD, ABPP), American Psychological Association
- Dr Damien Riggs (PhD), Australian Psychological Society
- Dr Roshan das Nair (PhD), British Psychological Society
- Mr Niel Victor (MA), University of South Africa, South Africa
- Representatives from East, North and West Africa (yet to be identified)

SUMMARY:

This three-hour workshop, hosted under the auspices of the International Network on Lesbian, Gay and Bisexual Concerns and Transgender Issues in Psychology (INET), will introduce Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI)-Affirmative practice guidelines developed specifically for the African context.

It will be highly relevant to all service providers that deal with LGBTI-specific issues in the broader fields of mental health and wellbeing.

A global perspective will be provided, with a focus on the development, adoption and application of similar guidelines in the USA, UK and Australia, including some of the challenges faced and lessons learnt in the process.

This will be followed by an in-depth discussion of the relevancy of African specific guidelines, an overview of its development, as well as the potential application in different regions and areas within Africa.

In particular, attention will be given to the challenges and issues faced both in the adoption and application within the African context, with expert advice and suggestions provided in dealing with these.
“I went into psychology, like many of you, because I wanted to make a difference in the world. In wanting to make a difference, we imagine other versions of this world and other possibilities for society. We have dreams of a more just and equitable society. Once we have those dreams, we have a responsibility to make those dreams a reality. We must do this not only out of a duty to ourselves and to others, but because as Martin Luther King put in his letter from a Birmingham jail: ‘Our lives begin to end the day we are silent about things that matter’ (King, 1963).”

– Judith M. Glassgold (2004) in her presidential address to Division 44 at the Annual Convention of the APA.

“If you are not part of the solution, you are part of the problem”.

– Judith M. Glassgold (2004) recalling a saying of an earlier era of activism in her presidential address to Division 44 at the Annual Convention of the APA, in which she urges psychologists to become actors in the struggle for social and personal liberation.
CONCLUDING COMMENTS (2/4)

18-YEAR SENTENCES FOR 'CORRECTIVE RAPE' AND HOMOPHOBIC MURDER OF ZOLISWA NKONYANA

LESBIANS SA
In our future you wouldn’t look twice

ZAPIRÒ
2013

We are ready to service all victims of crime

allies out for change

SAFE SCHOOLS 4 ALL
STOP SUSPENDING QUEER YOUTH
“Somewhere over the rainbow, 
Way up high
There's a land that I heard of
Once in a lullaby.
Somewhere over the rainbow
Skies are blue
And the dreams that you dare to dream
Really do come true”

- Over the Rainbow’ in The Wizard of Oz (Harburg, 1939)

While the following may be clear...

Benefits for SA LGBTI persons and communities
Benefits for PsySSA (as regional voice/leader) and psychology profession

‘Fit’ with UNISA’s vision and goals:

“the African university in service of humanity”;
infusion in and enrichment of research & teaching – i.e. a deeper sense of context, locality & application…;
partnerships;
external collaboration;
engaged scholarship

Also, SA transformation agenda and alignment with Millennium Development Goals (sexual & reproductive health, etc),
and African Renaissance…
“Tutu was not creating a myth so that we could keep our heads in the clouds, sustained by a superficial cliché, but in using the 'Rainbow Nation' metaphor, gave a vision for the identity of the country as one of 'reachable possibilities'”

- Julie Cunningham, ‘South Africa The Good News’ (28 October 2010)

"The rainbow in the sky can only be formed with unstable and contradictory conditions. It must still be raining, but the sun must also shine...One should therefore refuse any pressure to reflect the Hollywood 'Someday over the rainbow', or the 'Irish Pot of Gold’ ”

- South African poet and writer, Antjie Krog (2010)

“We have triumphed in the effort to implant hope in the breasts of the millions of our people. We enter into a covenant that we shall build the society in which all South Africans, both black and white, will be able to walk tall, without any fear in their hearts, assured of their inalienable right to human dignity — a rainbow nation at peace with itself and the world”

- Nelson Mandela, Inaugural celebration address, 10 May 1994

"A world committed to peace, a world in which we are all a family, a world in which we are all heard, cared for and loved"

Thank you to…

Collaborators (in particular):

- UCAP (Gladys Thembani, Executive Committee)
- PsySSA Executive (Saths Cooper, Emmanuel Tlou, Fatima Seedat)
- INET/ APA (Clinton Anderson, Ron Schlittler)
- Carien Lubbe-De Beer
- Caretha Laubscher
- Niel Victor
- Khonzi Mbatha
- Melanie Judge
- Webber Wenzel (Kerry Williams, Nurina Ally)
- Kevin Joubert
- OUT LGBT Well-Being (Dawie Nel)
- Joint Working Group
- Schorer Foundation (Karen Kraan)
- Gay Umbrella (Hennie Baird)
- Yolanda Mitchell
- Eileen Rich
- Theo Sandfort
- Louise Polders
- Hate Crimes Working Group (Duncan Breen, Hanlie van Wyk, Iole Matthews)

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- SANPAD
- HIVOS MAGI Fund
- OSF-SA
- UNISA College of Human Sciences
- UNISA Department of Psychology (Matshepo Mataone, Fred van Staden, Ricky Snyders, Maryna De Kock)

Those near and dear (in particular):

- Friends and family
- Hennie and Mary Nel (My parents)
- Hennie Luies (My life partner)

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