**Ashley P post to week 3 discussion 1**

Case # 1

Personally, I have somewhat of a curiosity in studying the LGTB population. I know little about this population of people but I have the upmost respect for them. I know it must be hard to be different and face the stigma of our society. I have seen this population get bullied and picked on since I was a child. For this reason, I guess you can say I have a soft spot for this population due to these personal biases and experiences. Another personal experience I would like to share that may make me biased to this population is related to a recent event in my life. A few months ago, my daughter began expressing that she may like girls. This is another reason why this specific topic is of interest to me.

When reading this scenario, my curiosity spawned from the simple reason that Frank is gay. The fact that Frank is saying his boyfriend is Orlando Bloom may be explained by the sociocultural perspective. The sociocultural perspective describes the awareness of circumstances surrounding individuals and how their behaviors are affected by social and cultural factors. Frank is likely aware of the stigma he faces daily for being gay. Therefore, his fantasy of dating Orlando Bloom may help Frank to escape these social and cultural factors/stigma that Frank faces. This may be why Frank gets uncomfortable and agitated when asked specific questions about his relationship with Mr. Bloom. It is possible Frank is trying to identify with Orlando Bloom, a famous actor to help glorify the fact that he is gay. This may make it easier for him to face the stigma society places on him…

I would focus treatment for Frank on coming to terms with his own reality. Frank does not have to identify with someone famous in order for it to be okay for him to be gay. I would recommend Frank going to group therapy so that he would be able to relate to other individuals that are LGTB. This would help him face the stigma of society on his own terms. He would be able to meet other people that are like him and will no longer have to hide who he is behind the name of a celebrity. The group therapy would also increase Frank’s awareness of who he is and show him he is not alone in facing the stigmas. Self-esteem exercises would also be good to focus on with Frank. Having Frank write down his assets and strengths is a good exercise to promote self-esteem. The biggest reward for Frank would be increasing his self-esteem and showing him he is not alone but can be accepted for who he is!