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In the article “LGBTQ+ based discrimination is associated with ptsd symptoms, dissociation, emotion dysregulation, and attachment insecurity among LGBTQ+ adults who have experienced Trauma” the authors, L. Keating and R.T. Muller conduct a study to discover the association between discrimination and the negative mental health effects that discrimination has. They discuss and elaborate on the idea of discrimination verses the fear of discrimination and how sometimes just the fear itself is enough have similar effects on these adults’ mental health. The main point that the authors emphasize is that understanding is the key to solving the problem. The study that they conduct contains about 150 adults who have experienced LGBTQ+ discrimination and then took data from those participants regarding what kind of trauma they experienced and what kind of mental health problems they faced, if any. In the end they found that there was an association between the two, they are mainly using this information to advise clinicians to be mindful and sympathetic when working with clients who have experienced this kind of trauma.

This article laid out the idea that the cause (discrimination) and effect (trauma) of this situation is something that needs to be taken seriously. What I liked about this article is the way that the study was conducted. Unlike my other sources, the reader can truly see where the data is coming from and can maybe even make connections of their own. While it is offering the perspective of an outsider looking in on the situation, they are using insiders’ information to draw their conclusions. This article allowed me, a visual learner, to see the connection more clearly between discrimination and trauma; and not just LGBTQ+ discrimination but all types. Seeing the numbers and understanding where they were coming from helped me better understand it and even better understand how to help people who are experiencing this.

Keating, Leah, and Robert T. Muller. “LGBTQ+ Based Discrimination Is Associated with Ptsd SYMPTOMS, DISSOCIATION, EMOTION Dysregulation, and Attachment Insecurity AMONG Lgbtq+ Adults Who Have Experienced Trauma.” *Journal of Trauma & Dissociation*, vol. 21, no. 1, 2019, pp. 124–141., doi:10.1080/15299732.2019.1675222.