



## Lesbian and Bisexual Women's Mental Health

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Examine the psychosocial factors that affect lesbian and bisexual women's mental health

This essential guide presents up-to-date, evidence-based information that can be implemented to improve mental health services for lesbian and bisexual women in a variety of settings. It examines the systemic factors that play a role in their psychological and emotional well-being, and presents new research on protective factors that play an important role when lesbian/bisexual women face depression, anxiety, and other mental health disorders.

Lesbian and Bisexual Women's Mental Health reviews the past literature on mental health and sexual orientation—citing biased and inadequate assessment, diagnosis, and treatment approaches currently in use in the care of lesbian and bisexual women. This essential guide for clinicians and researchers presents new empirical research on lesbian/bisexual women's mental health. It explores specific challenges that face various lesbian and bisexual female populations, with research on:

- dysthymia
- depression and anxiety—including a chapter on depressive distress among African-American women
- the way that community size and religiosity impact lesbian/bisexual women's psychosexual development
- the relationship between shame and a client's attachment style
- the mental health implications of same-sex marriage
- mental health in Taiwan's T-Po lesbian community—with a focus on community members' sexual orientation, gender roles, and gender identity
- the interconnectedness of sexual fantasies, psychological adjustment, and close relationship functioning in lesbian/bisexual women
- body image and eating issues

As the diversity of this population becomes progressively more evident, so does the necessity for deeper exploration of the mental health problems facing lesbians and bisexuals. Whether you are a student, an educator, or an experienced clinician, Lesbian and Bisexual Women's Mental Health is an essential resource for relevant and meaningful information that focuses much-needed attention on the mental health of lesbian and bisexual women.

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Lesbian and Bisexual Women's Mental Health can be one of your starter books that are good idea. We recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into delight arrangement in writing Lesbian and Bisexual Women's Mental Health nevertheless doesn't forget the main stage, giving the reader the hottest as well as based confirm resource details that maybe you can be among it. This great information can draw you into new stage of crucial imagining.

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