

The ARQ2 Guide

PART B

TO BE ADMINISTERED BY THERAPIST/COUNSELLOR DURING ASSESSMENT INTERVIEW OR EARLY IN COUNSELLING

1. Can you tell me about any particular problems you have faced because of discrimination based on your sexual orientation/gender identity?
2. At about what age did you first realize you were _____? What has it been like for you after coming out/transitioning to yourself and to others?
3. How open are you about your sexual orientation/gender identity? At work? At school? At home? With new acquaintances?
4. Tell me about your family. How has your sexual orientation/gender identity affected your relationship with your family? Do you have support from your family?
5. How are you involved in the lesbian, gay, bi, trans, two-spirit, intersex and/or queer (LGBTTIQ) communities?
6. Do you have concerns about body image? Do you have concerns about aging? Do body image pressures and ageism in the lesbian, gay, bi, trans, two-spirit, intersex and/or queer (LGBTTIQ) communities affect you?
7. HIV is a big concern for a lot of people. Can you tell me in what ways this may be true for you?
8. Do you use alcohol and/or other drugs to cope with any of the issues we mentioned? Are your mental health concerns related to any of the issues we mentioned?
 not at all a little somewhat a lot
If yes... in what ways?