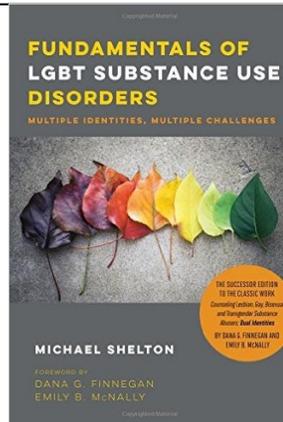

Book Review:

Fundamentals of LGBT Substance Use Disorders: Multiple Identities, Multiple Challenges

Review by Sandra Radin, PhD, Research Scientist, Alcohol & Drug Abuse Institute, University of Washington

In *Fundamentals of LGBT Substance Use Disorders: Multiple Identities, Multiple Challenges*, Michael Shelton continues and expands the classic work of Emily B. McNally and Dana G. Finnegan, *Counseling Lesbian, Gay, Bisexual and Transgender Substance Abusers: Dual Identities*. This contemporary and thorough resource may be helpful for anyone who wishes to better understand LGBT substance use and more sensitively and effectively support LGBT individuals in treatment, recovery, and counseling settings. Whether you have never worked with LGBT clients or have considerable experience, this book has something for you.



Although LGBT and non-LGBT individuals are obviously more similar than different, the need for this resource and its potential utility are apparent. We are reminded early in the book that, until 1973, “homosexuality” was pathologized as a “personality disturbance” in the *Diagnostic and Statistical Manual of Mental Disorders*. One can imagine how this establishment-endorsed idea has affected our society as a whole, and LGBT people in particular. In addition, specialized treatment for substance use/abuse/dependence for LGBT individuals has been seriously lacking, even though early and recent studies suggest higher rates of substance use and related negative consequences for the LGBT population.

Shelton synthesizes current research and evidence-based practices and promotes principles of affirmative, trauma-informed, and culturally competent intervention into a well-organized and user-friendly training tool and reference for clinicians, treatment agencies, and others. The book’s three main sections offer solid, often enlightening information. The first section, “An Overview of LGBT Substance Use,” describes early LGBT substance use research and empirical flaws, illuminates more recent study findings related to general and LGBT risk factors and important social processes, and concludes with general principles and approaches to LGBT substance use treatment. The second section, “LGBT-Specific Substance Use Patterns,” delves into common challenges encountered by transgender, bisexual, lesbian, and gay individuals, and presents practical treatment suggestions at agency and client levels. The third section, “Intersecting Identities,” addresses the confluences of LGBT, age/stage-of-life, family, and

residential environments.

Each chapter is organized to enhance understanding and learning, and to help readers best use the time that they have. Summaries and overviews focus attention on key themes and details. Case studies begin most sections and help to contextualize the evidence-based information that follows. Complexities, challenges and treatment recommendations related to LGBT experiences, relationships, and identities are thoroughly discussed. Guidelines, key terms and definitions, and discussion questions round out the learning experience.

This book is ideally suited for students, clinicians, and administrators in general, and for LGBT-focused clinics and treatment programs.

[Fundamentals of LGBT Substance Use Disorders: Multiple Identities, Multiple Challenges](#)

Michael Shelton

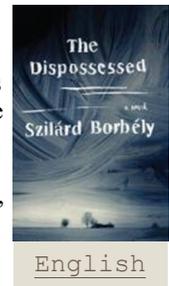
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“Talent is Selfish and Cruel”: A Review of *The Dispossessed* by Szilárd Borbély

Judit Ward, Rutgers

Szegény Szilárd! Lost in translation is the alliteration, as well as the rich and deep meaning of the Hungarian adjective. Options include *poor*, *miserable*, *pitiable*, or all of the above, to express the caring attitude as we would add it to his first name back in the day, whenever he showed up at our doorstep, locked his bike, and rang the bell. If the kids answered, he would just shyly walk away at the beginning.



A household name today in erudite Europe, poet and literary historian Szilárd Borbély from rural Hungary never longed for fanfares and limelight. He just kept writing. Poems, essays, literary criticism, scholarly papers, newspaper articles, dramas, and novels. He had a way with the language. Precision poetry. No text published until every verb and adjective was perfectly in place.

Reading his poems is a challenge. His texts will take the reader to a mysterious and dark place, where they may not want to be. His newly translated successful novel, *The Dispossessed*, is not for the faint-hearted either. As I projected at the SALIS Conference in San Diego, the unique language of this unprecedented novel would

(Continued on page 12)