

**Title** – Review of Clinical Counseling Assessments:  
Adult Attachment in Sexual Identity

**Program of Study** – Clinical Mental Health Counseling

**Presentation Type** – PowerPoint

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For years individuals have engaged in nonheterosexual behavior; however, there has been little acceptance and freedom from the general public. Within the past half a century, views about nonheterosexual individuals have progressed, leading to an increased awareness within the field of research and the helping professions. This presentation seeks to examine various assessments that clinical counselors can utilize while working with clients who identify with a nontraditional sexuality. The Lesbian, Gay, Bi-Sexual Identity Scale is a short 27 question assessment that can be used to gauge the client's comfort with his/her sexuality on eight dimensions, including *Difficult Process* and *Identity Uncertainty*. Though not specifically designed for sexual minorities, The Experiences in Close Relationships Scale and Adult Attachment Interview both measure different dimensions of adult attachment styles. The Experiences in Close Relationships Scale is a 36 questionnaire that specializes in how an individual behaves in relationship with another, while The Adult Attachment Inventory is a more thorough examination of an adults' strategies for protecting the self from perceived dangers within intimate relationships. Pertaining to the Adult Attachment Interview and Experiences in Close Relationship Scale, dismissive-avoidant, anxious-preoccupied, fearful-avoidant, and secure attachment will also be explored. Strengths and weakness of the three assessments will be identified, along with an evaluation of appraisal methods, relevant theoretical

emphases, core treatment strategies and techniques for implementing the appraisal methods. Data will then be compared between the attachment scales and the sexual identity scales. Evaluations of the accuracy of the population being measured as well as any potential limitations that exist will be presented. Lastly, applicable ethical and legal standards of practice from the American Counseling Association (ACA) and American Association of Christian Counselors (AACC) will be presented.