

(Free) Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society

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Linda Goldman

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*Nurturing the Well-Being and
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Foreword by Jody M. Huckaby

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Linda Goldman : Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society before purchasing it in order to gage whether or not it would be worth my time, and all praised Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society:

3 of 3 people found the following review helpful. Must read regarding gay, lesbian, bisexual and transgenderBy CharlesWe think we are pretty open-minded but many of us are nevertheless challenged by gay issues within our

families, friends, associates, or in the media. Linda Goldman presents a view of a CONTINUUM of lifestyles, rather than THIS way as opposed to THAT way. She writes and uses photos in a way that constantly helps remind us of the basic humanity, dignity, and equality of all of us - not just the HETEROsexuals. As a parent, teacher, lecturer and therapist, Goldman brings a wide range of experience and knowledge - as well as a lot of love and soul quality - to this difficult subject to help both gay individuals and those that share this planet with them to see new healthy perspectives and potentials. She offers a vast array of resources and suggestions as well as documentation of many case studies that have helped shape her views. This is a MUST READ for parents, educators, therapists and others working or living with gay, lesbian, bi- or transgender individuals and for the LGBT population themselves. Read it - you won't regret it!

3 of 3 people found the following review helpful. Critically Important
By parent I am so grateful for this excellent resource book. Ultimately, I believe that this book brings forth the possibility to create a new vision for all of our children. The vision of an enlightened world where all children are treated with equal respect, acceptance and are always safe to be who they are. As the parent of a gay youth, I am so appreciative that Linda Goldman has provided such an extensive and comprehensive resource for our educators, therapists as well as our families and friends. I was moved by the possibility that sharing this book in my professional and personal worlds supports the transformation to a new society that embraces and nurtures ALL our children. I believe this book is an essential resource for parents, teachers and mental health professional committed to the well-being of our children. We can all make the difference.

3 of 3 people found the following review helpful. Wonderful!
By M. Vannguyen
Coming Out, Coming In is an extremely comprehensive resource that covers the gambit of understanding and updated information on working with gay youth in today's world. I particularly found the chapters on coming out, education, and counseling to be highly effective when working with gay young people in a professional capacity. The chapter on parenting helped me understand how important it is to promote a healthy relationship within the family. This book is a must for anyone working with gay youth. I highly recommend it.

Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society describes the process of coming in to a welcoming and nurturing family, from both the teen's and the parents' perspective. Linda Goldman draws on her personal and professional experience as a school guidance counselor, child and adolescent therapist, parent, and a member of the national group PFLAG to build a common language and a new paradigm for understanding sexual orientation and gender identity as a part of mainstream culture. Through the information, exercises, anecdotes, and extensive bibliography of additional resources provided in the book, parents, school administrators and educators, community groups and counselors will find the tools needed to facilitate nurturing and safe environments for our LGBT youth.

"Few people are as gifted as Linda Goldman. [She] stands for healthy spirituality, which is woven throughout the book, especially sensitive because [she] is also a mother, a mother of several children, including a gay child. She knows the pain, confusion, struggle, love, joy, playfulness, and hope. [This] book is packed. It is not particularly about agreeing or disagreeing, though it will hopefully turn a few heads and hearts, but get you to shift from understanding/judgment to ownership of our responsibility to ALL children, ALL issues, and ALL life circumstances. From the introduction to the enormous resource section, this book will bless professionals, parents, other adults and, teens. The photography, all done by a high school student, is overwhelming. You cannot get beyond the cover photo of a young woman and not come to realize the presence of human sexuality at all ages, at what should be a beautiful AND NORMAL experience for all children. There is so much more available to you in this book. It is must reading wherever you find yourself on this subject. Linda Goldman blends brilliance with empathy, bringing together complex facts and issues into a user-friendly resource that deserves our attention and action." - Richard Gilbert, Ph.D., The World Pastoral Care Center/Bridge Builders, Mercy College "We all should be grateful for this book, even if it is not an issue in your life and journey, as we have an opportunity to hear the wise counsel, data, stories, and passion that Linda brings to a sensitive subject so immersed in ignorance, bias, fear, and judgment.....It is a must read wherever you find yourself on this subject....Linda Goldman blends brilliance with empathy, bringing together complex facts and issues into a user-friendly resources that deserve our attention and action." - Reverend Richard B. Gilbert, Ph.D., CT, The World Pastoral Care Center/Bridge Builders, Mercy College in *Healing Ministry*, Volume 15, Number 1, Winter 2008 "This book is definitely groundbreaking and should be used as a reference by schools, families, counselors and anyone who works with youth to help LGBT kids come out and other kids and adults to be more understanding, sensitive and understanding of differences in sexual orientation." - *healingmagazine.org*, spring/summer 2008 "This book is a useful tool and an interesting read for anyone. Addressing issues faced by LGBT people and their families, it suggests simple yet effective ways of tackling inequalities. It deals with tough issues sensitively and includes case studies offering an objective insight into the effects of homophobia, thus provoking an interesting dialogue with the reader." - Tim Eastwood in *Children Young People Now* "Though it seems that we have made progress in understanding homosexuality and attempting to create space so that sexual minority youth may feel more accepted, Goldman's book makes it clear that there is much more to be done. She seeks to dispel a number of myths

and inaccurate information about LGBT lifestyles, and replaces them with both statistics and life stories to help the reader understand the true experience of these youth. In addition, she provides concrete strategies for creating safe and accepting environments in which LGBT youth may not only survive coming out, but also may thrive in their unique identity. Coming Out, Coming In provides an excellent introduction and overview of the challenges faced by today's LGBT youth for those who are unfamiliar with the terrain...Goldman's message is clear. We must all work together to establish structures that enhance understanding, particularly through creating safe places for all LGBT youth to come in to an accepting environment when they are ready to come out." - Doris LaPlante and Nicole O'Brien in Contemporary Family Therapy "Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society provides the necessary knowledge and strategies for making the lives of queer youth happier and more fulfilled, along with guidelines that we, queer and straight members of society, can and must do to protect and nurture these most vulnerable young men and women. In clear language, [Goldman] tackles the myths of homosexuality, the obstacles and support for queer youth, parenting, relationships and all the many and varied issues that confront queer boys and girls, giving us a firsthand account of the joys and sorrows met with on the road to self-acceptanceGoldman never preaches, instead letting us hear the actual voices of the young men and women who deal not only with sexuality but also with race, body image, religion, gender stereotypes, economic and ethnic backgroundthe themes are universal and there is information here for teens, parents, educators, family, friends, and therapists. Coming Out, Coming In is essential reading for everyone who cares about queer youth and about our future as a society." - Wayves Online