

A decorative graphic consisting of various colored circles (teal, blue, green, yellow, orange, pink) and dashed lines of different colors (teal, green, yellow) scattered across the white background.

East Bay Getting to Zero

Mental Health: Therapeutic Alliance

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Pacific Center



Hello!

I am Niki Khanna

I am a LMFT who works with Queer, Trans and Intersex clients.

I am Queer, Intersex and a POC.



What brings folks to therapy?

- Major presenting issues
- Issues accessing therapy
- Obstacles to care




Elements to a therapeutic alliance

- ◎ Trust, care and respect
- ◎ Agreement on goals
- ◎ Collaboration on the “work”

The background features several overlapping circles in various colors: orange, yellow, pink, green, and teal. Some circles are solid, while others are dashed. A large dashed circle frames the main title text.

Hopelessness and fatalism

**What are they and how are they
different than suicidality?**



Hopelessness and fatalism can look like:

- Oversleeping
- Isolating
- Risk-taking behaviours
- Substance addictions
- Behavioral addictions

Persistent, severe hopelessness and fatalism can lead to suicidality if left unaddressed



Pacific Center Digital Resource Guide

PACIFIC CENTER RESOURCES

These are resources offered directly by the Pacific Center

Counseling and Psychotherapy

- Sliding scale therapy for individuals, families, couples, and groups.
- Intake required. More info: <https://www.pacificcenter.org/counseling-and-psychotherapy>.

Grief Group

- Free 8 week clinician facilitated support group for anyone dealing with loss due to the death of a loved one.
- Intake required. For inquiries about this group and when the next group will start please email us at griefgroup@pacificcenter.org

Older and Out Therapy Groups

- Free 8 week clinician facilitated therapy group for LGBTQIA+ folx age 55+ to counteract ageism, isolation and loneliness.
- Intake required. Please email olderandout@pacificcenter.org for more info

HIV Services

Living Fully With HIV

- Free, recurring Ryan White funded group that meets weekly for 9 sessions via video/teleconferencing.
- To join or for more information please complete this form: bit.ly/Livingfullygroup

HCH510

- Collaborative program with Asian Health Services, now known as HCH510, or Honeycomb Hideout 510 to offer free rapid testing.
- Services include HIV testing, PrEP and PEP, STI/STD Testing, HIV Care services, para-professional counseling sessions, insurance navigation and enrollment services.
- Contact HCH510 at 510-972-4483 to learn more

CRISIS SUPPORT SERVICES

EXTERNAL RESOURCES

These are resources that the external community providers offer

COVID-19 Resources

Clinic locations, testing sites, online appointments, digital vaccination record: <https://myturn.ca.gov/>

En español: <https://livelafamilia.org/es/>

Multilingual: <https://asianhealthservices.org/ahs-covid-sites/>

Monkeypox Resources

Oakland LGBTQ Center

- No appointment necessary
- Bring proof of first dose to receive second dose
- Dates and times vary depending on month
- Check website for vaccine schedule: <https://www.oaklandlgbtqcenter.org/clinic>

Asian Health Services

- Mondays and Fridays from 10 AM until 12 PM
- Must meet eligibility requirements
- Multiple language options
- To make an appointment call: **(510) 735-3222**
- More information: <https://hch510.org/>

LOCAL

GLBT National Help Center Youth Talkline
(800) 246-7743

Crisis Support Services (East Bay) [OPEN 24/7]
(800) 309-2131

Mobile Crisis Unit (Berkeley) (510) 644-8566

Suicide Prevention Hotline (SF) [OPEN 24/7]
(415) 781-0500

GLBT Hotline of San Francisco (415) 355-0999

NATIONAL

GLBT National Help Center Hotline
(888) 843-4564

Trans Lifeline (877) 565-8860

Trevor Project (866) 488-7386

Crisis Text Line: Text the word "HOME" to 741741

EN ESPAÑOL

National Suicide Prevention Lifeline (Spanish):
(866) 628-9454

Crisis Text Line (Spanish): Text **HOLA** to 741741 or Text **442-AYUDAME** in WhatsApp

NON-POLICE CRISIS RESPONSE

ACCESS (800) 854-7771

TTY for the Hearing Impaired (562) 651-2549

For more non-police approaches to handling a crisis: <https://projectlets.org/resources> or check out alternatives to the police resources by city at <https://dontcallthepolice.com/>



Thanks!

Any questions?

You can find me at NikiKhannaTherapy@gmail.com