

## Symposium | Nerodiversity : [Symposium 2] Global perspectives on LGBTQ+ Mental Health

2025年9月25日(木) 13:05 ~ 14:35 Session Room 3 (Large Hall A)

## [Symposium 2] Global perspectives on LGBTQ+ Mental Health

Moderator: Changsu Han (Korea University College of Medicine; Mental Health Research Center)

[SY-2]

### Global perspectives on LGBTQ+ Mental Health

Victoria Patricia C. dela Llana<sup>1</sup>, Chan-Seung Chung<sup>2</sup>, Tomomi Morii<sup>3</sup>, Hugo Konz<sup>4</sup> (1. University of the Philippines College of Medicine (Philippines), 2. Maum Dream Clinic (Korea), 3. Gender Clinic Tokyo (Japan), 4. ARQ National Psychotrauma Center; University for Humanistic Studies (Netherlands))

[SY-2-01]

#### LGBTQI+ Mental Health in the Philippines

\*Victoria Patricia C. dela Llana<sup>1</sup> (1. University of the Philippines College of Medicine (Philippines))

[SY-2-02]

#### Bridging Divides: Psychoanalytic Perspectives on Gender, LGBTQ+ Identity, and Mental Health in Korea

\*Chan-Seung Chung<sup>1</sup> (1. Korean Neuropsychiatric Association (Korea))

[SY-2-03]

#### The transgender community in Japan, thriving the life with LGBTQ+ experiences

\*Tomomi Morii<sup>1</sup> (1. Gender Clinic Tokyo (Japan))

[SY-2-04]

#### Mental health of refugees after experiences of violence based on sexual orientation, gender identity & expression

\*Hugo Konz<sup>1</sup> (1. ARQ National Psychotrauma Center; University for Humanistic Studies (Netherlands))

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### [SY-2] Global perspectives on LGBTQ+ Mental Health

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Several studies have shown that individuals of diverse sexual orientation, gender identity and expression (SOGIE) can encounter stressors that are related to an increased risk of common mental health problems, like depression, anxiety, substance abuse and PTSD. This is often linked to minority stress, facing stigma, exclusion and discrimination, as well as a higher risk of facing different forms of (identity-related) violence. In many regions in the world, the LGBTQ+ community is confronted with marginalization and persecution and/or their legal rights are under threat. Those cumulative experiences can negatively impact mental health and aspects of wellbeing, for example self-image, social relationships, meaning and spirituality. At the same time, there is also queer resilience: the potential positive effects of being different, overcoming setbacks and stigma and experiencing support within one's own community. In this symposium, we will hear global perspectives on mental health and the LGBTQ+ community, and how we can sensitize treatments to their needs.

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### [SY-2-01] LGBTQI+ Mental Health in the Philippines

\*Victoria Patricia C. dela Llana<sup>1</sup> (1. University of the Philippines College of Medicine (Philippines))

Gender nonconforming individuals are a part of Filipino society. They are more likely to use substances and experience symptoms of mental ill-health compared to their gender conforming counterparts. Local institutions and organizations have mobilized and are active in education and clinical care for this population, but there is much work to be done.

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### [SY-2-02] Bridging Divides: Psychoanalytic Perspectives on Gender, LGBTQ+ Identity, and Mental Health in Korea

\*Chan-Seung Chung<sup>1</sup> (1. Korean Neuropsychiatric Association (Korea))

キーワード : Archetype、Analytical Psychology、Culture、Dream

This presentation explores the intersection of psychoanalysis, gender, LGBTQ+ identity, and mental health within the Korean sociocultural landscape. LGBTQ+ individuals in Korea face significant social stigma, discrimination, and lack of legal protection, with profound effects on mental health. Based on case studies, this lecture delves into the unique psychological challenges experienced by LGBTQ+ individuals and examines how societal biases and cultural conflicts contribute to their mental anguish. Each case offers insight into how unconscious conflicts related to identity and societal expectations manifest in dreams and behavior, highlighting the psychological toll of navigating gender and sexual identity within a conservative social framework. This analysis argues that the societal resistance to LGBTQ+ identities in Korea - rooted in Confucian values and amplified by fundamentalist religious views - contributes to psychological harm. By understanding and respecting the complexities of gender and sexuality, individuals and society can move toward genuine empathy and inclusion. Psychoanalytic perspectives offer a path to bridge societal divides, addressing both conscious and unconscious dimensions of this journey toward mutual recognition and understanding.

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[SY-2-03] The transgender community in Japan, thriving the life with LGBTQ+ experiences

\*Tomomi Morii<sup>1</sup> (1. Gender Clinic Tokyo (Japan))

As a Japanese psychiatrist who works in this area of expertise and as a psychiatrist who lives/lived with gender dysphoria, I'd like to share my lived experience with some photos along with the history of the transgender community in Japan, and also share the insights from my story and clinical practices to thrive the life with LGBTQ+ experiences.

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[SY-2-04] Mental health of refugees after experiences of violence based on sexual orientation, gender identity & expression

\*Hugo Konz<sup>1</sup> (1. ARQ National Psychotrauma Center; University for Humanistic Studies (Netherlands))

LGBTQ+ refugees have frequently encountered multiple traumatic experiences, which can be grave in terms of severity. The violence they endured is often accompanied by facing stigma, exclusion and discrimination from a young age, starting in their countries of origin and ongoing in the host country, due to different aspects of their identities. Those cumulative traumatic experiences can lead to posttraumatic stress disorder (PTSD) and broader mental health problems. This presentation explores how to come to a more personalized, integrated treatment approach for this community.