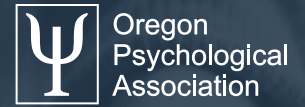


# Oregon Psychological Association Webinar



## Addressing Religious Trauma in Therapy with Queer, Trans, and BIPOC (QTBIPOC) Clients

*Presented by: Valerie Yeo, Psy D*

**Thursday, September 25, 2025**

**10:00am – 12:00pm PST**

**Register at [opa.org](https://opa.org)**

**2 Hours of CEU**

### Speaker Bio



Dr. Valerie Yeo earned her doctorate in clinical psychology from the University of Denver, and completed a postdoctoral fellowship at Reed College in

Portland, Oregon. She has worked in many settings, including universities, community mental health centers, and residential facilities. She currently works in private practice providing individual therapy and immigration-based assessments to adults, and with psychology and counseling trainees in supervision and teaching roles. She also works at Oregon Health & Science University (OHSU) in the reproductive psychiatry and OB-GYN department. Dr. Yeo believes strongly in fostering connection between all parts of ourselves. Her work is centered around navigating the ways in which our sociopolitical environments impact our internal experiences.

### Course Description

This workshop will explore religious trauma and adverse religious experiences, and specific ways in which queer, trans, and Black, Indigenous, and People of Color (QTBIPOC) clients may be impacted by colonialism and systemic oppression within religious environments. We will explore considerations for how to address these client experiences in therapy in a way that minimizes shame. We will also delve into ways of working with clients who may be in the process of religious deconstruction, with considerations for both clients who wish to leave their faith traditions or community, and clients who wish to remain connected with their spirituality.

Note: The workshop's content will be focused primarily on religious trauma within a Christian context. However, some content may also be applied more broadly to religious trauma in other religious settings.

### Learning Objectives

- Define religious trauma and adverse religious experiences- Describe how QTBIPOC clients may be specifically impacted by these experiences as a result of colonialism and systemic oppression
- Define religious deconstruction
- Name at least two ways to address religious trauma with QTBIPOC clients in a therapy setting, in a way that minimizes shame
- Name at least two ways of working with QTBIPOC clients around religious deconstruction