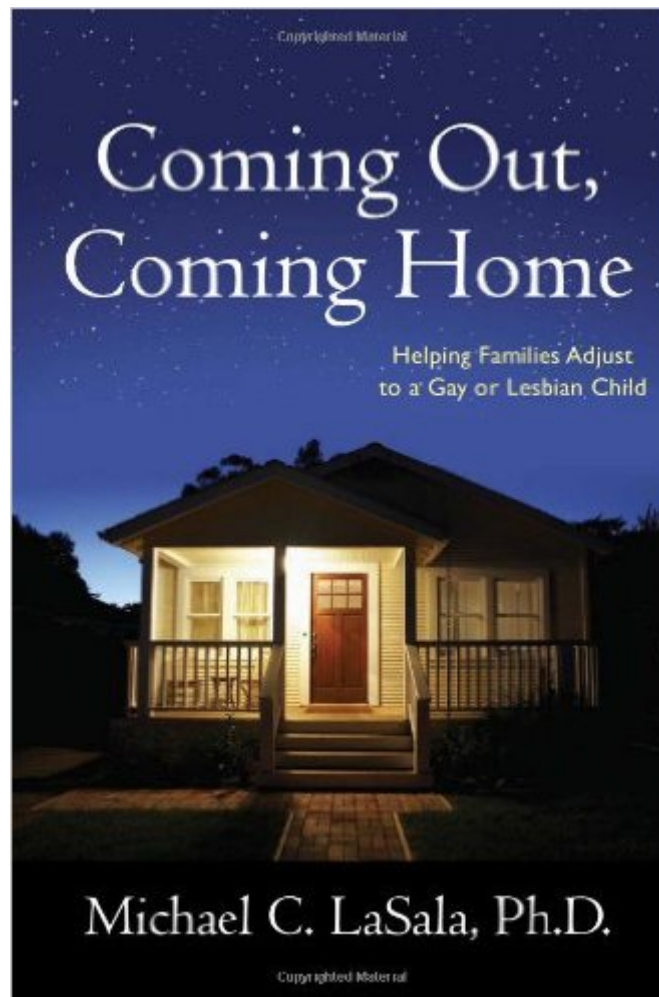


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# Coming Out, Coming Home: Helping Families Adjust To A Gay Or Lesbian Child



## Synopsis

The discovery that a child is lesbian or gay can send shockwaves through a family. A mother will question how she's raised her son; a father will worry that his daughter will experience discrimination. From the child's perspective, gay and lesbian youth fear their families will reject them and that they will lose financial and emotional support. All in all, learning a child is gay challenges long-held views about sexuality and relationships, and the resulting uncertainty can produce feelings of anger, resentment, and concern. Through a qualitative, multicultural study of sixty-five gay and lesbian children and their parents, Michael LaSala, a leading expert on this issue, outlines effective, practice-tested interventions for families in transition. His research reveals surprising outcomes, such as learning that a child is homosexual can improve familial relationships, including father-child relationships, even if a parent reacts strongly or negatively to the revelation. By confronting feelings of depression, anxiety, and grief head on, LaSala formulates the best approach for practitioners who hope to reestablish intimacy among family members and preserve family connections—as well as individual autonomy—well into the child's maturation. By restricting his study to parents and children of the same family, LaSala accurately captures the reciprocal effects of family interactions, identifying them as targets for effective treatment. *Coming Out, Coming Home* is also a valuable text for families, enabling adjustment through relatable scenarios and analyses.

## Book Information

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## Customer Reviews

Even as a Social Worker, I found myself in uncharted territory when my daughter explained to me

that she was gay....I had heard about this book from a friend and purchased it the same night that my daughter came out to me. It was a life saver at the moment and helped me to better understand the "process" it would be as a parent of a gay or lesbian child and that what I was feeling was completely normal - I strongly encourage any parent who finds themselves in the same situation to purchase this book!!

Dr. LaSala's book invites readers to listen in as lesbian, gay, bisexual, and transgender young people reveal themselves to their parents. We see families break through the tension of pre-disclosure into the drama that often comes with revelation, and, finally, achieve hard-won benefits as they reach the calm that eventually follows. Balancing case narratives with concise recommendations, Dr. LaSala gives us a book that delivers value to both lay readers and professionals alike. The best writing moves us to new levels of understanding and action. This one achieves that standard. Coming Out, Coming Home introduces readers to young people who refuse to be diminished by homophobia. Instead they insist on claiming their place in the world. In doing so they transform their families and communities. And while witnessing their courage we gain understanding, inspiration, and hope.

I recommend parents as well as social workers / therapists read this book for better understanding of the coming out process and all it entails.

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