

## Abstract

This study examined the training experiences in lesbian, gay, and bisexual (LGB) issues and personal attitudes towards LGB persons among mental health professionals in Hong Kong, tested the effects of training experiences and personal attitudes on professionals' confidence in working with LGB clients, and explored heterosexual bias among the professionals with the use of analogue method. Using an online survey, 124 Hong Kong mental health professionals and trainees participated. Findings showed that participants had basic accepting attitudes towards LGB persons. However, professional training in LGB issues was inadequate and participants were not confident in performing affirmative counseling behaviors. Regression analyses indicated that having more LGB friends, gaining more knowledge on LGB community issues and being supportive to the civil rights of LGB individuals were associated with participants' higher self-efficacy in performing affirmative counseling behaviors. However, the quantity of training experience was unrelated to their level of confidence in work. In exploring heterosexual bias, ANOVA results showed that participants attributed fictitious LGB clients' presenting problems to sexuality-related issues more as compared to heterosexual clients. The study took the first step in understanding therapeutic issues with LGB clients in Hong Kong. Implications for improving mental health service for LGB persons were discussed.