

“I Want To Be Free The Lebanese Way”: An Interpretative Phenomenology Examination of  
Lebanese American Queer Youth’s Experiences of Family Secrecy

Lea El Helou, M. S.

Dissertation submitted to the faculty of the Virginia Polytechnic Institute and State University in  
partial fulfillment of the requirements for the degree of Doctor of Philosophy  
in  
Human Development with a Specialization in Marriage and Family Therapy

April L. Few, Demo, Ph.D. (Chair)

Jody M. Russon, Ph.D.

Erika L. Grafsky, Ph.D.

Nadine A. Sinno, Ph.D.

April 15, 2022

Copyright © 2022, Lea El Helou

*Keywords:* queer, Lebanese-American, family secrecy, MFT