OUTLINE
Create a Safe Therapeutic Space
Offensive words to avoid
Intake session: how to ask about developing identity
Approach transgender compared to LGBQ
Strategies to establish rapport and comfort
Identity formation and coming out
Identity development
Internalized homo/bi-trans-phobia
The decision to come out
Strategies to overcome fear, shame, and rejection in the coming out process
Bullying and safety issues
Clinical Considerations and Interventions
Treatment strategies for Depression
Anxiety
Self-harming behaviors
Suicide
Substance Abuse
Shame
Importance of family acceptance
Impact with other cultural identities
Research limitations and risks of psychotherapeutic approaches
What you need to know about Differences within the LGBTQ Spectrum
Lesbian Youth
Confront invisibility
Facilitate positive self-esteem
Gay Youth
Explore gender role expectations
Sexual health
Substance use
Bisexual Youth
Understand bisexuality as a legitimate identity
Harmfulness of bisexual erasure
Transgender Youth
Assess need/desire for gender transition
Options for gender expression
Puberty blocking
Questioning youth
Make space for exploration and fluidity
Reduce pressure to self-label
Avoid mislabeling a client
Clinical Strategies for Working with Families
Coming out to family members
Parents’ reactions and resistance
Techniques to work with unsupportive families
Support youths’ LGBTQ identity
Practical tips to help parents and siblings work towards increased acceptance and support
Navigate religious beliefs
Facilitate support networks
LGBTQ-Affirmative School Environments
Tips to assist parents with school advocacy
Coach youth towards self-advocacy
Strategies to manage mistreatment
Cyberbullying
Face to face bullying

OBJECTIVES
1. Assess how school, family and social pressures impact the formation of an LGBTQ youth’s identity.
2. Support the coming out process with youth clients and facilitate family interventions to create safety, support, space and acceptance.
3. Analyze LGBTQ youth clients’ level of risk and protective factors for developing symptoms of anxiety and depression, as well as self-harm behaviors and suicidal ideation.
4. Assess family dynamics of the client to determine potential to work towards increased acceptance and support.
5. Evaluate the unique clinical needs of LGBTQ youth to inform the clinician’s choice of treatment interventions.
6. Foster LGBTQ affirmative school environments with strategies for working in conjunction with school staff, administration and parents.

FREE Worksheets
Identifying Anxiety-Igniting Thoughts
By Catherine Pittman, Ph.D. HSP

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Live Seminar Schedule
7:30  Registration/Morning Coffee & Tea
8:00  Program begins
11:50-1:00  Lunch (on your own)
4:00  Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and final start times are at the discretion of the speaker. A more detailed schedule is available upon request.

HYANNIS, MA
Wednesday, February 6, 2019
TAUNTON, MA
Thursday, February 7, 2019
WORCESTER, MA
Friday, February 8, 2019

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A 9-year-old boy took his own life, just days after coming out to his peers as gay, due to the severe bullying he received. Sadly, he is not alone, suicide rates among LGBTQ youth are rising at an alarming pace.

As a clinician, how do you approach a sensitive topic like gender identity without offending your clients? How do you navigate the LGBTQ spectrum, with its unique terminology and challenges? How are you not alone in struggling with these types of questions. Join expert and author, Deb Coolhart, PhD, LMFT as she draws on her nearly 20 years of working with LGBTQ youth. Deb will show you effective clinical strategies for:

- The coming out process
- Bullying
- Suicide, anxiety, shame, depression, self-harming
- Making healthy choices
- Thriving in school
- Developing support networks

Working with these youth and families can be complex, requiring the balance of many seemingly conflicting priorities. How do you navigate the LGBTQ spectrum, with its unique terminology and challenges? How are you not alone in struggling with these types of questions. Join expert and author, Deb Coolhart, PhD, LMFT as she draws on her nearly 20 years of working with LGBTQ youth. Deb will show you effective clinical strategies for:

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- Suicide, anxiety, shame, depression, self-harming
- Making healthy choices
- Thriving in school
- Developing support networks

Help LGBTQ kids and adolescents know that it’s their right to be themselves!

**SPEAKER**

Deb Coolhart, PhD, LMFT is a private practice clinician and an associate professor in the Department of Family, Consumer and Human Development at Syracuse University. She has been doing therapy with LGBTQ youth and their families for nearly 20 years. She created the Transgender Treatment Team in Syracuse University’s Couple and Family Therapy Center, where she trains and supervises masters students to work with transgender people and their families.

Dr. Coolhart has several publications on clinical work with LGBTQ youth. Her recent work has focused on transgender youth and their families. She has developed a tool for assessing youths’ and families’ readiness for gender transition, treatments, published in the Journal of Marital and Family Therapy. She has also published multiple manuscripts on supporting transgender youth and families in therapy and advocating for trans-affirmative school environments. Recently, she co-authored a book, The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity. Additionally, Dr. Coolhart has conducted research on transgender people and their families and the experiences of LGBTQI homeless youth.

**Speaker Disclosure**

Deborah Coolhart is an assistant professor at Syracuse University. She receives a speaking honorarium from PESI, Inc.

**Financial:** Deborah Coolhart is an assistant professor at Syracuse University. She receives a speaking honorarium from PESI, Inc.

**Cultural Competency:** Graduates of the program will be able to describe the current research on gender identity and the role of healthcare professionals.

**Program Content:** This course consists of 380 minutes of instruction. Credit requirements and approvals vary per state board/certifying agency.

**Contact Hours:** This activity consists of 380 minutes of continuing education. Credit requirements and approvals vary per state board/certifying agency.

**CEHrs:** This activity consists of 380 minutes of continuing education. Credit requirements and approvals vary per state board/certifying agency.

**Credit Inquiry:** Pre-registration attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within 3 business days of the event. It will include instructions on how to access your certificate.

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**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a DVD or CD set that includes a copy of the seminar manual and enrollment form. The kit includes everything you need to study at your own pace and in your own home. Each self-study kit is similar to the live seminar tuition. Prices include a one-time, non-refundable, non-transferable, non-cancelable registration fee to cover the cost of completing your course. You will receive a self-study certificate of completion if you do not wish to attend the live seminar.

**FEE Info:** It’s easy to order the seminar at these locations only. Free charge for in-state tuition for veterans and active duty military personnel. Advance registration required by phone required.

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