

OUTLINE

Current Trends in LGBTQ Clinical Work

Increased family and community acceptance: What this means for our work  
Sexuality and gender: separate but connected  
Polyamory and open relationships  
Conversion therapy debunked  
Online dating and hook-up culture

Establish Safety with LGBTQ Clients

Terminology to include in website, business profiles, and client registration forms  
Avoid the most common mistakes by therapists that break safety and trust  
Build rapport quickly and effectively  
Talk about sex with openness and comfort  
Incorporate gender talk and knowledge into your vocabulary

The Factors That Impact LGBTQ Mental Health Treatment

How being LGBTQ is connected to depression, anxiety, and addiction...and how it is not  
How developmental trauma affects identity development  
Particular traumas:  
Bullying  
Bashing  
Institutional Oppression  
Conversion Treatment History  
Family mirroring and acceptance  
Religious and cultural barriers  
Sexual health and wellness  
Alcohol and substance use

Help Clients at Each Phase Of LGBTQ Identity Development

Phase 1: Pre-Coming Out  
Denial about sexual orientation or gender  
When sexual behavior doesn't match sexual identity  
Differentiate between feelings, behavior, and identity  
The importance of continued sexual health assessment and education

OBJECTIVES

1. Describe current trends and perspectives in the LGBTQ community, and the implications for clinical work.

2. Explain how to effectively build safety and trust with LGBTQ clients in clinical practice.

3. Identify the main factors impacting treatment and the identity development process of LGBTQ clients.
4. Analyze the phases of identity development for LGBTQ clients to better inform treatment planning.

5. Determine how to integrate LGBTQ history and knowledge into the clinical session.

6. Choose treatment strategies to help clients in each phase of LGBTQ identity development.

Phase 2: Comparison and Consideration  
When clients start to think they might be LGBTQ (or at least different)  
Client cues that are openings to explore further  
Questions to elicit more open discussion  
How to inquire without pushing beyond client readiness  
Phase 3: Tolerance and Exploration  
When clients are exploring sexuality and gender but have not claimed an identity  
Use different models of sexuality and gender with clients  
Track for integration: Is this helpful for the client?  
Address shame and internalized homophobia/transphobia  
Identify educational resources

Phase 4: Acceptance  
When clients start to integrate their sexual and gender identity into the world  
Connect clients with community support  
Facilitate grief for lost time and lost dreams  
Develop a coming-out plan and process  
Start talking about gender transition  
Tools to navigate the conflicting worlds of family, identity, and cultures  
Phase 5: Pride  
Address client rage about oppression and past injuries (even when it's directed toward you)  
Support clients in celebrating their "adolescence": validation and safety  
Attend to the particular challenges of bisexuals  
Phase 6: Synthesis and Integration  
When being LGBTQ is hardly an issue for the client  
Effectively integrate LGBTQ history and knowledge into the clinical session

Live Seminar & Webcast Schedule (Times Listed in Eastern)

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 break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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LGBTQ Clients  
in Today's World

Treatment Strategies for Gender & Sexual Identity Issues

Portland, ME  
Monday, October 21, 2019

Burlington, VT  
Wednesday, October 23, 2019

Manchester, NH  
Tuesday, October 22, 2019

Live Video Webcast  
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LGBTQ Clients  
in Today's World

Treatment Strategies for Gender & Sexual Identity Issues

6.25  
hours of cultural  
competency

- Develop rapport quickly with clients... and maintain it
- Know when to inquire, when to push, and when to back off
- Target the most effective treatment strategies by tuning into the client's phase of development
- Navigate cultural barriers with clients who are between different worlds
- Help clients find healthy responses to bullying, bashing, institutional oppression, shame, family conflict, sexual health crises, addictions, and other key issues

★★★★★

"Aaron has a brilliant mind, huge heart, superhuman patience, and an exceptional ability to brighten the lives of his clients, supervisees, coworkers, and training participants. I am consistently impressed with Aaron's expertise in LGBTQ issues and his ability to articulate complex concepts and issues to a wide variety of people. Aaron is the best of the best."

—Jesse Whittle-Utter, LMFT—



# LGBTQ Clients in Today's World

## Treatment Strategies for Gender & Sexual Identity Issues

From the deeply personal and intricate journeys clients take to find themselves to the variety of terms and ideas in today's LGBTQ culture, it's easy to feel lost in the complexity of sexual and gender identity. But with the proper tools and knowledge, you can have confidence to walk solidly side by side with your LGBTQ clients.

This seminar provides clear strategies to comfortably engage clients around cultural norms, gender, sex, relationships, and terminology. In addition to building trust and credibility with your LGBTQ clients, you will learn the navigation map that will help you appropriately tailor your treatment approaches each step of the way in the client's self-discovery process. Aaron Testard combines time-tested research with the latest findings and up-to-date movements in the field for a comprehensive approach for working with any LGBTQ client in any phase and on any part of the sexuality-gender spectrums.

*"With humility that is unusual in a person so gifted, Aaron has an innate curiosity about people which he encourages in his trainees. A consummate professional, Aaron is as dependable as salt! With commitment, compassion, and empathy those who learn from Aaron are lucky indeed!"*

—Elizabeth Cleves, PsyD

## SPEAKER

**AARON TESTARD, LMFT, LPCC,** is a psychotherapist in private practice in Berkeley, California with nearly 20 years of experience. For 7 years, he served as Director of Clinical Programs at the Pacific Center for Human Growth, an LGBTQ counseling and support center where he designed and implemented psychotherapy services for individuals, couples, and families, 24 adult peer support groups, and an after-school youth program. He also has trained and supervised numerous interns over the years, and has been an LGBTQ community mental health consultant for local clinics and organizations. Aaron has spent the majority of his career as an LGBTQ specialist, including time as an addiction counselor, a high school counselor, and a consultant for a felon re-entry program. In his current practice, he focuses on sexual and gender identity, working with adults, adolescents, and couples.

Aaron received his MA in Counseling Psychology from the California Institute of Integral Studies. He is a trained drama therapist, sensorimotor therapist, and practitioner of the Gottman couples method, EMDR, and DBT-informed client work.

To learn more about Aaron, visit <https://www.aarontestard.net/>

### Speaker Disclosure:

Financial: Aaron Testard maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Aaron Testard is a member of the American Association for Marriage and Family Therapy; Gaylesta; World Professional Association of Transgender Health (WPATH); and Bay Area Open Minds.

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*"As a presenter, Aaron is attuned and responsive; he is able to engage an audience and address questions as they arise. Aaron's calm and reassuring demeanor encourages trainees to dig into material presented and test their own understanding of new material."*

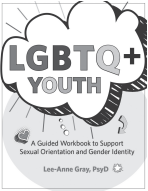
—Chay Doherty, LMFT

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Other Mental Health Professionals

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By Lee-Anne Gray, Psy.D.

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Over 75 different concepts, worksheets, handouts and practices based in mindfulness, meditation and self-compassion that help children, adolescents and their caregivers.

#### Reflect

#### Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. *Reflect* taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.



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*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Cultural Competency:** This seminar qualifies for 6.25 hours of cultural competency instruction. If cultural competency is not specified within your licensing board's approval statement below, please contact your board to determine the applicability and amount of cultural competency allowed.

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Legal, Ethical and Professional Development skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credits will be awarded for partial attendance.

**New York Addition Professionals:** This course has been approved by OASAS for 6.25 clock hours toward Initial Credentialing for CPP Section 4, or CPS Section 4, or Renewal for CASAC, or CPP, or CPS. Board required certificates will be sent after the program.

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Maine Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**New Hampshire Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**New York Counselors:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MH-C0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Vermont Counselors:** This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**New York Educators:** PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hours, in the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**New York Marriage & Family Therapists:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Psychologists:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**Maine Psychologists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/73927](http://www.pesi.com/events/detail/73927).

**New York Psychologists:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**Vermont Psychological Examiners:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/73927](http://www.pesi.com/events/detail/73927).

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Cultural Competency continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## How to Register:

LGBTQ CLIENTS IN TODAY'S WORLD:  
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