## **OUTLINE**

### What you Need to Know to Establish Safety, Trust, and Credibility with LGBTQ+ Clients

Understand LGBTQ+ history and its impact on present models of sexuality and gender

2 key questions to ask during an intake session to establish safety and trust

Current trends in the ever-evolving dating and hook-up culture

Learn up-to-date terminology and genderaffirming language including SOGIE, GSM, and

#### **Important Treatment Considerations**

Trauma as a key factor for LGBTQ+ mental

Covert cultural sexual abuse and other traumas Gender dysphoria diagnosis – what does it mean and when to use it?

How attachment injury affects LGBTQ+ development

The phases of sexual and gender identity development

#### **Clinical Interventions to Support Clients Through** Each Phase of LGBTQ+ Identity Development

#### **Phase 1: Pre-Coming Out and Confusion**

Key Issues: Identify and defuse internal judgements about behavior, thoughts, desires **Treatment Strategies:** 

Educate on gender and body dysphoria Sexual health assessment and education

#### **Phase 2: Comparison and Consideration**

Key Issues: Exploration of LGBTQ+ information and overcome barriers to coming out **Treatment Strategies:** 

Questions that effectively address barriers and potential loss

Inquire and challenge without pushing beyond client readiness

Psychoeducational tools to help clients consider their identity

#### **Phase 3: Tolerance and Exploration**

Key Issues: Address shame and deeper exploration of gender and/or sexual identity Treatment Strategies:

Help clients build their unique support

Apply ACT matrix and Functional Analytic Psychotherapy principles to address shame and internalized homophobia

Psychoeducation and information on gender transition steps

#### **Phase 4: Acceptance and Deepening**

Key Issues: Support coming out/transition process and address internalized homophobia **Treatment Strategies:** 

Utilize WPATH Standards of Care to support clients in transitioning

Guided visualizations for challenging coming out situations

Tools to build resilience with increased visibility

#### **Phase 5: Pride and Commitment**

Key Issues: Validation of anger, process trauma, grief, and loss related to being LGBTQ+ **Treatment Strategies:** 

Manage anger about oppression, teach clients the 4 roles in social change

Trauma-informed techniques for processing traumatic memories

Release pain of grief and loss through EMDR, IFS, Sensorimotor, and other techniques

### Phase 6: Synthesis and Integration

Key Issues: Continue emotional processing and revisit earlier phases as needed

**Treatment Strategies:** 

Address continued minority stress

Know when to re-engage in earlier stages of development

## **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 5. Determine how to integrate LGBTQ history and with LGBTQ clients in clinical practice.
- 3. Identify the main factors impacting treatment and the identity development process of LGBTQ clients.

### Live Webcast Schedule (Times listed in Eastern

**8:00** Program begins

11:50-1:00 Lunch Break 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

- 4. Analyze the phases of identity development for LGBTQ clients to better inform treatment planning.
- knowledge into the clinical session.
- 6. Choose treatment strategies to help clients in each phase of LGBTQ identity development.

## **Target Audience**

Counselors • Social Workers Psychologists • Psychotherapists Case Managers • Educators Marriage & Family Therapists Addiction Counselors • Nurses Other Mental Health Professionals



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# LGBTQ+ Clients

**Treatment Strategies for** Sexual and Gender Identity Issues

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# LGBTQ+ Clients

**Treatment Strategies for** Sexual and Gender Identity Issues

 2 key intake questions that will establish safety and trust

6.25 ours of cultura competency

- Identify a client's phase of LGBTQ+ development to best meet their needs
- Learn up-to-date terminology and gender-affirming language

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# LGBTQ+ Clients

## Treatment Strategies for Sexual and Gender Identity Issues

With 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, while also feeling overwhelmed by the fear of inadvertently offending your client somehow.

But it doesn't have to be this way! Aaron Testard is here to bring you the latest research and trends in sexual and gender identity issues.

This training will give you:

- Tools and knowledge to confidently work with clients on any part of the sexuality-gender spectrum
- Clear strategies to comfortably engage clients around cultural norms, gender, sex, relationships, and terminology
- A navigation map to tailor treatment approaches each step of the way in the client's self-discovery process

Build trust and credibility with your LGBTQ+ clients by expanding your knowledge of this ever-evolving population. *Sign up today!* 

## **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.

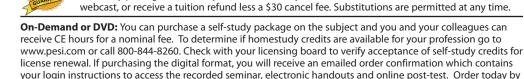


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Psychologists - AK, AR, AZ, CA, CO, CT, FL, GA, HI, ID, IL, IN, KY, MD, ME, MI, MO, MS, NE, NH, NJ, NM, NV, OH, OK, PA, TX, UT, VA, WA, WI, WAY

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#### **National Approvals**

Psychiatrists - All States

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## **REGISTRATION FORM**

# LGBTQ+ CLIENTS: TREATMENT STRATEGIES FOR SEXUAL AND GENDER IDENTITY ISSUES

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