

OUTLINE

Create a Safe Therapeutic Space

- Offensive words to avoid
- Intake session: how to ask about developing identity
- Approach transgender compared to LGBTQ
- 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
 - Suicidality
 - 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

Learning Objectives can be viewed at pesikids.com/webcast/84435

Live Webinar 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.



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LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

LIVE INTERACTIVE WEBINAR
Friday, February 12, 2021

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LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

- Become familiar with up-to-date language and terminology
- Empower LGBTQ youth to overcome anxiety, shame, depression, and self-harming behaviors
- Practical tips to help families become more supportive

Earn 6.25 Cultural Competency CE Hours

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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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 supposed to help an LGBTQ youth client when their parents are not on board?

You are 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 opposing viewpoints. As a clinician, there is nothing more rewarding than facilitating these changes and watching families discover their own path towards understanding.

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

Target Audience:

Counselors • Social Workers • Psychologists • Psychotherapists • School Guidance Counselors
Educators • Occupational Therapists • Occupational Therapy Assistant • Case Managers
Marriage & Family Therapists • Addiction Counselors • Nurses • Speech-Language Pathologists
Other Mental Health and Helping Professionals who Work with Children



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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Postlewaite** at cpostlewaite@pesi.com or call **715-855-5253**.

MEET YOUR SPEAKER

Deb Coolhart, PhD, LMFT, is a private practice clinician and an assistant professor in the Marriage and Family Therapy Department 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 family relationships and the experiences of LGBTQ homeless youth.

Speaker Disclosure

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

Non-financial: Deborah Coolhart is a member of the American Association of Marriage and Family Therapy; American Family Therapy Academy; and World Professional Association for Transgender Health.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Nurses, Psychologists, and Social Workers**

For specific credit approvals and details, visit pesikids.com/webcast/84435

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

This activity is pending approval from the National Association of Social Workers.



information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



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Recommended Reading:



LGBTQ+ Youth
A Guided Workbook to Support Sexual Orientation and Gender Identity

Lee-Anne Gray, PsyD.

~~\$29.99~~ **\$22.99***

PUB085455



Self-Compassion & Mindfulness for Teens Card Deck
54 Exercises and Conversation Starters

Lee-Anne Gray, PsyD

~~\$16.99~~ **\$12.99***

PUB085020

** Discount Included with purchase of the Webinar*

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