## **OUTLINE**

#### **Create a Safe Therapeutic Space**

Offensive words to avoid Intake session: how to ask about

developing identity

Approach transgender compared to **LGBO** 

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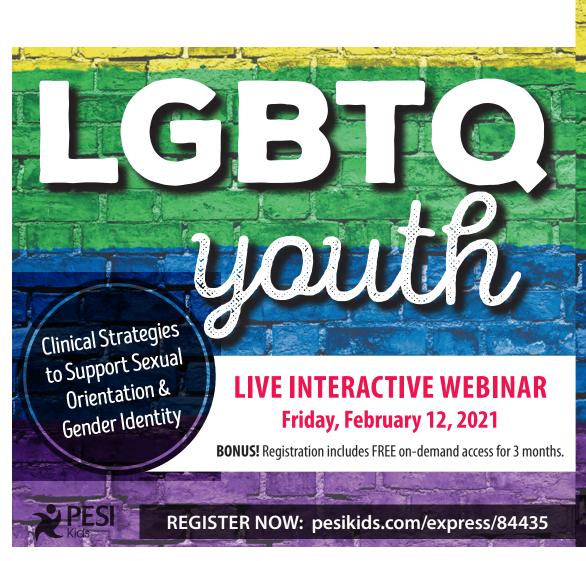
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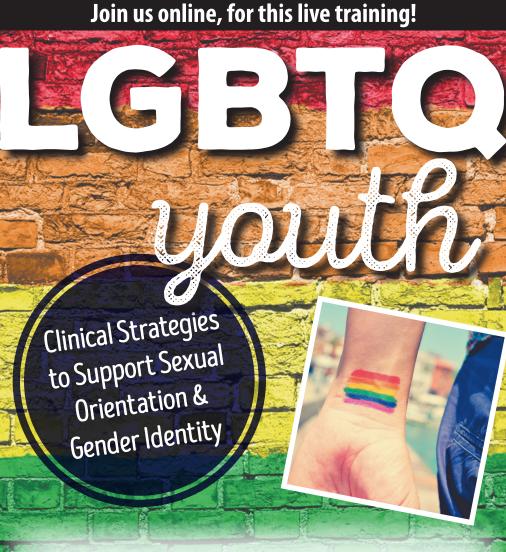
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- Become familiar with up-to-date language and terminology
- Empower LGBTQ youth to overcome anxiety, shame, depression, and self-harming behaviors
- Practical tips to help families become more supportive

Earn 6.25 Cultural Competency CE Hours

## LIVE INTERACTIVE WEBINAR Friday, February 12, 2021

BONUS! - Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting KNOWLEDGE WITH NEED SINCE 1979

**REGISTER NOW:** pesikids.com/webcast/84435 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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## **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.

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



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide D U C A T I O N | continuing education activities and audiology. See course

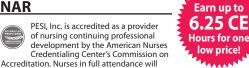
information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for <u>.6</u> ASHA CEUs (<u>Intermediate</u> level, <u>Professional</u> 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 nedical education for physicians



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

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**Self-study credit:** To check availability for your profession, go to www.pesikids.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

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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

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## For all credit approvals and details, visit: www.pesikids.com/webcast/84435

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**\$219.99** tuition

8am Fastern time

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**\$219.99** POS051240

#### **Digital Seminar Experience:**

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesikids.com or call 800-844-8260 to check for availability.

### **DVD** (Option 3)

**\$219.99** RNV051240

#### **DVD Experience:**

• Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesikids.com or call 800-844-8260 to check for availability and pricing

## **Recommended Reading:**



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

Lee-Anne Gray, PsyD.

\$<del>29.9</del>9 \$22.99\*



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

\$16.99 \$12.99\*

Lee-Anne Gray, PsyD

\* Discount Included with purchase of the Webinar

#### OTHER WAYS TO REGISTER

Phone: 800-844-8260

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