

## 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/85969](https://pesikids.com/webcast/85969)

### Live Webinar Schedule (Times listed in Eastern)

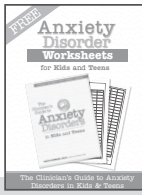
- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 4:00 Program ends

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.



### FREE BONUS OFFER!

#### Anxiety Disorders for Kids and Teens Worksheets



Access these practical and engaging printable tools at [pesi.com/anxietyworksheets](https://pesi.com/anxietyworksheets)

### Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesikids.com/inhouse](https://www.pesikids.com/inhouse)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI Kids, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc.

# LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

## LIVE INTERACTIVE WEBINAR Tuesday, October 19, 2021

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



REGISTER NOW: [pesikids.com/express/85969](https://pesikids.com/express/85969)

Join us online for this live training!

# 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

## LIVE INTERACTIVE WEBINAR Tuesday, October 19, 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/85969](https://pesikids.com/webcast/85969)

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

 **Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesikids.com/info](http://www.pesikids.com/info) or 800-726-3888 and we will make it right.

**PESI Offers Group Discounts!**  
To save on groups of 5 or more, contact us at [pesikids.com/info](http://www.pesikids.com/info)!

**Questions?**  
Visit our FAQ page at [www.pesikids.com/faq](http://www.pesikids.com/faq) or contact us at [www.pesikids.com/info](http://www.pesikids.com/info).

**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 **Sarah Mount** at [smount@pesi.com](mailto:smount@pesi.com) or call **715-855-8173**.



## 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, Social Workers, Psychologists, Educators, Occupational Therapists, Marriage & Family Therapists, Addiction Counselors, and Nurses.**


For specific credit approvals and details, visit [pesikids.com/webcast/85969](http://pesikids.com/webcast/85969)


**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.


**\*includes up to 6.25 hours of cultural competency instruction.**

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

 PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

 This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.25 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.

 PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

 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, 2020 - January 27, 2023. 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.

This program is Approved by the National Association of Social Workers Approval # 886759332-4171 for 6.0 Social Work continuing education contact hours.

**Self-study credit:** To check availability for your profession, go to [www.pesikids.com](http://www.pesikids.com) or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 profession’s standards.  
PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: [www.pesikids.com/webcast/85969](http://www.pesikids.com/webcast/85969)

Earn up to  
**6.25 CE**  
Hours for one  
low price!

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesikids.com/webcast/85969](http://pesikids.com/webcast/85969)**

### Live Interactive Webinar (Option 1)

**October 19, 2021** PWZ85968  
**\$219.99** tuition  
8am Eastern time  
**Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar  
*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [www.pesikids.com/info](http://www.pesikids.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (Option 2)

**\$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](http://www.pesikids.com) or call 800-726-3888 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](http://www.pesikids.com) or call 800-726-3888 to check for availability and pricing

**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**

**OTHER WAYS TO REGISTER**  
**Phone: 800-726-3888**  
Fax: 800-554-9775  
Mail: PESI Kids  
PO Box 1000  
Eau Claire, WI 54702-1000  
\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

**ADA NEEDS**  
We would be happy to accommodate your ADA needs; Please notify us at time of registration.  
**QUESTIONS**  
Visit [www.pesikids.com/faq](http://www.pesikids.com/faq) or contact us at [www.pesikids.com/info](http://www.pesikids.com/info)  
**TAXES AND SHIPPING**  
Taxes and shipping apply where applicable, see website for details

