## **OUTLINE**

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

Offensive words to avoid Intake session: how to ask about developing identity

Approach transgender compared to LGBQ

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/86276

Live Webinar Schedule (Times listed in Pacific)

**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).

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.





Anxiety
Disorders for
Kids and Teens
Worksheets



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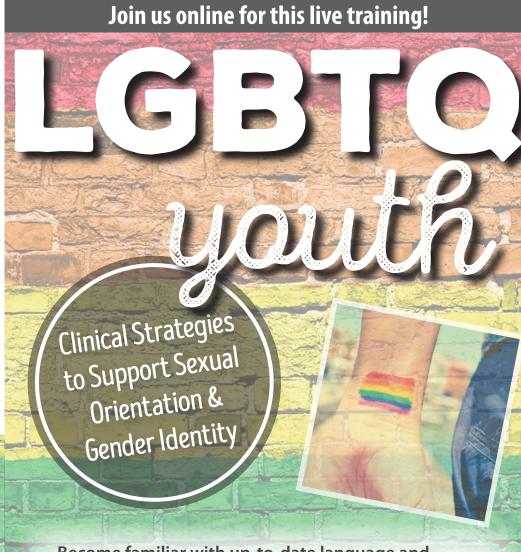
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- Become familiar with up-to-date language and terminology
- Empower LGBTQ youth to overcome anxiety, shame, depression, and self-harming behaviors
- Practical tips to help families become more supportive

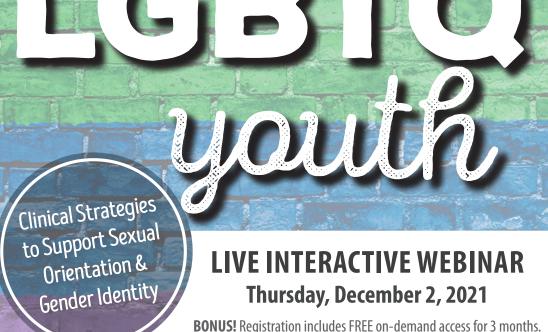
Earn 6.25 Cultural Competency CE Hours

# LIVE INTERACTIVE WEBINAR Thursday, December 2, 2021

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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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## **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

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/86276

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



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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

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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.

6.25 CE **EXACE** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing

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## **Recommended Reading:**



PUB085455

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

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Lee-Anne Grav, PsvD

\* Discount Included with purchase of the Webinar

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