

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/86276](https://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).  
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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**Anxiety Disorders for Kids and Teens Worksheets**

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**LGBTQ youth**

**LIVE INTERACTIVE WEBINAR**  
**Thursday, December 2, 2021**

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

**REGISTER NOW: [pesikids.com/express/86276](https://pesikids.com/express/86276)**

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**

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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 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/86276](http://pesikids.com/webcast/86276)


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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 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.

 APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.  
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 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.

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\*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.

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PESI offers multiple formats to fit your CE needs

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### Live Interactive Webinar (Option 1)

**December 2, 2021** [PWZ86275]

**\$219.99** tuition

8am Pacific time

**Live Webinar Experience:**

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*\*Live CE is only available when viewed live*

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- Learn at your own pace with 24/7 access from your PESI account
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- Enjoy lifetime on-demand access
- Earn a self-study CE certificate  
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### DVD (Option 3)

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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**

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