

# Outline

## Do No Harm: Make Your LGBTQ Client Feel Safe & Respected in Therapy

Red-flag words: Offensive words you might use (without you knowing!)

Intake session: questions about developing identity

Strategies to establish rapport and comfort

Tips for discussing sex and sexuality

## Talk About Sex!

Don't miss out on key info by ignoring the sex talk

Top or bottom? And other important questions to ask: flexible, changing sexual preferences and attractions

Varieties of sexuality

Protect the client from your own biases and assumptions

## Coming Out

Stigma and its impact on mental health from childhood to adulthood

6 distinct stages with interventions

Navigate the 3 phases of coming out to avoid isolation and alienation

Fear, shame and rejection unique to this population

Relationship concerns: family, friends, school or workplace

Finding a sense of belonging in LGBTQ community

Harmful and dangerous effects of conversion therapy

## LGBTQ Adolescence

Coming out issues

It gets better but not before coming out

Bullying and other safety issues contributing to PTSD

Harm reduction adult dating apps such as Grindr, Scruff, etc.

Risk assessment for substance abuse

Assess for suicidality

Finding support

## Gay Male

Develop a treatment plan and goals for unique challenges growing up gay male

Accurate assessment of alcohol use with this high risk population

HIV & STI prevention strategies and risk and harm reduction

Generational differences informing different treatment plans

Internalized homophobia

Learn specific sexual terminology to avoid alienating your client

## Lesbian

Develop a treatment plan and goals for unique challenges growing up lesbian

Specific terminology that is helpful and damaging in this population

Sex and sexuality: what to know, what to ask

Strategies to manage gender dynamics

Internalized homophobia manifests in development

## Bisexuality

Learn strategies to help the anxiety of bisexuals in dating and relationships

Internalized biphobia and bisexual development from childhood into adulthood

Compare and contrast male and female bisexuality

## Transgender

Overcome the knowledge barrier

Avoid using outdated treatment plans

Learn and differentiate correct terms such as gender queer, gender fluid and cisgender

Strategies to help your client tell their partner, families, friends and employers

Tips to discuss hormone treatments and surgical procedures

Crucial points for transgender teens medically and psychologically and how to create best treatment plan

## Questioning

Avoid mislabeling a client and leading them down the wrong sexual identity path

Differentiate between sexual fluidity from bisexuality, gay and lesbian identities

Differentiate between sexual identity, sexual behavior and sexual fantasies

## Working with LGB Couples

Dynamics of a same gendered couple including vulnerabilities and strengths

Coming out discrepancy causing turbulence for couples

Recognize and identify how internalized homophobia creates conflicts

Open relationships in gay male couples

Sexual issues and strategies on compatibility, incompatibility, frequency and satisfaction

## Working with Mixed Orientation Couples and Relationships

Specific stages of coming out as a mixed orientation couple

Specialized treatment programs for the straight spouses

Helping LGBTQ spouse integrate their identity into their mixed orientation relationships

Learn how to identify which couples will succeed and which won't

Learning Objectives can be viewed at [pesi.com/webcast/86423](http://pesi.com/webcast/86423)

## 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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# Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients: Clinical Issues and Treatment Strategies

- Avoid the top mistakes therapists make
- Become the go-to LGBTQ therapist
- Be on top of the up-to-date language and terms

## Live Interactive Webinar

Monday, January 24, 2022

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

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## Join us online for this live training!

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### Earn 6.25 Cultural Competency CE Hours




**Featuring Joe Kort Ph.D., LMSW**  
International Speaker, Author and Expert

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Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients:  
Clinical Issues and Treatment Strategies

Are you making the biggest mistake treating your LGBTQ clients? Are you pushing them to “come out”? And if you are...you could be traumatizing your clients. I made the same mistake early in my career of forcing my clients to name and claim their sexual identity. I didn’t know how to ask them about their sexual practices. And when I tried, I offended them.

Come to my workshop and I will equip you with the right tools and up-to-date information you need in this **rapidly changing population** to more effectively counsel your lesbian, gay, bisexual, transgender and questioning clients, and couples. You will learn specific strategies to better treat the unique challenges your client may be facing such as:

- self-acceptance and internalized homophobia
- non hetero-normative sexual behaviors and practices
- trauma and abuse from growing up LGBTQ
- the difficult process of coming out

Also, let me help you avoid the common mistake of believing, “a couple is a couple” and treating LGBTQ couples the same as their heterosexual counterparts.

Don’t be a therapist that is losing LGBTQ clients because of poor intake, assessment and treatment planning. Learn how to offer your clients a safe place for therapy.

I look forward to meeting you at my workshop!

Joe Kort, Ph.D., LMSW

Don’t miss this valuable opportunity to learn from  
a leading expert in the field!

★★★★★

“Brilliant presenter, could have kept listening for days!”

Tamara – Counselor

★★★★★

“Joe was an excellent presenter! He knew his subject, used humor well, and was available to answer any questions – thanks!”

Sue – Social Worker

★★★★★

“Best program I have been to!”

Christina – Psychologist

★★★★★

“I feel that I gained a lot of good info for my clients.”

Angie – Counselor



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Meet Your Speaker

**Joe Kort, Ph.D., LMSW**, is a board-certified sexologist and the founder of The Center for Relationship and Sexual Health, and runs a private practice in Royal Oak, Michigan.

Dr. Kort, a therapist, coach and author, has been practicing psychotherapy for over 25 years and has spoken internationally on the subject of gay counseling. He specializes in sex therapy, gay affirmative psychotherapy, sexually compulsive behaviors, and IMAGO relationship therapy designed for couples to enhance their relationship through improved communication. Dr. Kort is a blogger for the *Huffington Post* and *Psychology Today* on issues of sexuality. He has been a guest on the various television programs on mixed orientation marriages and “sexual addiction”. Dr. Kort is the author of several books, including, *LGBTQ Clients in Therapy*, *Gay Affirmative Therapy for the Straight Clinician*, *10 Smart Things Gay Men Can Do To Improve Their Lives*, *10 Smart Things Gay Men Can Do To Find Real Love*, and *Is My Husband Gay, Straight or Bisexual*.

Speaker Disclosure:  
Financial: Joe Kort is President of Joe Kort & Associates, PC. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Joe Kort has no relevant non-financial relationship to disclose.



Target Audience:

Counselors • Social Workers • Psychologists • Psychotherapists • Case Managers • Physicians  
Marriage & Family Therapists • Nurses • Addiction Counselors • Other Mental Health Professionals

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For specific credit approvals and details, visit [pesi.com/webcast/86423](http://pesi.com/webcast/86423)

**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.**



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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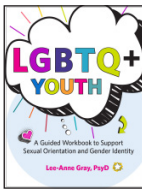
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Recommended Reading:



**Integrative Sex & Couples Therapy**  
*A Therapist’s Guide to New and Innovative Approaches*  
By Tammy Nelson, Ph.D.  
~~\$34.99~~ **\$24.99\***



**LGBTQ+ Youth**  
*A Guided Workbook to Support Sexual Orientation and Gender Identity*  
By Lee-Anne Gray, Psy.D.  
~~\$29.99~~ **\$22.99\***

*\* Discount Included with purchase of the Webinar*

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