

OUTLINE

What you Need to Know to Establish Safety, Trust, and Credibility with LGBTQ+ Clients

- Understand LGBTQ+ history and its impact on present models of sexuality and gender
- 2 key questions to ask during an intake session to establish safety and trust
- Current trends in the ever-evolving dating and hook-up culture
- Learn up-to-date terminology and gender-affirming language including SOGIE, GSM, and more!

Important Treatment Considerations

- Trauma as a key factor for LGBTQ+ mental health
- Covert cultural sexual abuse and other traumas
- Gender dysphoria diagnosis – what does it mean and when to use it?
- How attachment injury affects LGBTQ+ development
- The phases of sexual and gender identity development

Clinical Interventions to Support Clients Through Each Phase of LGBTQ+ Identity Development

Phase 1: Pre-Coming Out and Confusion

- Key Issues: Identify and defuse internal judgements about behavior, thoughts, desires
- Treatment Strategies:
  - Educate on gender and body dysphoria
  - Sexual health assessment and education

Phase 2: Comparison and Consideration

- Key Issues: Exploration of LGBTQ+ information and overcome barriers to coming out
- Treatment Strategies:
  - Questions that effectively address barriers and potential loss
  - Inquire and challenge without pushing beyond client readiness
  - Psychoeducational tools to help clients consider their identity

Phase 3: Tolerance and Exploration

- Key Issues: Address shame and deeper exploration of gender and/or sexual identity
- Treatment Strategies:
  - Help clients build their unique support system
  - Apply ACT matrix and Functional Analytic Psychotherapy principles to address shame and internalized homophobia
  - Psychoeducation and information on gender transition steps

Phase 4: Acceptance and Deepening

- Key Issues: Support coming out/transition process and address internalized homophobia
- Treatment Strategies:
  - Utilize WPATH Standards of Care to support clients in transitioning
  - Guided visualizations for challenging coming out situations
  - Tools to build resilience with increased visibility

Phase 5: Pride and Commitment

- Key Issues: Validation of anger, process trauma, grief, and loss related to being LGBTQ+
- Treatment Strategies:
  - Manage anger about oppression, teach clients the 4 roles in social change
  - Trauma-informed techniques for processing traumatic memories
  - Release pain of grief and loss through EMDR, IFS, Sensorimotor, and other techniques

Phase 6: Synthesis and Integration

- Key Issues: Continue emotional processing and revisit earlier phases as needed
- Treatment Strategies:
  - Address continued minority stress
  - Know when to re-engage in earlier stages of development

Live Webinar Schedule

(Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

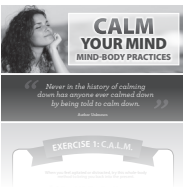
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

OBJECTIVES

1. Appraise current trends and perspectives in the LGBTQ+ community, and the implications for clinical work.
2. Build safety and trust effectively with LGBTQ clients in clinical practice.
3. Analyze the main factors impacting treatment and the identity development process of LGBTQ+ clients.
4. Analyze the phases of identity development for LGBTQ+ clients to better inform treatment planning.
5. Integrate LGBTQ+ history and knowledge into the clinical session.
6. Determine treatment strategies to help clients in each phase of LGBTQ+ identity development.

FREE Infographic

Calm Your Mind Mind-Body Practices



Get yours today at [pesi.com/mindfulnessinfographic](http://pesi.com/mindfulnessinfographic)

Group Training Solutions Made Easy!

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



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

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

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000

LGBTQ+ Clients

Treatment Strategies for Sexual and Gender Identity Issues

LIVE Interactive Webinar Friday, February 4, 2022

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



REGISTER NOW: [pesi.com/webcast/86561](http://pesi.com/webcast/86561)

Join us online for this live training!

LGBTQ+ Clients

Treatment Strategies for Sexual and Gender Identity Issues

- 2 key intake questions that will establish safety and trust
- Identify a client’s phase of LGBTQ+ development to best meet their needs
- Learn up-to-date terminology and gender-affirming language

Earn up to 6.25 hours of cultural competency

Live Interactive Webinar Friday, February 4, 2022

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



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW: [pesi.com/webcast/86561](http://pesi.com/webcast/86561)



# LGBTQ+ Clients

## Treatment Strategies for Sexual and Gender Identity Issues

With the variety of terms and ideas in today's LGBTQ+ culture, it's easy to feel lost in the complexity of sexual and gender identity, while also feeling overwhelmed by the fear of inadvertently offending your client somehow.

But it doesn't have to be this way! Aaron Testard is here to bring you the latest research and trends in sexual and gender identity issues.

This training will give you:


- Tools and knowledge to confidently work with clients on any part of the sexuality-gender spectrum
- Clear strategies to comfortably engage clients around cultural norms, gender, sex, relationships, and terminology
- A navigation map to tailor treatment approaches each step of the way in the client's self-discovery process

Build trust and credibility with your LGBTQ+ clients by expanding your knowledge of this ever-evolving population.

Sign up today!

Target Audience:

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

 **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.pesi.com/info](http://www.pesi.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 [www.pesi.com/info](http://www.pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.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 **Cyndi Cathey** at [ccathey@pesi.com](mailto:ccathey@pesi.com) or call 715-855-5253.

MEET YOUR SPEAKER

AARON TESTARD, LMFT, LPCC, is a psychotherapist in private practice in Berkeley, California with nearly 20 years of experience. For 7 years, he served as director of clinical programs at the Pacific Center for Human Growth, an LGBTQ counseling and support center where he designed and implemented psychotherapy services for individuals, couples, and families, 24 adult peer support groups, and an after-school youth program. He also has trained and supervised numerous interns over the years, and has been an LGBTQ community mental health consultant for local clinics and organizations. Aaron has spent the majority of his career as an LGBTQ specialist, including time as an addiction counselor, a high school counselor, and a consultant for a felon re-entry program. In his current practice, he focuses on sexual and gender identity, working with adults, adolescents, and couples.

Aaron received his MA in counseling psychology from the California Institute of Integral Studies. He is a trained drama therapist, sensorimotor therapist, and practitioner of the Gottman couples method, EMDR, and DBT-informed client work.

To learn more about Aaron, visit <https://www.aarontestard.net/>

Speaker Disclosure:  
Financial: Aaron Testard maintains a private practice. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Aaron Testard is a member of the American Association for Marriage and Family Therapy; Gaylesta; World Professional Association of Transgender Health (WPATH); and Bay Area Open Minds.


### CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Dietitians, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers**


For specific credit approvals and details, visit [pesi.com/webcast/86561](http://pesi.com/webcast/86561)


**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.

 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.

 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 #886759332-9889) for 6.0 Social Work continuing education contact hours.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.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.

Earn up to 6.25 CE Hours for one low price!

For all credit approvals and details, visit: [www.pesi.com/webcast/86561](http://www.pesi.com/webcast/86561)

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: [pesi.com/webcast/86561](http://pesi.com/webcast/86561)

Live Interactive Webinar (Option 1)

February 4, 2022 PWZ86560

\$219.99 tuition  
8am Pacific 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 [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS055155

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.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

DVD (Option 3)


\$219.99 RNV055155

DVD Experience:

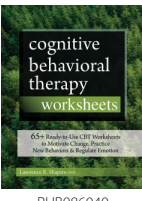
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

Recommended Reading:



**Be You Card Deck for Teens**  
60 Mindfulness Practices to Manage Anxiety, Build Confidence and Be the True You  
Brian Leaf, MA and Matt Oestreicher  
~~\$17.99~~ **\$12.99\***  
PUB085960



**Cognitive Behavioral Therapy Worksheets**  
65+ Ready-to-Use CBT Worksheets to Motivate Change, Practice New Behaviors & Regulate Emotion  
Lawrence E. Shapiro, Ph.D.  
~~\$26.99~~ **\$19.99\***  
PUB086040

\* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.  
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 [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

