

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/86992

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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LGBTQ youth

LIVE INTERACTIVE WEBINAR
Thursday, May 19, 2022

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

REGISTER NOW: pesikids.com/express/86992

Clinical Strategies to Support Sexual Orientation & Gender Identity

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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PESI Kids
A Non-Profit Organization Connecting Knowledge with Need Since 1979

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 Assistants • Case Managers
Marriage & Family Therapists • Addiction Counselors • Nurses • Speech-Language Pathologists
Physicians • 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: **Addiction Counselors, Counselors, Educators, Marriage and Family Therapists, Nurses, Occupational Therapists, Physicians, Psychologists, Social Workers, and Speech-Language Pathologists.**


For specific credit approvals and details, visit pesikids.com/webcast/86992

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


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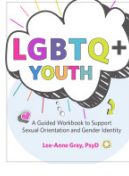
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DVD Experience:

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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***

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