OUTLINE

Create a Safe Therapeutic Space

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

Approach transgender compared to

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

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

LGBTO-Affirmative School Environments

Tips to assist parents with school advocacv

Coach youth towards self-advocacy Strategies to manage mistreatment Cvberbullving

Face to face bullying

Learning Objectives can be viewed at pesikids.com/webcast/87995

Live Webinar Schedule

(Times listed in Mountain)

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.

"Very helpful information. I will be able to help LGBTQ+ youth much better with this knowledge." - Jan D'Ambrosio LMFT

"This was a great course and I am already applying learnings to my trans client!" – Lisa Gallant Counselor

"Great training-thanks for providing the support to me to learn how better to support my patients." - Dawn Gomez Social Worker

> "Wonderful presentation, and such useful information!" - Christine Pober Social Worker

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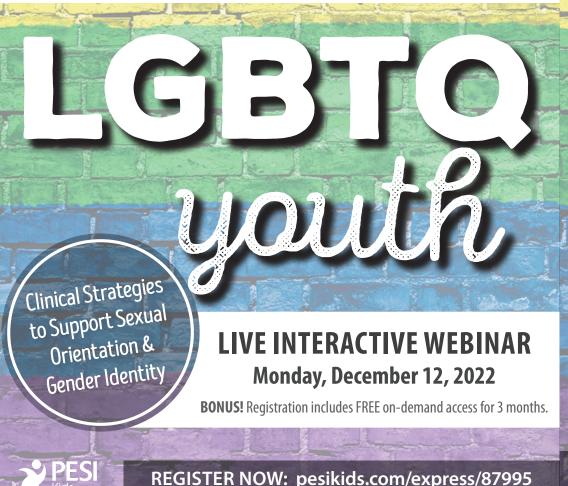
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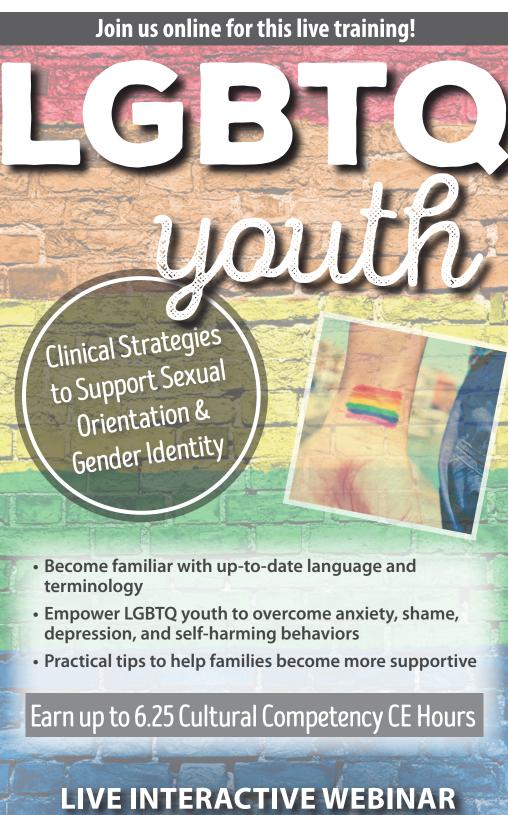
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Monday, December 12, 2022

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A Non-Profit Organization Connecting

REGISTER NOW:

pesikids.com/webcast/87995

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 Tristan Martin, PhD, LMFT, as he draws on his many years of working with LGBTQ youth. Tristan 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



Tristan Martin, PhD, LMFT, is a private practice sexuality/ gender therapist and professor in Syracuse, New York. He utilizes an affirmative and sex positive stance to connect and create change. Clinically he provides support for gender, sexual, erotic, and relationally diverse communities, with specialization in supporting gender transition for youth and adults. Dr. Martin has presented at

multiple national conferences and contributed publications to the field of family therapy on transgender issues.

Speaker Disclosure

Financial: Dr. Tristan Martin maintains a private practice and has employment relationships with Syracuse University and SUNY Upstate Medical University. He receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Tristan Martin is a member of the American Association of Sexuality Educators, Counselors, and Therapists and the American Association of Marriage and Family Therapy.

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, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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*includes up to 6.25 hours of cultural competency instruction.



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6.25 CE

Hours for one

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Recommended Reading:



PUB085455

LGBTQ+ Youth A Guided Workbook to Support Sexual Orientation and Gender

Lee-Anne Gray, PsyD.

\$29.99 \$22.99*



Self-Compassion & Mindfulness for Teens Card Deck 54 Exercises and Conversation Starters

\$16.99 \$12.99*

Lee-Anne Grav, PsvD

* Discount Included with purchase of the Webinar

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