

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/87995](http://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.

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LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

LIVE INTERACTIVE WEBINAR  
Monday, December 12, 2022

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

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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 up to 6.25 Cultural Competency CE Hours

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

★★★★★  
"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

★★★★★



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.


**National CE Credit Approvals For Live Webinar**  
Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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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this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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\*Live CE is only available when viewed live

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- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

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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  
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PUB085020

**\* Discount Included with purchase of the Webinar**

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