

OUTLINE

Create a Safe Therapeutic Space

Offensive words to avoid
Intake session: how to ask about developing identity
Approach transgender compared to LGBQ
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



Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
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.

Questions?

Call customer service at 800-844-8260

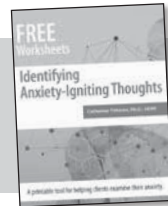
OBJECTIVES

1. Assess how school, family and social pressures impact the formation of an LGBTQ youth's identity.
2. Support the coming out process with youth clients and facilitate family interventions to create safety, support, space and acceptance.
3. Analyze LGBTQ youth clients' level of risk and protective factors for developing symptoms of anxiety and depression, as well as self-harm behaviors and suicidal ideation.
4. Assess family dynamics of the client to determine potential to work towards increased acceptance and support.
5. Evaluate the unique clinical needs of LGBTQ youth to inform the clinician's choice of treatment interventions.
6. Foster LGBTQ affirmative school environments with strategies for working in conjunction with school staff, administration and parents.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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LGBTQ

youth

Clinical Strategies to Support Sexual Orientation & Gender Identity



LGBTQ

youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

HYANNIS, MA
Wednesday, February 6, 2019

TAUNTON, MA
Thursday, February 7, 2019

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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!

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.



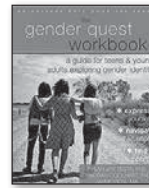
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LGBTQ youth

Save by including these PRODUCTS with seminar registration!



The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity

By Rylan Jay Testa, PhD, **Deborah Coolhart, PhD, LMFT- your presenter!**
Jayme Peta, MA, MS, Ryan K. Sallans, MA & Arlene Istar Lev, LCSW-R, CASAC

This one-of-a-kind, comprehensive workbook will help you navigate your gender identity and expression at home, in school and with peers. If you are a transgender and gender nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. The Gender Quest Workbook incorporates skills, exercises, and activities from evidence-based therapies such as cognitive behavioral therapy (CBT) to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression.



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

By Lee-Anne Gray, Psy.D.

The most comprehensive, practical and user-friendly workbook written specifically for clinicians and educators to engage and support lesbian, gay, transgender, bisexual and questioning youth. Over 75 different concepts, worksheets, handouts and practices based in mindfulness, meditation and self-compassion that help children, adolescents and their caregivers.

TARGET AUDIENCE: Counselors • Social Workers • Psychologists • Psychotherapists
School Guidance Counselors • Educators • Occupational Therapists • Occupational Therapy Assistant
Case Managers • Marriage & Family Therapists • Addiction Counselors • Nurses • Other Mental Health
and Helping Professionals who Work with Children

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "Live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

CULTURAL COMPETENCY: This seminar qualifies for 6.25 hours of cultural competency instruction. If cultural competency is not specified within your licensing board's approval statement below, please contact your board to determine the applicability and amount of cultural competency allowed.

ADDICTION COUNSELORS: 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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RHODE ISLAND COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

MASSACHUSETTS SCHOOL PERSONNEL: This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at 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.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Cultural Competency) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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LGBTQ Youth: Clinical Strategies to Support Sexual Orientation and Gender Identity

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

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3 Check tuition:

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\$199.99 - choose one of the options below:

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 - single registration postmarked 3 weeks prior to seminar date
- \$229.99** standard

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- \$16.95*** *The Gender Quest Workbook*
- \$29.99*** *LGBTQ+ Youth* workbook

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___ Seminar on DVD* (video) \$199.99 (RNV051240)

___ Seminar on CD* (audio) \$169.99 (RNA051240)

___ **The Gender Quest Workbook*** \$16.95 (SAM084440)

___ **LGBTQ+ Youth** workbook* \$29.99 (PUB085455)

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