

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/86029

Live Webinar Schedule

(Times listed in Eastern)

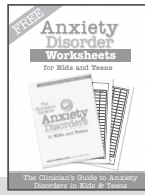
8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

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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- From 5 to 5000
- CE hours available



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PESI Kids, Inc.
 P.O. Box 1000
 Eau Claire, WI 54702-1000
 A division of PESI, Inc.

LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

LIVE INTERACTIVE WEBINAR
Tuesday, November 16, 2021

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



REGISTER NOW: pesikids.com/express/86029

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

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



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesikids.com/webcast/86029

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 Assistant • Case Managers
Marriage & Family Therapists • Addiction Counselors • Nurses • Speech-Language Pathologists
Other Mental Health and Helping Professionals who Work with Children



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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 **Sarah Mount** at smount@pesi.com or call 715-855-8173.

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, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesikids.com/webcast/86029

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.

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.

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 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.

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.

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*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.

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Live Interactive Webinar (Option 1)

November 16, 2021 | PWZ86028

\$219.99 tuition
8am Eastern time

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\$219.99 | POS051240

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.pesikids.com or call 800-726-3888 to check for availability.

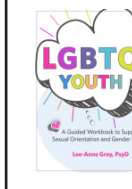
DVD (Option 3)

\$219.99 | RNV051240

DVD Experience:

- Self-study CE certificate available
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability and pricing

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***

PUB085020

*Discount Included with purchase of the Webinar

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Mail: PESI Kids
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*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

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QUESTIONS

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