

OUTLINE

Coming Into an LGBTQ Identity and Coming Out to Others
Identity development
Internalized homo/bi/trans -phobia
The decision to come out
Fears in the coming out process
Youths' safety

Clinical Considerations
Intervene in depression, shame, self-harming behaviors, and suicidality
Address anxiety
Approach transgender compared to LGBQ
Importance of family acceptance
Intersections of other cultural identities
Research limitations and risks of psychotherapeutic approaches

Differences within the LGBTQ Spectrum
Lesbian Youth
 Confront invisibility
 Facilitate positive self-esteem
Gay Youth
 Discuss 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
Questioning Youth
 Make space for exploration and fluidity
 Reduce pressure to self-label

Working with Families
Coming Out
Create space for parents' reactions and resistance
Support youths' LGBTQ identity
Help parents work towards increased acceptance and support
Navigate religious beliefs
Support parents' own process of coming out
Attend to the needs of siblings and extended family members
Facilitate support networks

LGBTQ-Affirmative School Environments
Importance of safe schools for youths' well-being
Assist parents with school advocacy
Coach youth towards self-advocacy
Deal with bullying and mistreatment
Considerations for transgender youth



Questions?
Call customer service at
800-844-8260

TARGET AUDIENCE

Counselors, Social Workers, Psychologists, Psychotherapists, School Guidance Counselors, Educators , Speech-Language Pathologists, Occupational Therapists, Occupational Therapy Assistants, Case Managers, Marriage & Family Therapists, Addiction Counselors, Nurses, Other Mental Health and Helping Professionals that Work with Children

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. Assist transgender clients in the readiness process for medical gender transition and compose letters of support for clients to obtain medical gender transition treatments.

6. Foster LGBTQ affirmative school environments with strategies for working in conjunction with school staff, administration and parents.

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LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

ST. CLOUD, MN
Wednesday, September 19, 2018

MINNEAPOLIS, MN
Thursday, September 20, 2018

BLOOMINGTON, MN
Friday, September 21, 2018

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LGBTQ youth

Clinical Strategies to Support Sexual Orientation & Gender Identity

- Gain clinical skills to address the unique needs of LGBTQ youth
- Help families become more supportive
- Advocate for LGBTQ-affirmative school environments
- Learn how to assist with gender transition

Earn 6.25 Cultural Competency CE Hours


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Recently, the LGBTQ community has been in in the national spotlight for challenging issues like which bathroom a transgender person should use, increased youth suicide rates, and the Pulse nightclub tragedy. No wonder youth in our communities are scared to be open about who they are.

As a clinician, how are you supposed to help an LGBTQ youth when their parents are just not on board? Also as a clinician, do you know what type of treatment techniques to suggest when an transgender youth wants to prolong hitting puberty? These are the types of questions clinicians struggle with.

Join expert and author, Deb Coolhart, Ph.D., LMFT as she draws on her nearly 20 years of working with LGBTQ youth. Deb will show you effective clinical strategies for:

- Coming out
 - Bullying
 - Suicide, anxiety, shame, depression, self-harming
- Making healthy choices
 - Thriving in school
 - Options for guiding gender transition

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.

Nonfinancial: 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.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

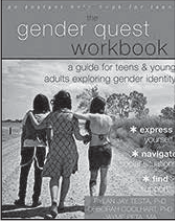
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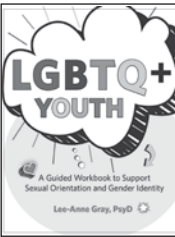


The Gender Quest Workbook:
A Guide for Teens and Young Adults Exploring Gender Identity

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

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.

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Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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 cespi@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.

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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.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

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

WISCONSIN EDUCATORS: This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP’s. This course is 6.25 clock hours.

MINNESOTA SUPERINTENDENTS, PRINCIPALS, SUPERVISORS, DIRECTORS OF SPECIAL EDUCATION, DIRECTORS OF COMMUNITY EDUCATION, AND CAREER & TECHNICAL/VOCATIONAL ADMINISTRATORS AND SUPERVISORS: A Request for the Approval of a Continuing Education Program has been submitted to the Minnesota Board of School Administrators.

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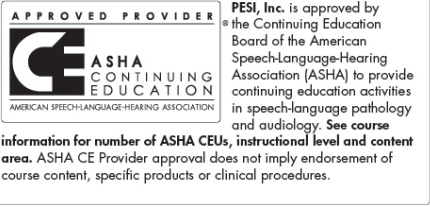
MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. 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.

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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.



SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

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MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

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

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