

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

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.

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?

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LGBTQ

youth

Clinical Strategies
to Support Sexual
Orientation &
Gender Identity



LGBTQ

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FAIRFAX, VA
Wednesday, October 2, 2019

ELLICOTT CITY, MD
Thursday, October 3, 2019

SILVER SPRING, MD
Friday, October 4, 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.



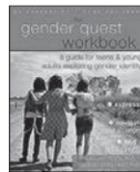
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LGBTQ youth

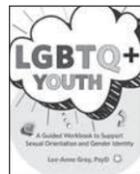
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The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity

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

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 • Speech-Language Pathologists • 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" on this brochure 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 ce@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 profession's 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.

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DISTRICT OF COLUMBIA 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.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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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.

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.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

PENNSYLVANIA PSYCHOLOGISTS: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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

SOCIAL WORKERS: 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, 2017 - January 27, 2020. 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.

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.

HOW TO REGISTER

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.

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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. *Limited seats available; advance online registration 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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LGBTQ Youth: Clinical Strategies to Support Sexual Orientation and Gender Identity

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

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