



LGBTQ Clients in Therapy: Clinical Issues and Treatment Strategies

Presented by

Joe Kort, Ph.D., LMSW

Are you making the biggest mistake treating your LGBTQ clients? Are you pushing them to “come out”? And if you are...you could be traumatizing your clients. This course will equip you with the right tools and up-to-date information you need in this **rapidly changing population** to more effectively counsel your lesbian, gay, bisexual, transgender and questioning clients, and couples. Participants will learn specific strategies to better treat the unique challenges your client may be facing such as: self-acceptance and internalized homophobia; non hetero-normative sexual behaviors and practices; trauma and abuse from growing up LGBTQ the difficult process of coming out

Also, learn how to avoid the common mistake of believing, “a couple is a couple” and treating LGBTQ couples the same as their heterosexual counterparts. Don’t be a therapist that is losing LGBTQ clients because of poor intake, assessment and treatment planning. Learn how to offer your clients a safe place for therapy.

Objectives: Participants will be able to:

- Assess gay, lesbian, bisexual, transgender and questioning clients for psychological trauma to assist in informing treatments interventions.
- Determine the six distinct stages of the coming out process to provide optimal amount of support to the client.
- Distinguish between mental health disorders that mimic the effects of the trauma from growing up LGBTQ.
- Utilize specific clinical interventions and assessment tools to more effectively treat LGBTQ clients.
- Employ adaptable clinical interventions to work more effectively with LGBTQ clients from different generations.
- Evaluate the dynamics of same gendered couple, including vulnerabilities and strengths, when working with LGB couples in session.

Psychotherapist Joe Kort, PhD, LMSW, is the clinical director and founder of The Center for Relationship and Sexual Health in Royal Oak, Michigan. Dr. Kort obtained his earned his master’s degrees in social work and psychology from Wayne State University and a doctorate (PhD) in Clinical Sexology from the American Academy of Clinical Sexologists

He is a board-certified clinical sexologist, author of four books, lecturer and facilitator of therapeutic workshops. Throughout his 36 years of private practice, he successfully used varying therapy modalities to help hundreds of individuals and couples improve their lives and strengthen their relationships.

Dr. Kort specializes in marital problems and conflicts; mixed orientation marriages; male sexuality and sexual health concerns; “sex addiction,” out-of-control sexual behaviors; sexual identity issues; childhood sexual abuse; LGBTQIA Affirmative Therapy; and Imago Relationship Therapy

Approved Home Study 6 CE Hours for Psychologists Counselors Social Workers MFT AOTA

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Do No Harm: Make Your LGBTQ Client Feel Safe & Respected in Therapy (1:19)

- Red-flag words: Offensive words you might use (without you knowing!)
- Intake session: questions about developing identity
- Strategies to establish rapport and comfort
- Tips for discussing sex and sexuality

LGBTQ Adolescence

- Coming out issues
- It gets better but not before coming out
- Bullying and other safety issues contributing to PTSD
- Harm reduction adult dating apps such as Grindr, Scruff, etc.
- Risk assessment for substance abuse
- Assess for suicidality
- Finding support

Transgender (1:39)

- Overcome the knowledge barrier
- Avoid using outdated treatment plans
- Learn and differentiate correct terms such as non-binary, gender fluid and cisgender
- Strategies to help your client tell their partner, families, friends and employers
- Tips to discuss hormone treatments and surgical procedures
- Crucial points for transgender teens medically and psychologically and how to create best treatment plan

Trauma of Growing up LGBTQ

- Parallel to growing up sexually abused and growing up LGBT
- Covert Cultural Sexual Abuse
- PTSD

Coming Out LGBTQ+ (1:30)

- Stigma and its impact on mental health from childhood to adulthood
- 6 distinct stages with interventions
- Navigate the 3 phases of coming out to avoid isolation and alienation
- Fear, shame and rejection unique to this population
- Relationship concerns: family, friends, school or workplace
- Finding a sense of belonging in LGBTQ community
- Harmful and dangerous effects of conversion therapy

LGBTQ+ Erotic and Sexual Lives

- Normalizing and de-pathologizing LGBTQ erotic and sexual lives
- Top, bottom or side? And other important questions to ask: flexible, sexual preferences and attractions
- Varieties of sexuality
- Protect the client from your own biases and assumptions

Working with LGB and Mixed Orientation Couples (1:29)

- Dynamics of a same gendered couple including vulnerabilities and strengths
- Coming out discrepancy causing turbulence for couples
- Recognize and identify how internalized homophobia creates conflicts
- Open relationships in gay male couples
- Sexual issues and strategies on compatibility, incompatibility, frequency and satisfaction
- Specific stages of coming out as a mixed orientation couple
- Specialized treatment programs for the straight spouse
- Helping LGBTQ spouse integrate their identity into their mixed orientation relationships
- Learn how to identify which couples will succeed and which won't

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