



Working to improve the lives of LGBTQ Youth and Adults

Facebook Group – UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Professional Training for Counselors Working with LGBTQ Youth

The National LGBT Health Education Center offers a series of on-demand webinars <http://www.lgbthealtheducation.org/lgbt-education/webinars/>. All webinars sponsored by the National LGBT Health Education Center are available on-demand for viewing. Access a recording of the webinar, download a copy of the presenter's slides, and fill out an evaluation all from your home or office, at any time. CME/CEU credit is also offered for on-demand webinars. Detailed information about CME/CEU credits can be found [here](#). To receive CME/CEU credit, you will need to [register](#) and create a password.

Behavioral Health Care for Lesbian, Gay, and Bisexual People

Originally Presented On: January 29, 2014

Faculty: Kevin Kapila, MD, Fenway Health, Boston, MA

Sponsors: The National LGBT Health Education Center

Dr. Kevin Kapila of Fenway Health as leads participants in an introductory webinar on understanding and approaching the behavioral health care of lesbian, gay, and bisexual (LGB) people. In many ways, LGB people have similar behavioral health care needs to the general population. However, for some LGB people, living as a stigmatized minority can cause undue stress, leading to mood disorders, suicidal ideation, and unhealthy coping behaviors, such as substance abuse or unsafe sex. In this webinar, Dr. Kapila uses case studies to discuss the most prominent behavioral health care disparities found in LGB populations, explain how they can manifest in different LGB subgroups, and discuss recommended assessment and treatment modalities.

Sexual Orientation, Gender Identity, and Mental Health in Children and Adolescents

Originally Presented On: October 9, 2013

Faculty: Stewart Adelson, MD, Assistant Clinical Professor at Columbia University's College of Physicians & Surgeons Dept. of Psychiatry in the Divisions of Child & Adolescent Psychiatry and Gender, Sexuality & Health

Sponsors: The National LGBT Health Education Center

In this webinar, Dr. Stewart Adelson of Columbia University, will offer a foundation for understanding and addressing the mental health challenges and needs of LGBT children and adolescents. Participants will learn about how gender non-conformity, gender discordance/dysphoria, and sexual orientation are distinct yet related concepts, and how stigma, risk, resilience, and protective factors interact with these to influence youth development, health and mental health. Clinical options for addressing gender dysphoria in children and adolescents will also be discussed. The webinar will conclude with nine mental health practice principles for fostering the healthy psychosocial development of LGBT youth.

Caring for Gender Dysphoric Children and Adolescents

Originally Presented On: October 28, 2014

Faculty: Stewart L Adelson, MD and Walter Bockting, PhD, LGBT Health Initiative, Columbia University, New York, NY

Sponsors: The National LGBT Health Education Center

A growing number of clinicians are facing the challenge of caring for pediatric patients with fluid gender identities and with dysphoria about discordance between their gender identity and birth sex. In this webinar, Dr. Stewart Adelson and Dr. Walter Bockting, both of Columbia University Medical Center's new LGBT Health Initiative, focus on how clinicians can support children and adolescents with gender dysphoria. They review specific health and mental health needs in gender dysphoric children and adolescents, and will provide viewers with effective and innovative ways to support their gender dysphoric patients. Additional resources will be provided.

Counselors working with gender variant, gender fluid or transgender children and youth, should make the following book a must on your reading list.

The Transgender Child

A Handbook for Families and Professionals

by Stephanie Brill and Rachel Pepper

This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. What do you do when your toddler daughter's first sentence is that she's a boy? What will happen when your preschool son insists on wearing a dress to school? Is this ever just a phase? How can you explain this to your neighbors and family? How can parents advocate for their children in elementary schools? What are the current laws on the rights of transgender children? What do doctors specializing in gender variant children recommend? What do the therapists say? What advice do other families who have trans kids have? What about hormone blockers and surgery? What issues should your college-bound trans child be thinking about when selecting a school? How can I best raise my gender variant or transgender child with love and compassion, even when I barely understand the issues ahead of us? And what is gender, anyway? These questions and more are answered in this book offering a deeper understanding of gender variant and transgender children and teens.