

☑ IN-PERSON ☑ LIVE-ONLINE

JULY 10th - JULY 14th, 2023**JOE KORT, PhD, LMSW**

Joe Kort, PhD, LMSW is a private practitioner in Royal Oak, Michigan, specializing in individual, couples, and group psychotherapy for gay and straight clients. He's a sex and relationship therapist and the author of *LGBTQ Clients in Therapy: Clinical Issues and Treatment Strategies*, *10 Smart Things Gay Men Can Do to Improve Their Lives*, *10 Smart Things Gay Men Can Do to Find Real Love*, and *Is My Husband Gay, Straight or Bi?: A Guide for Women Concerned About Their Men*.

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies

15-Hour In-Person & Live-Online Course

Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.

Join international speaker, author, and expert on LGBTQ issues Dr. Joe Kort as he equips you with the right tools and information to more effectively counsel your lesbian, gay, bisexual, transgender, and questioning clients and couples. Through case examples and plenty of humor, you will gain a better understanding of the modern LGBTQ culture, keep abreast of how younger clients are identifying in a more sexual and gender fluid way and learn to target the trauma associated with growing up in the closet and how minority stress affects one's personality and mental health. You will learn specific strategies to treat the unique challenges your client may be facing, such as:

- internalized homophobia and LGTBQ shame
- non hetero-normative sexual behaviors and practices
- trauma and abuse from growing up LGBTQ: the difficult process
- helping clients through the stages of coming out

Dr. Kort will also help you avoid the common mistake of believing "a couple is a couple" and treating LGBTQ couples the same as their heterosexual counterparts. He will address the unique relationship dynamics of a same gendered couple and give you practical tools for their therapeutic progress. Many LGBTQ couples and individuals leave their straight therapists and hire a LGBTQ therapist due to a lack of information and education by the straight therapist. It's not enough to be "LGBTQ friendly." You must be LGBTQ informed. The fact is, even the best-intentioned therapists have some level of homophobia to overcome. From birth, heterosexist culture imprints us to think that heterosexuality is primary and that any other orientation is inferior.

In this workshop, you will learn to be culturally competent with your LGBTQ clients and be able to help them around issues of sex, coming out, growing up LGBTQ, Bisexuality, Transgender, mixed orientation relationships, gender fluidity, and sexual fluidity. You will learn to avoid mislabeling a client and using terminology that may prove offensive to them.

Course Agenda

Monday:

- Trauma of growing up LGBTQ contributing to PTSD
- Identify internalized homophobia and gay shame
- Covert cultural sexual abuse and its effects on LGBTQ
- Recognize developmental insults and wounding from growing up LGBTQ

Tuesday:

- Six distinct stages of coming out and treatment implications for teenagers and adults
- Stigma and its impact on mental health from childhood to adulthood: six distinct stages with interventions
- Navigate the three phases of coming out to avoid isolation and alienation

Joe Kort, PhD, LMSW | Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies | July 10th - July 14th, 2023**Wednesday:**

- Working with modern LGBTQ couples and mixed orientation relationships
- Dynamics of a same gendered couple including vulnerabilities and strengths
- Coming out discrepancy causing turbulence for couples
- Open relationships in gay male couples
- Specific stages of coming out as a mixed orientation couple
- Specialized treatment programs for the straight spouses
- Helping LGBTQ spouse integrate their identity into their mixed orientation relationships
- Learn how to identify which couples will succeed and which won't

Thursday:

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

Friday:

- Sexual Fluidity: Correct terminology and understanding
- Cultural competency of LGBTQ sexuality and language varieties of sexuality
- Protect the client from your own biases and assumptions

Course Objectives

Upon completion of this course participants will be able to:

1. Describe the psychological trauma of growing up gay, lesbian, bisexual, transgender, and questioning
2. Identify symptoms of Covert Cultural Sexual Abuse for clients growing up LGBTQ
3. Name the most common stages and phases of coming out
4. Discuss contemporary perspectives of LGBTQ couples, including the "doubling" factor of two members of the same gender and how this both positively and negatively plays out
5. Differentiate common misdiagnosed mental health disorders and assessments
6. Utilize specific interventions and assessment tools for LGBTQ clients and gay affirmative therapy
7. Discuss the top mistakes that therapists make treating LGBTQ clients
8. Discuss interventions that work for an older generation vs. a younger population

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients: Clinical Issues and Treatment Strategies, Course #4934, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 General continuing education credits.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Speaker Disclosures:

Financial: Joe Kort has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-Financial: Joe Kort has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment

In-Person, Live-Online

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice

In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster

In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories

In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies

In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness

In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop

In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians

In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation

In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice

In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future

In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach

In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments

In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard

In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself

In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning

In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC

Doing IMAGO Relationship Therapy In The Space Between

In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development

In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties

In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma

In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss

In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment

In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span

In-Person, Live-Online

AUGUST 21-AUGUST 25, 2023

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics In AEDP™

In-Person, Live-Online

Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life

In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities

In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG