

# LGBTQ+/ Gender Identity Basic Awareness Training Workshop F2F or Virtual

## Who is it for?

**Dr Jamie Willo has delivered over 400 workshops to over 70 organisations within education, health and social care, public sector, private sector and third sector organisations in the UK. This includes schools, colleges, universities and other private or public sector organisations across the UK who work with LGBTQ+ / gender non-conforming individuals, who would like to empower their staff and enable their staff to be more inclusive.**

## Why is it needed?

Evidence shows health outcomes are worse for young LGBTQ+ people than the general population; with many young LGBTQ+ people feeling uncared for by society (Government Equalities Office, 2018). There is significant evidence by way of national data and statistics highlighting the necessity for staff to be more understanding of young LGBTQ+ people's needs (PHE, 2017). More recent politics have significantly impacted the wellbeing of our young LGBTQ+/ gender diverse people. Young LGBTQ+ people in the UK are more than twice as likely to worry about their daily mental health than non LGBTQ+ people and 85% regularly heard homophobic, transphobic, biphobic and lesbophobic remarks at school (Just Like Us Charity, 2021). Compassionate staff training around young LGBTQ+/ gender diverse people and their potential vulnerabilities has been shown to impact on the way individual staff members are able to re-evaluate their beliefs and assumptions, which may have previously caused them to have actively avoided working and connecting with LGBTQ+/ gender diverse individuals.

## Workshop overview

### *What is LGBTQ+/ Gender Identity Basic Awareness Training?*

LGBTQ+/ Gender Identity Basic Awareness Training is a 1/2 day interactive, informative, and thought-provoking face-to-face/ virtual workshop designed, coproduced with young LGBTQ+ people. The training will be delivered by Dr Jamie Willo, Darzi Fellow and ACP accredited Child and Adolescent Psychoanalytic Psychotherapist working with Sussex Partnership NHS Foundation Trust in children services for over 19 years. Jamie allows participants to experience how it may feel to be in the shoes of an LGBTQ+/ gender diverse person in our society, and highlights the difficulties faced on a day to day basis by LGBTQ+/ gender diverse people. The workshop is a safe, explorative space.

### *The objective of the workshop is to:*

*Improve the ability of organisations, teams and individuals who work with the LGBTQ+ community to be aware of the issues faced by young LGBTQ+/ gender non-conforming individuals and to build upon knowledge & understanding to change hearts and minds.*

### *After the training workshop participants will have the following skills:*

- Increased awareness of LGBTQ+/ gender identity and issues
- Ability to discuss LGBTQ+/ gender identity issues & to understand its complexity
- Confidence to work with young people who present as LGBTQ+/ gender diverse
- Greater knowledge and understanding of LGBTQ+ issues



## The workshop topics include:

- **Pronouns**
- **Concept of gender identity & sexuality**
- **Differences between gender, sex & sexual orientation**
- **Differences between gender identity, expression & role**
- **Concept of transgender**
- **Concept of non-binary**
- **Gender & sexuality terminology**
- **What has gender & sexuality got to do with you?**
- **Assumptions, beliefs & expectations**
- **Lived-experience vignettes**
- **How can we be inclusive LGBTQ+ Allies as individuals?**

*"I like the way the material challenged me to think about myself, my assumptions and my approach to working and young people's experience"*

*"Freedom to express, question, not understand and be curious - safe space!"*

*"Excellent workshop, really informative & insightful. Evidenced based & relevant. Loved the activities!"*

*"This training is so important for us to be able to best support LGBTQ+ people"*

## Types of Training:

*There are 3 types of LGBTQ+/gender identity interactive face-to-face/ virtual training sessions available:*

Name of Training	Duration	Location	Attendees
LGBTQ+/ Gender Identity Basic Awareness Training	3 hours	Flexible – trainer will travel to teams	Maximum 20 attendees
LGBTQ+/ Gender Identity Intermediate Mental Health Training	3 hours	Flexible – trainer will travel to teams	Maximum 20 attendees
LGBTQ+/ Gender Identity Suicide Awareness Training	3 hours	Flexible – trainer will travel to teams	Maximum 20 attendees

*It is necessary to undertake the basic awareness training before undertaking the intermediate mental health training and the suicide awareness training.*

**For more information or to book training for your team/organisation contact: [info@saphna.co](mailto:info@saphna.co)**

