

Dr Jamie Willo – 2025

LGBTQ+/ Gender Identity Training Workshop Outline Menus

Virtual or Face-to-Face Training Workshops

Dr Jamie Willo

Jamie has delivered over 400 workshops to over 70 public sector, private sector, and third sector organisations across the UK, including public schools, private schools, colleges, universities, health and social care, leisure clubs, football clubs, charities, and other organisations.

Dr Jamie Willo is Sussex Partnership NHS Foundation Trust's (SPFT) LGBTQ+/ Gender Identity Inclusion Training Lead. Jamie is a Tavistock Centre trained, highly experienced Child and Adolescent Psychoanalytic Psychotherapist, and has worked at SPFT for over 20 years.

Jamie has a special interest in the mental health and wellbeing of the LGBTQ+ community and Jamie identifies as trans non-binary.

Jamie has undertaken a Darzi Fellowship, during which time they developed LGBTQ+/ Gender Identity Training packages which they are now delivering across the UK to public sector, private sector and third sector organisations.

Jamie's virtual LIVE and face-to-face training is creatively interactive, is action-learning based, and offers an open, safe space to explore difficulties staff have in this area. The training feedback has been overwhelmingly positive throughout, due to Jamie's individual/powerful style of training. Examples of feedback below:

“I found the training extremely beneficial. I felt that it was more an exercise in changing hearts and minds, than a standard training. We were encouraged to empathise and to understand the frameworks within which members of the LGBTQIA+ community have to function. The toll that this takes and the adversity faced were illustrated in a factual and sensitive manner. I think that this was evident in the considered way that delegates chose to offer aspects of their own lived experience. We were encouraged to look outwards as well as inwards and it felt really empowering to be given the opportunity to develop a skill set that could really make things better. Not just for the community we work within but also for one another as colleagues and friends. My hope is that this training experience will be used as the foundation to build something within our own organisation that empowers staff and facilitates meaningful change.”

“The training was perfect – you made it feel like a safe and kind space where we could ask curious questions, learn and grow together. I came out feeling more confident in my knowledge and much better able to be a good ally for the LGBTQ+ community. I really enjoyed it and the way you teach and present was brilliant – I am a visual learner so your analogies, explanations and patience was much appreciated. Thank you again – I hope you are able to come back and visit us in the future”

“Jamie delivered a brilliantly engaging session to our LGBTQ+ network on gender identity and trans awareness. It was pitched at an excellent level, ensuring all the basics were covered but also included some more advanced things for those in the room who already had some sound knowledge. Jamie gave our network a huge amount of ideas on how to make our workplace more inclusive for our colleagues and how to deliver more inclusive healthcare. Despite it being online, Jamie ensured the session was interactive and enjoyable. I would highly recommend booking Jamie!”

General Information

All training is offered as either face-to-face or virtual LIVE training workshops.

Face-to-face training: You will need to provide the venue & refreshments if required. The trainer will travel to your location/ venue. Any overnight accommodation costs and travel expenses will be agreed at the time of booking and payable by the organisation who is making the booking.

Virtual training: This training uses the Professional Zoom platform.

The virtual LIVE training remains interactive and as such requires each attendee to access the training via their own individual laptop/ PC for them to be able to interact with the session.

Panel Talks with Q&A

Jamie also offers 1-hour talks about either 'LGBTQ+ Inclusion and allyship' or 'pronouns and language'. The talks include a 40/ 45-minute talk by Jamie followed by a 15/ 20-minute Q&A. These talks can be delivered either virtually or face-to-face, and the talks come from a lived experience perspective.

Contact Information

If you would like to enquire about any of the above training workshops or make a booking, please email SAPHNA: info@saphna.co

Payment Information

Training cost:

Flat rate: £1000 per 3-hour session (max 20 people)

Panel talk cost:

Flat rate for virtual talk: £120 per hour (no max people)

Flat rate for face-to-face talk: £340 per 1 hour talk plus travel time (no max people)

Any travel expenses or accommodation expenses for face-to-face training or panel talks/ talks will need to be paid in addition to the training cost.

Please contact info@saphna.co to discuss your requirements or to make a booking.

Overview of Training Workshops

1. LGBTQ+/ Gender Identity Basic Awareness Training - Part 1

(Half Day / 3 hours) (up to 20 attendees)

9.30 am to 12.30 pm

Who am I?

Aims/ housekeeping

Who Are You?

What is gender and sexuality?

Gender, sex and sexual orientation

Gender identity, expression and role

What is transgender?

What is non-binary?

Gender identity and sexuality terminology

What has gender identity and sexuality got to do with you?

Assumptions, beliefs, and expectations

How can we help in our professional roles?

Lived-experience vignettes

Closing questions/discussion

2. LGBTQ+/ Gender Identity Intermediate Mental Health Training - Part 2

Attendees need to attend part 1 of the training before attending part 2

(Half Day / 3 hours) (up to 20 attendees)

1.30 pm to 4.30 pm

LGBTQ+ statistics

LGBTQ+ mental health

Gender identity link with autism

Family support/ dynamics

LGBTQ+ identity today

School considerations

Change in political climate

Laws, legislation, and guidelines

LGBTQ+ discrimination and prejudice

Common LGBTQ+ sources of distress

Hate crime

LGBTQ+ inclusion checklist

LGBTQ+ inclusion at work

Discussion/ questions

3. LGBTQ+/ Gender Identity Suicide Awareness Training - Part 3

Attendees need to attend parts 1 and 2 of the training before attending part 3

(Half Day / 3 hours) (up to 20 attendees)

Day 2: 9.30 am – 12.30 pm

Common sources of distress

Deliberate self-harm

Suicide and murder

Global mourning

Risk factors and protective factors

How to identify LGBTQ+ suicidality and self-harm

Identifying LGBTQ+ risk and protective factors

Case study scenario

Discussion/ questions