

LGBTQ+/ Gender Identity Basic Awareness Training Workshop

(Face-to-Face or Virtual Interactive LIVE)

Who is it for?

NHS Staff in Primary Care, Community Care, Acute Care (including CAMHS & Mental health services), Educational and other Health and Social providers who work with LGBTQ+ individuals across the UK.

Why is it needed?

Evidence shows health outcomes are worse for LGBTQ+ people than the general population; with many LGBTQ+ people feeling uncared for (Government Equalities Office, 2018). There is significant evidence by way of national data and statistics highlighting the necessity for LGBTQ+ people to receive better care and for staff to be more understanding of LGBTQ+ needs (PHE, 2017).

Compassionate staff training around LGBTQ+ 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 treating/working with LGBTQ+ individuals.

Workshop overview

What is LGBTQ+ Basic Awareness Training?

LGBTQ+ Basic Awareness Training is a 1/2 day interactive, informative and thought provoking face-to-face/ virtual workshop designed with HEE. 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 10 years. Jamie allows participants to experience how it may feel to be in the shoes of an LGBTQ+ person in our society, and highlights the difficulties faced on a day to day basis by LGBTQ+ 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 LGBTQ+ individuals and to build upon knowledge & understanding.

After the training workshop participants will have the following skills:

- **Increased awareness of LGBTQ+ identity and issues**
- **Ability to discuss LGBTQ+ issues and to understand it's complexity**
- **Confidence to work with people who present as LGBTQ+**
- **Greater knowledge and understanding of LGBTQ+ issues**



The workshops topics include:

- Preferred names and pronouns
- Concept of gender identity & sexuality
- Differences between gender, sex & sexual orientation
- Differences between gender identity, expression & role
- Concept of transgender
- Caring for non-binary people
- Gender & sexuality terminology
- Story of a young transgender boy's transition
- What has gender & sexuality got to do with you?
- Assumptions, beliefs & expectations
- How can we help in our roles?
- Importance of support (society, family, peers)

"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 4 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+ Suicide and Self Harm Awareness Training	6 hours	Flexible – trainer will travel to teams	Maximum 20 attendees
LGBTQ+ Train the Trainer	2 Days	Flexible – trainer will travel to teams	Maximum 6 attendees

It is advisable to undertake the basic awareness training before undertaking the intermediate mental health training or the suicide and self-harm awareness training.

For more information or to book training for your team/organisation contact: jamie.willo@nhs.net

