



Dr Jamie Willo – 2021

LGBTQ+/ Gender Identity Training Workshop Outline Menus:

1. LGBTQ+/ Gender Identity Basic Awareness Training

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

9.30 am to 12.30 pm

Who Am I?

Aim/ Housekeeping

Who Are You?

What is Gender and Sexuality?

Gender, Sex & Sexual Orientation

Gender Identity, Expression and Role

Sex vrs Gender vrs Sexual Orientation

What is Gender?

What is Transgender?

What is Non Binary?

Gender Identity & Sexuality Terminology

What has Gender Got to do with You?

How can We Help in Our Professional Roles?

Assumptions, Beliefs and Expectations

Trans in the Workplace

Personal Reflection

Case Study

Closing Questions/ Discussion



2. LGBTQ+/ Gender Identity Intermediate Mental Health Training

LGBTQ+/ Gender Identity Basic Awareness & Intermediate Mental Health Training

(Full Day / 6 hours) (up to 20 attendees)

9.30 am to 12.30 pm

Who Am I?

Aim/ Housekeeping

Who Are You?

What is Gender and Sexuality?

Gender, Sex & Sexual Orientation

Gender Identity, Expression and Role

Sex vrs Gender vrs Sexual Orientation

What is Gender?

What is Transgender?

What is Non Binary?

Gender Identity & Sexuality Terminology

What has Gender Got to do with You?

How can We Help in Our Professional Roles?

Assumptions, Beliefs and Expectations

Trans in the Workplace

Personal Reflection

Case Study

Closing Questions

1.30 pm to 4.30 pm

LGBTQ+ Statistics

Quality of Healthcare

LGBTQ+ Mental Health

Gender Identity Link with Autism

Family Support/ Dynamics

LGBTQ+ Identity Today

Change in Political Climate

Laws, Legislation and Guidelines

LGBTQ+ Equality



Healthcare Inequalities
LGBTQ+ Discrimination & Prejudice
Common LGBTQ+ Sources of Distress
Trans Healthcare Advice from Trans People
Hate Crimes
LGBTQ+ Inclusion Checklist
Healthcare Inclusion
LGBTQ+ Inclusion at Work
Personal Pledges

3. LGBTQ+/ Gender Identity Suicide Awareness Training

LGBTQ+/ Gender Identity Basic Awareness, Intermediate Mental Health & Suicide Awareness Training

(1.5 Day / 9 hours) (up to 20 attendees)

Day 1: 9.30 am to 12.30 pm

Who Am I?
Aim/ Housekeeping
Who Are You?
What is Gender and Sexuality?
Gender, Sex & Sexual Orientation
Gender Identity, Expression and Role
Sex vrs Gender vrs Sexual Orientation
What is Gender?
What is Transgender?
What is Non Binary?
Gender Identity & Sexuality Terminology
What has Gender Got to do with You?
How can We Help in Our Professional Roles?
Assumptions, Beliefs and Expectations
Trans in the Workplace
Personal Reflection
Case Study
Closing Questions



Day 1: 1.30 pm to 4.30 pm

LGBTQ+ Statistics
Quality of Healthcare
LGBTQ+ Mental Health
Gender Identity Link with Autism
Family Support/ Dynamics
LGBTQ+ Identity Today
Change in Political Climate
Laws, Legislation and Guidelines
LGBTQ+ Equality
Healthcare Inequalities
LGBTQ+ Discrimination & Prejudice
Common LGBTQ+ Sources of Distress
Trans Healthcare Advice from Trans People
Hate Crimes
LGBTQ+ Inclusion Checklist
Healthcare Inclusion
LGBTQ+ Inclusion at Work
Personal Pledges

Day 2: 9.30 am - 12.30 pm

LGBTQ+ Deliberate Self Harm
LGBTQ+ Suicide & Murder
LGBTQ+ Global Mourning
Risk Factors & Protective Factors
How to Identify LGBTQ+ Suicidality & Self Harm
Identifying LGBTQ+ Risk & Protective Factors
Case Study Scenario 1
Case Study Scenario 2
Discussion/ Closing Questions



4. LGBTQ+/ Gender Identity 'Train the Trainer' Training

LGBTQ+/ Gender Identity Basic Awareness, Intermediate Mental Health, Suicide Awareness & Train the Trainer Training

(2 Day / 12 hours) (up to 20 attendees)

Day 1: 9.30 am to 12.30 pm

Who Am I?

Aim/ Housekeeping

Who Are You?

What is Gender and Sexuality?

Gender, Sex & Sexual Orientation

Gender Identity, Expression and Role

Sex vrs Gender vrs Sexual Orientation

What is Gender?

What is Transgender?

What is Non Binary?

Gender Identity & Sexuality Terminology

What has Gender Got to do with You?

How can We Help in Our Professional Roles?

Assumptions, Beliefs and Expectations

Trans in the Workplace

Personal Reflection

Case Study

Closing Questions

Day 1: 1.30 pm to 4.30 pm

LGBTQ+ Statistics

Quality of Healthcare

LGBTQ+ Mental Health

Gender Identity Link with Autism

Family Support/ Dynamics

LGBTQ+ Identity Today

Change in Political Climate

Laws, Legislation and Guidelines

LGBTQ+ Equality

Healthcare Inequalities



LGBTQ+ Discrimination & Prejudice
Common LGBTQ+ Sources of Distress
Trans Healthcare Advice from Trans People
Hate Crimes
LGBTQ+ Inclusion Checklist
Healthcare Inclusion
LGBTQ+ Inclusion at Work
Personal Pledges

Day 2: 9.30 am - 12.30 pm

LGBTQ+ Deliberate Self Harm
LGBTQ+ Suicide & Murder
LGBTQ+ Global Mourning
Risk Factors & Protective Factors
How to Identify LGBTQ+ Suicidality & Self Harm
Identifying LGBTQ+ Risk & Protective Factors
Case Study Scenario 1
Case Study Scenario 2
Discussion/ Closing Questions

Day 2: 1.30 pm to 4.30 pm

Becoming your team LGBTQ+ Champion/ Representative/ Trainer
Presentation, facilitation and verbal skills
Practice exercises - visualisation
Networks
Inclusion
Individual plan
Discussion

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.



Virtual training: This training uses the GoToTraining Platform. The 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.

Payment Information

Any travel expenses or accommodation expenses will need to be paid in addition to the training cost.

External NHS Organisations: There is a flat rate for external NHS organisations. £300 per hour (e.g. 3 hour session = £900, 6 hour session = £1,800)

Non-NHS Organisations: There is a flat rate for external non-NHS organisations: £500 per hour (e.g. 3 hour session = £1,500, 6 hour session = £3,000)

Please contact jamie.willo@nhs.net to discuss your requirements or to make a booking.

Contact Information

If you would like to enquire about any of the above training workshops or make a booking, please contact Dr Jamie Willo on:

Email: jamie.willo@nhs.net

Alternative Email: lgbtqtraining@sussexpartnership.nhs.uk