

Exploring Gender and Gender Variance

Trainer: Sam Hope

Overview:

The CPD day is designed to help us explore what we know and think we know about gender and gender variance, as in those people who do not fit the “gender binary”. The day looks critically at both male/female gender difference and the experiences of transgender people, which may challenge what we think we know about gender. It is person-centred in approach, and does not seek to be prescriptive or absolute in its conclusions, rather to engage participants’ critical thinking on the issues involved.

The day explores:

- ✚ How we define, and sometimes struggle to define, gender
- ✚ What is known and disputed about gender difference
- ✚ Our own relationship with, and understanding of, gender
- ✚ The experiences of transgender people in society and what we can learn from them
- ✚ The experiences of other people who do not fit the “gender binary” and who may have different ways of describing themselves or their experience
- ✚ Gender-based oppression and the enforcement of gender
- ✚ A practical overview and signposting for working sensitively with transgender and gender variant clients

About Sam Hope:

Sam Hope is a professional trainer and BACP accredited humanistic counsellor with a private practice on the Derbyshire/Nottinghamshire border. With a particular interest and specialism in gender, the focus of Sam’s MA in Trauma Studies was how gender influences trauma and our response to trauma. Sam is actively involved in working and campaigning with the transgender community on awareness-raising, and identifies as being transgender and outside of the “gender binary”. Sam has delivered CPD training for Praxis, Leeds Counselling Service, and North Derbyshire Women’s Aid as well as offering private CPD days.

Feedback from previous training by Sam:

“Excellent trainer, very informative”

“The trainer was very good at gauging the group’s knowledge and needs . . . was adaptive and flexible and so managed to keep the training relevant throughout the day.”

“calm and supportive presence in facilitating the group”