

Exploring the intersections of Gender and Sexuality

Trainer: Sam Hope

This can be run as a full day's training, or a shorter session

Overview:

Gender and sexuality are two separate things, we now understand, and yet the history of LGB&T is intertwined across cultures and throughout history. By thinking about the different ways our own and other cultures express both gender and sexuality, this session helps to open our minds to the complexity of gendered experiences, including our own.

This interactive, exploratory session looks at the stories we tell as a society about what we, at this current time, call LGBT+ people. Which stories are promoted, and which are marginalised? What is the impact on LGBT people? How can we raise our game to reflect a more honest portrait of human sexual and gender diversity?

The day explores:

- ✚ How we talk about gender and sexuality, and how this has changed across time and culture
- ✚ The impact on LGBT+ people of being in a minority (and minorities within the minority)
- ✚ How we can better understand and support LGBT+ clients and colleagues
- ✚ A focus on the specific issues for LGBT+ people in attendee's specific roles
- ✚ An exploration of assumptions and unconscious biases society may promote about LGBT+ people

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 LGBT+ community on awareness-raising, and identifies as being bisexual, transgender and outside of the "gender binary". Sam has delivered this particular training for University of Wolverhampton, University of Derby, Academy S.P.A.C.E, and EMFEC.

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"