

EAST MIDLANDS BRANCH AND WOMEN AND GENDER MINORITIES
EQUALITY (WOMGENE) SIG JOINT EVENT

**Exploring and Working with Gender and Gender Divergence
for CBT Therapists**

Presented by Sam Hope

Date: Tuesday 9th April 2019

Times: 9.30am to 4.30pm

Venue: Foreman Suite, The Atrium, 99 Hucknall Road, Carrington, Nottingham, NG5 1QZ

Overview

The CPD day is designed to help us explore what we know and think we know about gender and gender divergence, 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 trans people, which may challenge what we think we know about gender. It is exploratory 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 will end with a question and answer session to allow participants to consolidate their learning and ask questions that will allow them to integrate gender informed practice into their day-to-day CBT clinical work. Sam will be joined by Rachel Phillips, Chair of the Women and Gender Minorities Equality SIG for this session to add a CBT perspective.

The day explores:

- How we define, and sometimes struggle to define, gender
- A practical overview and signposting for working sensitively with trans and gender divergent clients
- What is known and disputed about gender difference
- Our own relationship with, and understanding of, gender
- The experiences of trans 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

About the presenter:

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 trans community on awareness-raising and identifies as being trans and outside of the “gender binary”. Sam has been delivering counselling CPD training for many years and has delivered this course for a number of organisations.

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”

General Information**Registration Fees**

BABCP Member: £75

Non-Member: £95

Closing date for registrations is midday Monday 1st April 2019

Lunch and refreshments will be provided.

A CPD certificate for 6 hours will be issued. This event will be suitable for CBT CPD within a mixed portfolio of CBT.

Venue Information

Please see the website for venue information - <http://www.theatriumnottingham.co.uk/contactus.htm>

Use NG5 1FA for sat nav