

# EXPLORING GENDER AND GENDER VARIANCE

- SAM HOPE



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Learning Together Online

## Resource Guide

# About Sam Hope

**Sam Hope** is a professional trainer and BACP accredited humanistic counsellor with a private practice on the Derbyshire/Nottinghamshire border and via online counselling. Sam is also a non-binary transgender person and they use neutral language to describe themselves.

With a particular interest and specialism in gender and complex trauma, the focus of their MA in Trauma Studies was how gender influences trauma and our response to trauma. Sam's "giftwork" business model allocates 50% of their working hours to voluntary work in support and awareness raising for the trans community.



**Sam Hope**

[www.hopecat.co.uk](http://www.hopecat.co.uk)



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# Event Details

This session seeks to look not just at trans people in particular but the facts and fictions of all our gendered lives. How can we offer non-judgement to our clients if we have not thoroughly explored our deep-rooted unconscious biases in this complex and pervasive topic? Gender is a many-layered story, much of which we take for granted.

It dominates our lives such that even in casual transactions we will make assumptions about another's gender. Gender variant people (transgender, bakla, hijra, two-spirit . . .) shine a light on the need to challenge our assumptions, but the learning is applicable in all our interactions.



# Resources

These resources are a selection of my favourite links for developing awareness of gender and gender variance. They cover numerous topics, and are varied in their approach and level. Intended for professional development or personal exploration, they point to the complexity of gender and its many-layered story.

[CLICK HERE FOR RESOURCES](#)

## Information Sheets

Click on the links below

[Trans language guide/glossary of terms](#)

[10 tips for working with trans students](#)

[10 tips for a trans-positive workplace](#)



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# Training & CPD

## **TRANS AWARENESS TRAINING**

### **Learning Outcomes Include:**

- Cultural competence in working with and supporting trans and gender variant people
- Gaining an understanding of issues that affect the trans and gender variant community
- Gaining an understanding of trans people's legal rights
- Working more knowledgeably and sensitively with trans and gender variant people
- Etiquette and best practice in terms of use of language and facilitating access
- Debunking society's myths and assumptions about trans people
- Understanding the wide variation that exists in the trans community – moving away from inaccurate stereotypes
- Exploring the specific issues and needs of service users and workers in your organisation

[CLICK HERE FOR  
MORE DETAILS](#)



# Training & CPD

## LGBT+ AWARENESS TRAINING

[CLICK HERE FOR  
MORE DETAILS](#)

### Learning Outcomes Include:

- Gaining an understanding of issues that affect the LGBT+ community
- Gaining an understanding of legal rights and current issues
- Working more knowledgeably and sensitively with LGBT+ people
- Etiquette and best practice in terms of use of language and facilitating access
- Debunking society's myths and assumptions
- Understanding the wide variation that exists in the community – moving away from inaccurate stereotypes
- Exploring the specific issues and needs of service users and workers in your organisation



# Training & CPD

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## CPD COURSES

**Exploring Gender and Gender Variance** – 1 day professional development course

**Domestic Violence and Abuse** – exploring the issues – 1 day professional development course

**Difference and Privilege** – a new way of working with prejudice and power imbalance – full or half day professional development courses

# Contact

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