

## **Northern Region Gender Dysphoria Team Training and Education**

We are passionate about improving healthcare for, and equipping healthcare staff to work with, gender diverse people.

We are willing to offer a training package to groups of more than 15-20 people. There is a cost associated with this and we suggest that, if cost is an issue, that groups consider any other people in their area who might be interested in joining with them to spread the costs and make the training more cost effective for them.

Unfortunately we are not able to offer training for free (outside of NTW NHS Trust), or to small numbers of people, because we are a small team and there is high demand for the training.

We have packages of training on gender dysphoria for healthcare professionals that range from 2 hours to a whole day.

Typically the packages cover topics such as,

- Definitions of gender identity and gender dysphoria
- Education about different aspects of gender identity and gender dysphoria such as presentation, social gender roles and experiences of our bodies and our selves
- Diagnoses, treatments and the work of the gender identity clinic
- How to provide affirming healthcare,
- Legal and political aspects of care and keeping medical notes
- How to be confident working with gender diverse people.
- Gender dysphoria and autism spectrum conditions

We can offer a presentation or a workshop style to meet your needs and can create a space in which you can discuss anonymised client material from your own clinical experience in confidence.

The costs vary according to the length of package and the makeup of the team that delivers it.

If you require a specific element to the training, we will endeavour to offer a team member to deliver the training who has specific knowledge of that clinical area. For example, this might be a focus on detailed information about prescribing hormones and GnRH Analogues (hormone blockers), a greater understanding of psychological impacts or mental health presentations, or working with autism or learning disability.

As a guide, the cost for a 2 hour training by a single member of staff is roughly £180 and a whole day is around £500 but this does vary according to the distance travelled and which team member is appropriate to offer the training. These costs are calculated by the NTW NHS foundation trust based on the information that you provide.

We hope that this is helpful in starting to consider what might be useful to you. We are happy to continue to discuss what you might need.

