

This workshop constitutes 6 hours of CPD



## APS Albury Wodonga Branch Full-Day Workshop

### THERAPEUTIC WORK WITH SEX-, SEXUALITY-, AND GENDER-DIVERSE PEOPLE

*Presented by Vikki Sinnott (Psychologist)*

**Friday 24<sup>th</sup> March 2017**

**Hovell Tree Inn**

614 Hovell Street, Albury

**8.30am:** *Registration*

**9.00am – 4.45pm:** *Workshop*

This one-day workshop will provide therapists with the opportunity to review and update their knowledge, build their skills, and strengthen their confidence in working with sex-, sexuality-, and gender-diverse people and their families (biological and chosen).

This interactive and practical workshop will present current knowledge about the mental health and wellbeing of LGBTIQ people across the life course, outline some key clinical issues, explore strengths-based therapeutic approaches, and share local resources.

There will be time for participants to reflect on their own experience, raise questions and discuss therapeutic challenges they have faced or anticipate.

#### **Who should attend?**

This workshop is relevant for all health professionals working with LGBTIQ people and their families. This includes psychologists, social workers, psychotherapists, counsellors, nurses, medical practitioners, occupational therapists, speech pathologists, physiotherapists, case workers, case managers, and students. No past experience or training is necessary.

### Learning objectives:

1. Reflect on and review personal and professional knowledge, attitudes and clinical practice in relation to sex, sexual orientation and gender diversity.
2. Describe and appreciate the impact of historical and current attitudes towards gender diversity and homosexuality on individuals and communities.
3. Understand current data regarding the psychological health, vulnerabilities and needs of LGBTIQ people.
4. Appreciate the importance of a strengths-based approach to working with issues of sexual orientation and gender identity.
5. Be familiar with key clinical skills and approaches in working with LGBTIQ people of all ages.
6. Review the sensitivity, accessibility and welcoming nature of your service and/or agency to LGBTIQ people and their family and friends.
7. Be aware of and engage with local and key support groups, resources and services for LGBTIQ people.

### About the presenter:

**Vikki Sinnott** is a psychologist in independent practice in Melbourne. Vikki has a longstanding interest in therapeutic work with sex and gender diverse individuals, and people who have experienced trauma. Her therapeutic approach is eclectic, using a variety of approaches to meet the needs and styles of individual clients. Vikki is actively involved in sharing skills and practice wisdom with others through providing secondary consultation with other clinicians, co-facilitating the Queer Therapies Network (in Melbourne), and being part of professional development committees of national (Australian and New Zealand Professional Association for Transgender Health) and international (World Professional Association for Transgender Health) groups.

### What will it cost me?

- APS Member – \$200
- Non-Member – \$265
- Student APS Member – \$85

#### Included in the registration price:

- Morning Tea
- Lunch
- Afternoon Tea

**Register online** by midnight **Thursday 16<sup>th</sup> March 2017**

<http://www.psychology.org.au/Events/EventView.aspx?EventID=17303>

**Enquiries?** Please contact Aleksandra Tarnawski: [atarnawski@optusnet.com.au](mailto:atarnawski@optusnet.com.au)  
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