

EXPLORING CISNORMATIVITY WITH TRANSGENDER AND NONBINARY CLIENTS

Our Trainings are Free!

Target Audience: County of Santa Clara's Behavioral Health Services and Contract Provider staff

EDUCATIONAL GOALS

In this training, participants will delve into a deeper understanding of affirming therapy for transgender and nonbinary individuals. The focus will be on understanding and addressing cissexism, including cisnormativity, binary normativity, and transnormativity within therapeutic settings. We will discuss how this impacts the assumptions and expectations we hold about gender and our clients. Participants will be invited to consider how to interrupt cissexism and binary conceptualizations of gender/sex in therapy with clinical examples and case studies. Participants will leave with a greater understanding of the complexities surrounding gender diversity and will be equipped with practical tools to provide inclusive and affirming therapy.

If you have questions, need accommodations, or have a grievance, please contact:
LPTraining@hhs.sccgov.org

CE Certificates will be available to download in sccLearn 2-3 weeks after the training date.

Registration and cancellation close at 9am two working days prior to training. You will be recorded as a No-Show in sccLearn if you don't attend and did not cancel the training.

LEARNING OBJECTIVES

By the end of this training, participants will be able to:

1. Identify a definition of cisnormativity in the context of clinical work with clients.
2. Identify three common gender-related normativities that limit our thinking about gender diversity in therapy.
3. Name two ways of interrupting cisnormativity in therapy with transgender clients.

May 10, 2024, 1:00-4:15pm
(on Zoom)

Register at either:

sccgov.org/scclearn-partner
those with an sccLearn account
(required for CEs)

tinyurl.com/TQCTrainings
all other providers



Dr. Jay Bettergarcia is an Associate Professor at Cal Poly, SLO. They received their Ph.D. from UCSB and completed a pre-doctoral internship at the University of Michigan. Their research explores trans and nonbinary mental health and

wellness, interventions to reduce minority stress and increase resilience, and best practices for training providers in gender-affirming care. They are currently exploring the role of radical healing and joy in the lives of queer and trans people of color. Dr. Bettergarcia is also the owner of The Center for Collaborative Transformations, a therapy and training center providing gender affirming therapy, training, and consultation rooted in anti-racism, liberation, and radical healing. They serve as an associate editor for the journal *Psychology of Sexual Orientation & Gender Diversity* and member of the task force revising the APA Guidelines for Psychological Practice with Transgender and Gender Nonconforming People.

3 CEs available!

(One 15 minute break not included in CE time)