

# BRETT MASON COUNSELLING

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## **Advanced Gender-Affirming Practice with Youth & Adults: 2 Day Training**

**July 27 & 28, 2023**

**10 am – 4 pm**

**Cost:**

Early Bird Rate (before May 31): \$1000

Cost after May 31: \$1250

Sliding Scale Available Upon Request

All Sliding Scale Requests from BIPOC Practitioners will be Granted, all other considered individually

### **Advanced Gender-Affirming Practice with Youth & Adults**

Geared towards counsellors, social workers, psychologists, nurses, doctors and other health professionals who are already working with trans, Two-Spirit, and gender diverse people, this training goes beyond “Trans 101.” This training teaches research supported, evidence-based best practice grounded in decades of lived and work experience in trans and Two-Spirit communities. This training fosters experiential learning through partner practice, small group work, and large group discussion. Participants will leave this training with a more fulsome understanding of the social determinants of health and the intersectional oppression that trans and Two-Spirit people face, and how we can better build supports that respect these histories and lived realities from a place of cultural humility.

We will provide an overview of gender-affirming health systems in BC and the ways that Two-Spirit, and gender-diverse clients people access care, including what gender-affirming care is covered by MSP (Medical Services Plan) and what additional coverage is available to Indigenous people covered under FNHA (First Nations Health Authority), as well as information about free supports people can access (such as free binder and gaff programs, travel coverage and more).

This training is designed for providers who work with youth and/or adults. Youth-specific information includes: trans and Two-Spirit youth pathways to care, an overview of relevant legislation relating to youth accessing gender-affirming care, and navigating family dynamics and the role of the gender-affirming provider in working with a youth whose family is not supportive.

In order to cultivate a learning space centred around in-depth discussion and active participation, this training will be capped at 15 people.

## **Facilitator Bio:**

Brett Mason is a counsellor in private practice working primarily with trans, non-binary and Two-Spirit people. They hold a Masters of Social Work from the University of British Columbia, where their graduate research focused on trans and Two-Spirit healthcare in Alberta. He brings with him over 12 years of experience working in gender-affirming care, and a lifetime of lived experience. Brett's practice is strengths based and grounded in anti-oppression, intersectional trans feminism, critical race theory, unsettling (a settler approach to decolonization), trauma-informed care, and fat liberation.

Brett is a queer, trans, fat, disabled, white settler with roots in Calgary and the West Coast, and is of French Canadian, Irish, Germanic and English ancestry. Career highlights include being a Support Worker and Executive Director at a 2SLGBTQIA+ centre in Calgary (2011-2015), and working with Trans Care BC doing front line work with thousands of trans, Two-Spirit and gender diverse people all over so-called BC (2017-2020). Brett lives in Chemainus on Vancouver Island on Stz'uminus, Penelakut, Snuneymuxw, and Quw'utsun Territory with his family, including a dog and chickens.

Learn more about Brett: [BrettMason.ca/](http://BrettMason.ca/)

## **Guest Speaker Bio:**

Kyle Shaughnessy is a trans and Two-Spirit educator, social worker, and writer of Tłı̨ch̓ Dene, Irish, and Ukrainian background. He is originally from all over the Northwest Territories, Nunavut, and rural BC. Kyle's academic and writing work focuses on intersections between Two-Spirit ways of being and land based teachings and ethics. He works as an Indigenous Educational Consultant at the University of British Columbia on unceded x̱m̱əθḵ'əy̱əm territory.

## **Learning Objectives:**

### **Through participating in this training, you will:**

- Understand key terminology that is vital to creating a culture of respect
- Recognize how decolonizing and anti-racist practice can support breaking down the gender-binary
- Build confidence in yourself and your practice through better understanding of implicit bias, how to address it, and how to repair a relationship after making mistakes
- Be better equipped to support clients with gender-affirming health systems navigation
- Feel more prepared to respond to ethical dilemmas and build clinical skills through the use of case studies and small group work collaboration
- Acquire skills for working with families of trans youth
- Gain an understanding of the history of gender-affirming care and the pathologization of trans, Two-Spirit and gender-diverse people and how this impacts care today
- Learn about trans and Two-Spirit communities, their cultures and norms, and how service providers can show cultural humility and respect

- Understand the social determinants of health and trans, Two-Spirit and gender diverse communities
- Identify personal areas of privilege and oppression and how this impacts your relationship with your trans, Two-Spirit and gender diverse clients
- Familiarize yourself with free resources that exist for social transition and support with legal name change, gender-affirming garments (such as binders and gaffs), speech language pathology for vocal feminization, etc.
- Gain familiarity with gender-affirming healthcare pathways in BC, including access to hormone therapy and gender-affirming surgeries, in order to support clients navigating this care and decision making around it
- Familiarize yourself with Indigenous and BIPOC specific resources to better support Indigenous trans and Two-Spirit clients, and BIPOC clients
- Understand the contributing and intervenable factors that affect trans and Two-Spirit youth suicide rates
- Gain a broader understanding of mental health concerns that trans and Two-Spirit people face, and learn about areas where counsellors can be key supports

**Registration:**

Visit: [BrettMason.JaneApp.com](http://BrettMason.JaneApp.com)

(\$100 deposit required after registration)

**Questions?**

Email: [BrettMasonCounselling@gmail.com](mailto:BrettMasonCounselling@gmail.com)

**Can't make it to this training but want to attend the next one?**

Email: [BrettMasonCounselling@gmail.com](mailto:BrettMasonCounselling@gmail.com)