



## Trans Health Competencies Program for Mental Health Providers

To register for any of these courses, learners must create an account at:  
[learn.rainbowhealthontario.ca](https://learn.rainbowhealthontario.ca)

**IMPORTANT:** Content was developed for Ontario practitioners. Content may not apply to practitioners outside of Ontario.

### 1) LGBT2SQ FOUNDATIONS COURSE

This course is a pre-requisite for all courses

Rainbow Health Ontario (RHO), a program of Sherbourne Health, developed this seven-module course on lesbian, gay, bisexual, transgender and Two-Spirit (LGBT2SQ) health for healthcare and social service providers. These modules will help build your foundational knowledge for providing care to LGBT2SQ people.

This course's goal is to heighten your comfort level and competency in providing high-quality inclusive, affirming, welcoming, culturally sensitive care. In the course you will build your understanding of important LGBT2SQ terminology. You will also learn to understand the context of minority stress; health disparities faced by LGBT2SQ people; improve your ability to provide comprehensive care for your service users from diverse LGBT2SQ communities.

Each module will take about 30 minutes to complete. The module's activities are designed to inspire critical thinking about the course principles so you can apply your knowledge and skills in your daily practice. Each module will guide you to explore key concepts such as: sex; gender; gender identity; gender expression; intersectionality; mental health and inclusive language.

Sherbourne Health and RHO thank the Online Learning Development Advisory Committee (OLDAC) for working with us to produce this course. The OLDAC team included physicians, nurse practitioners, registered nurses, psychologists, LGBT2SQ community members—all of whom provided invaluable feedback for the seven modules in this foundations course. This program **192644-001** has been accredited by the College of Family Physicians of Canada and the Ontario Chapter for up to 3.5 Mainpro-M1 credits.

**FEE: CAN \$20** for Ontario providers, **CAN \$50** for Canadian providers outside of Ontario

## **2) FOUNDATIONS FOR TRANS-POSITIVE COUNSELLING – CHILDREN AND YOUTH**

**Prerequisite:** LGBT2SQ Foundations course

**Duration:** 3 hours

**Target Audience:** Mental health providers and students practicing psychotherapy, counselling, and/or advocacy in a variety of settings. This includes but is not limited to registered psychologists, registered social workers, registered psychotherapists, addiction counsellors, etc. This program is *tailored for practitioners counselling children and youth*.

**Fee:** CAN \$10 **IMPORTANT: There is NO refund or exchange for cancellations**

**Summary:** Introductory counselling module for mental health practitioners *with little or no experience* working with trans, non-binary, or gender non-conforming children and youth. By the end of this program, participants will be able to:

- Explain the concepts of gender identity, gender expression, and gender dysphoria accurately
- Recognize how cisnormativity and practitioner's biases influence health care and health care access
- Identify social determinants of health and the impact of transphobia for trans, non-binary, gender non-conforming children and youth
- Provide trans-positive mental health care in the context of interpersonal and systemic discrimination that affects mental health
- Unpack common counselling issues: depression, anxiety, substance use, relationships through the lens of intersectionality, microaggressions, and minority stress
- Explore gender expression and gender identity with clients who are at the beginning of their journey

## **3) FOUNDATIONS FOR TRANS-POSITIVE COUNSELLING – ADULTS AND SENIORS**

**Prerequisite:** LGBT2SQ Foundations course

**Duration:** 3 hours

**Target Audience:** Mental health providers and students practicing psychotherapy, counselling, and/or advocacy in a variety of settings. This includes but is not limited to registered psychologists, registered social workers, registered psychotherapists, addiction counsellors, etc. This program is *tailored for practitioners counselling adults and seniors*.

**Fee:** CAN \$10 **IMPORTANT: There is NO refund or exchange for cancellations**

**Summary:** Introductory counselling module for mental health practitioners with little or no experience working with trans, non-binary, or gender non-conforming adults and seniors. By the end of this program, participants will be able to:

- Explain the concepts of gender identity, gender expression, and gender dysphoria accurately
- Recognize how cisnormativity and practitioner's biases influence health care and health care access
- Identify social determinants of health and the impact of transphobia for trans, non-binary, and gender non-conforming adults and seniors
- Provide trans-positive mental health care in the context of interpersonal and systemic discrimination that affects mental health
- Unpack common counselling issues: depression, anxiety, substance use, relationships through the lens of intersectionality, microaggressions, and minority stress
- Explore gender expression and gender identity with clients who are at the beginning of their journey

#### **4) TRANSITION-RELATED COUNSELLING**

**Prerequisite:** LGBT2SQ Foundations course *and* Foundations for Trans-positive Counselling (children and youth course *or* adult and seniors' course)

**Duration:** 3 hours

**Target audience:** All health care and social service workers who provide mental health services

**Fee:** CAN \$10 **IMPORTANT: There is NO refund or exchange for cancellations**

**Summary:** Introductory module for mental health practitioners on social, legal, and medical transitioning.

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

- Explain the concepts of gender identity, gender expression, gender dysphoria and transition accurately
- Explain social and legal transition for children, youth, adults, and seniors
- Explain puberty suppression for trans and non-binary youth
- Explain transition-related hormone therapy for trans and non-binary adults and seniors
- Explain which transition-related surgeries are funded by the government of Ontario, Canada for trans and non-binary adults and seniors
- Recognize that transition is a process, and it is unique for every person
- Practice according to WPATH's Standards of Care

**5) TRANSITION-RELATED SURGERIES: PLANNING, REFERRAL AND CARE (only for mental health practitioners who are MSWs and REGISTERED PSYCHOLOGIST as deemed by the Ontario Ministry of Health and Long-Term Care – Also open to Ontario MDs, NPs, and RNs)**

**Prerequisite:** LGBT2SQ Foundations Course **OR** Transition-related Hormone Therapy in Primary Care **OR** clinical experience working with trans clients

**IMPORTANT: content does *not* apply to jurisdictions outside of Ontario, Canada.**

**Duration:** 6 hours

**Target Audience:** Physicians, Nurse Practitioners, Registered Nurses, Registered Social Workers, Registered Psychologists, and students of these disciplines only. These are the five professions *designated by the Ontario Ministry of Health and Long-Term Care* to make referrals for transition-related surgeries.

**Mainpro+ Certification:** 5.5 Mainpro-M1 credits Ontario ONLY.

**Fee:** CAN \$50 **IMPORTANT: There is NO refund or exchange for cancellations.**

**Summary:** Learning to conduct surgery planning visits with patients and make referrals for transition-related surgeries in Ontario, Canada.

By the end of the program, participants will be able to:

- Explain transition related surgeries
- Understand the system of trans surgical care in Ontario
- Apply the WPATH SOC criteria for surgery
- Conduct surgery planning visits
- Complete the MOHLTC Request for Prior Approval for Funding SRS Form
- Write a transition related surgery referral letter

This program has been accredited by the College of Family Physicians of Canada and the Ontario Chapter for up to 5.5 Mainpro-M1 credits.