

## **Breaking the Closet: Understanding and working with Alternate Gender and Sexual Identities**

Aakalan, the learning center for the Institute for Psychological Health (IPH), Thane is conducting a 2-day workshop that aims at creating awareness and sensitivity to the LGBTQIA+ community and the basic principles of Affirmative Therapy.

### **It will cover:**

1. **Understanding** - Sex and gender; Gender identity; Gender expression; Sexual orientation; Human Sexuality; Dispelling myths and exploring biases about alternate sexual and gender identities
2. **The role of mental health professionals working with the LGBTQIA community and parents** - What to do and what not to do; Techniques and skills to keep in mind when working with clients; Self care and Self work; How to work with parents and other extended family members/friends

### **Who can attend**

Mental Health professionals, Psychiatrists, Psychologists, Social Workers, Doctors, Teachers and Nurses and other professionals dealing with Children and Adolescents

**Date :** 9th and 10th March 2019 (**Saturday & Sunday**)

**Time :** 10 am to 5 pm

**Fees :** Rs.5,000/- per person (inclusive of Breakfast, Lunch & 2 tea/coffee)

### **EARLY BIRD AND GROUP DISCOUNTS AVAILABLE!!**

Upto 1st February 2019 - Rs. 4000/- per person;

Upto 15th February 2019 - Rs. 4500/- per person

### **Group Discounts on groups of 3 or more:**

Upto 1st February 2019 - Rs.3500/- per person;

Upto 15th February 2019 - Rs.4000/- per person

**Faculty:** Advaita Nigudkar and Jagruti Wandrekar - Clinical Psychologists.

**The psychologists facilitate SAAHAS- an LGBTQIA+ support group in Thane.**

Last date for registration: 25th February, 2019

**Accommodation available on first come first served basis.**

For Registration: Roopa More : 9870600283- 11 am to 6.00 pm. (Monday to Saturday)

Confirm registration on phone, email [roopaiph@gmail.com](mailto:roopaiph@gmail.com) /

Registration can be done through NEFT, cash or D.D. payable to IPH Learning Centre

### NEFT details

Bank Name : TJSB Sahakari Bank Limited

A/c No. : 003110100071038

Branch : Naupada Thane

IFSC Code of bank : TJSB0000003

Full name of beneficiary : IPH LEARNING CENTRE

Venue: Institute for Psychological Health, Thane (W)