



## Building Competence, Building Capacity: A 2SLGBTQ+ Competent Trauma-Informed Care Workshop for Service Providers

[www.buildingcompetence.ca](http://www.buildingcompetence.ca)

### Continuing Education Resources

#### Gender and Sexuality Resources

##### Print Resources

##### **Books**

Butler, J. (1993). *Bodies that Matter: On the Discursive Limits of 'Sex.'* London: Routledge.

Fausto-Sterling, A. (2000). *Sexing the Body: Gender Politics and the Construction of Sexuality.* New York: Basic Books.

##### Online Resources

##### **Articles**

Fuentes, T (2019). 12 Amazing Non-Binary Celebs Who Are Breaking the Gender Mold. *Seventeen Magazine*. Retrieved from <https://www.seventeen.com/celebrity/g27702340/non-binary-celebrities/>

Mikkola, M. (2019). Feminist Perspectives on Sex and Gender. *Stanford Encyclopedia of Philosophy*. Retrieved from <https://plato.stanford.edu/entries/feminism-gender/>

Price, D. (2018). When (& How) to Ask About Pronouns. *Medium*. Retrieved from <https://medium.com/@devonprice/when-how-to-ask-about-pronouns-b7fc24df6653>

Serano, J. (2017). Transgender People and 'Biological Sex' Myths. *Medium*, 17. Retrieved from <https://medium.com/@juliaserano/transgender-people-and-biological-sex-myths-c2a9bcdb4f4a>

## PDFs

National LGBT Cancer Network. (2014). *Best Practices in Creating and Delivering LGBTQ Cultural Competency Trainings for Health and Social Service Agencies*. Retrieved from

[https://cancer-network.org/wp-content/uploads/2017/02/best\\_practices.pdf](https://cancer-network.org/wp-content/uploads/2017/02/best_practices.pdf)

Ottawa Senior Pride Network. (2016). *Organizational LGBT Cultural Competency Assessment*. Retrieved from

<http://ospn-rfao.ca/wp-content/uploads/2017/04/Organizational-Assessment-of-LGBT-Cultural-Competency.pdf>

Qmunity. (2019). *Queer Terminology From A to Q*. Retrieved from

[https://qmunity.ca/wp-content/uploads/2019/06/Queer-Glossary\\_2019\\_02.pdf](https://qmunity.ca/wp-content/uploads/2019/06/Queer-Glossary_2019_02.pdf)

Rainbow Health Network. (2010). *Training for Change: Practical Tools for Intersectional Workshops*. Retrieved from

<http://www.oaith.ca/assets/files/Publications/Intersectionality/Practical-tools-intersectional-workshops.pdf>

Substance Abuse and Mental Health Services Administration. (2014). *A Treatment Improvement Protocol Improving Cultural Competence*. Retrieved from

<https://store.samhsa.gov/system/files/sma14-4849.pdf>

United Nations Human Rights Office of the High Commission. (2017). *Fact Sheet: Intersex*. Retrieved from <https://www.unfe.org/wp-content/uploads/2017/05/UNFE-Intersex.pdf>

## Select Websites

*The Asexual Visibility and Education Network*

<https://www.asexuality.org/>

*InterAct: Advocates for intersex youth*

<https://interactadvocates.org>

*The Intersex Society of North America*

[http://www.isna.org/faq/what\\_is\\_intersex](http://www.isna.org/faq/what_is_intersex)

*Marie Laing: Two Spirit Research Zine*

<https://www.twospiritresearchzine.com/>

*No Big Deal Campaign*

<http://www.nbdcampaign.ca/>

*Nuance - Sex and Sexual Health Media for Newcomer, Immigrant, and Racialized Youth*

<https://medium.com/shareyournuance>

*Pidgeon Pagonis: Intersex Activist and Filmmaker*  
<http://www.pidgeonismy.name/>

*Serious Trans Vibes – Comics by Sophie Labelle*  
<https://www.seriousstransvibes.com/>

## **Social Media**

*Munroe Bergdorf (@monroebergdorf)*  
Munroe Bergdorf is a trans activist and model.

*Sophie Labelle (@labellesophie)*  
Sophie Labelle is a trans artist and cartoonist.

*Indya Moore (@indyamoore)*  
Indya Moore is a trans, non-binary activist and actor.

*Pidgeon Pagonis (@pidgeo\_n)*  
Pidgeon Pagnonis is an intersex activist, artist, and filmmaker.

*Jacob Tobia (@jacobtobia)*  
Jacob Tobia is a non-binary activist and author.

*Alok Vaid-Menon (@alokvmenon)*  
Alok Vaid-Menon is a gender non-conforming activist, artist, and author.

*Joshua Whitehead (@JWhitehead204)*  
<https://twitter.com/jwhitehead204>  
Joshua Whitehead is an Indigenous, two spirit poet and author.

## **Toolkits**

City of Toronto, Long-Term Care Homes & Services. (2018). *LGBT Tool Kit For Creating Lesbian, Gay, Bisexual and Transgender Culturally Competent Care at Toronto Long-Term Care Homes and Services*. Available from <https://clri-ltc.ca/resource/lgbt-tool-kit/>

## **Training Opportunities**

*The 519*  
<http://www.the519.org/education-training/training-resources/our-resources>

*Canadian Centre for Gender and Sexual Diversity*  
<http://ccgsd-ccdgs.org/professional-training-with-the-ccgsd/>

## Rainbow Health Ontario

<https://www.rainbowhealthontario.ca/training/>

Rainbow Health Ontario offers free trainings across the province of Ontario on LGBTQ health, including trainings specific to trans health. RHO also hosts a bi-weekly trans mentorship call and has a comprehensive resource library.

## Videos

### *Reimagining Inclusion*

<https://www.youtube.com/watch?v=bjChNvjTwnU>

Reimagining Inclusion is video that came out of an Ontario research project examining the experience of 2SLGBTQ+ folks who have been diagnosed with schizophrenia and bipolar disorder

## Trauma-Informed Care Resources

### Print Resources

#### **Books**

Clark, C., Classen, C. C., Fourt, A., & Shetty, M. (2014). *Treating the trauma survivor: An essential guide to trauma-informed care*. Routledge.

Herman, J. L. (2015). *Trauma and recovery: The aftermath of violence--from domestic abuse to political terror*. Hachette UK.

Van der Kolk, B. A. (2015). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin Books.

### Online Resources

#### **PDFs**

Klinic Community Health Centre. (2013). *Trauma-Informed: The Trauma Toolkit*. Retrieved from [https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed\\_Toolkit.pdf](https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf)

Trauma-Informed Practice Project Team (2013). *Trauma Informed Practice Guide*. Retrieved from [http://bccewh.bc.ca/wp-content/uploads/2012/05/2013\\_TIP-Guide.pdf](http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf)

Substance Abuse and Mental Health Services Administration. (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014)* [https://www.nasmhpd.org/sites/default/files/SAMHSA\\_Concept\\_of\\_Trauma\\_and\\_Guidance.pdf](https://www.nasmhpd.org/sites/default/files/SAMHSA_Concept_of_Trauma_and_Guidance.pdf)

## Select Websites

*Making Sense of Trauma: Practical Tools for Responding to Children and Youth*  
<https://makingsenseoftrauma.com/>

*Trauma Recovery: Introduction to Recovery*  
<http://trauma-recovery.ca/>

## Toolkits

EQUIP Health Care. (2019). *Health Equity for Everyone*. Retrieved from  
<https://equiphealthcare.ca/toolkit/>

## Training Opportunities

*Alberta Health Services: Trauma Informed Care*  
<https://www.albertahealthservices.ca/info/page15526.aspx>

## 2SLGBTQ+ Competent Trauma-Informed Care Resources

## Select Websites

*Queering Trauma Therapy*  
<https://queeringtraumatherapy.wordpress.com/resources/>



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DALLA LANA SCHOOL  
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