

What this course is

This course is designed to increase competency, awareness and understanding among cis* holistic therapists so trans folk have more access to the healing we so desperately need.

Trans-competency is a relatively new term – it means being competent to work with trans folk. I use the term very intentionally as almost every medical experience that we usually access - traditional and complementary - is decidedly trans incompetent, sometimes with grave consequences.

As holistic therapists, we're all on our journey of discovering more about our work, our clients and ourselves. One of the things that has impressed me when I've given workshops on this subject is the ability of participants to really bring their vulnerability (and not only defensiveness) when something is new, surprising and challenging. This is exactly what we need if we want to move forward.

This course will be provocative and will bring new ideas, but I will also try to meet you where you're at. We're here to learn and I want to make this the best learning experience I'm capable of offering.

* someone who isn't trans. Don't worry, we'll work through vocabulary in lesson 1.

What this course isn't

Too often I've seen therapists declaring themselves 'LGBT-competent' or 'Trans-friendly' or some other label for the purpose of advertising and getting a more diverse (read: more interesting, more presentable or more profitable) clientele. In my experience, the people who self-define and most loudly declare, their competency, rarely demonstrate it in practice.

Completing this course cannot be a license to declare anyone 'a trans-competent therapist' and it doesn't come with a certificate. Most importantly, it doesn't give anyone the right to take work away from trans therapists. As a community, we are desperately discriminated against in employment and we are likely to be a lot more competent to work with other trans people than someone without a trans experience. I think if I had to give a single starting point to being a good ally it would be: *don't further marginalise the people we want to be supporting.*

The end of this course also can't mean the end of the trans-competency journey. Allyship is a never-ending process of learning and - when it works well - it can be an incredible powerful tool in changing our world.

If you're just embarking on that journey or you've been travelling for a while – thank you.

