

# The T in LGBTQ: Understanding Gender Diversity



November 11, 2021  
2:00 PM – 3:00 PM

A Virtual Presentation with  
Sarah A. Gilbert, LCSW  
Transitions Therapy, LLC

*A Connecticut Clearinghouse Educational Forum*  
Register at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)

## Participants will:

- Be able to distinguish between gender and sex assigned at birth
- Conceptualize gender and expressions of it as existing on a broad spectrum rather than a binary
- Have insight into the connections between lack of awareness, acceptance of gender diversity on mental health and substance use disorders within the trans/gender expansive community
- Leave with action steps to be respectful and inclusive of gender diversity in professional and personal environments

Approved for  
1 contact hour  
with the  
Connecticut  
Certification Board