ALBERTA SOCIETY FOR THE PROMOTION OF SEXUAL HEALTH
WINTER/SPRING 2019 ONLINE WORKSHOP CALENDAR

FOR TEACHERS, HEALTH PROFESSIONALS, PARENTS, STUDENTS AND MORE

ONLINE WORKSHOP WINTER/SPRING 2019
COMMON QUESTIONS

WHO IS ASPSH?
The Alberta Society for the Promotion of Sexual Health (ASPSH) provides education and training opportunities for sexual health professionals, teachers, students, parents and others interested in sexual health.

Founded in 1993 ASPSH offers online workshops, SAR (Sexual Attitude Reassessment) workshops and a Biennial Western Canadian Sexual Health Conference. ASPSH is also working with the University of Alberta, Faculty of Rehabilitative Medicine to offer a post graduate sexual health certificate program.

WHY ONLINE LEARNING?
Learning at the convenience of your own home or office, day or night, urban or rural. You will have access from anywhere across Canada or around the world.

Our platform, CourseSites, is an easy web-based learning tool that anyone can learn to use. Step by step instructions will be provided and support is available. The workshops are set up in three modules and each module should take 1-2 hours to complete. Each module includes a powerpoint, activities, readings, other resources and 2 discussion questions.

PAST WORKSHOPS?
To date 177+ online workshops have been offered by ASPSH. Topic include:
- Introduction to Sexual and Gender Diversity: Promoting Inclusive Practice
- STI and Contraception Update
- Sexuality and Disabilities 101
- Teaching and Talking About Sexuality: Parents, Children and Teens
- Recognizing and Responding to Sexual Violence in Canada
- Sex Positive Culture
ONLINE WORKSHOP #178

EFFECTIVE COMMUNITY COLLABORATIONS IN SEXUAL HEALTH AND RIGHTS

REPEAT  (3 Modules)

January 21 – February 10, 2019

SPECIAL RATE FOR ALL ACTION CANADA MEMBERS - $35

Developed and Facilitated by Brittany Neron, Darrah Teitel and Makeda Zook, Action Canada, Ottawa

WORKSHOP DESCRIPTION:
This is a workshop on community development and collaborations in the field of sexual health and rights. Presented by Action Canada for Sexual Health and Rights, a progressive, pro-choice charitable organization committed to advancing and upholding sexual and reproductive health and rights in Canada and globally. This workshop discusses community collaborations with and across three distinct but overlapping audiences: health care service providers, community stakeholders and non-governmental actors, and the government sectors.

FACILITATORS’ BIOS:

Brittany Neron, as Health Information Officer, is responsible for overseeing the 24/7 Access Line, developing health promotion and education products and resources, identifying engagement opportunities in the domestic context, and liaising with local, national and grassroots organizations.

Darrah Teitel is currently the campaigns officer for Action Canada for Sexual Health and Rights. Previously, Darrah worked on Parliament Hill as a legislative assistant for the official opposition critics for the Status of Women and Indigenous Affairs. Later, she worked as the Director of Advocacy for the Canadian Artists Representation. Darrah is a lifelong socialist feminist and activist, a member of the International Socialist Organization, Independent Jewish Voices and a founding member of the Courage Coalition. Darrah is also a playwright, whose work has been produced across Canada and is coming to a theatre near you!

Makeda Zook, as Special Projects Officer, is responsible for the development of sexual health resources and information products in the domestic context. Specifically, she is responsible for overseeing the completion of Beyond the Basics, Action Canada’s sexual health education resource for teachers and community educators.
ONLINE WORKSHOP #179

TRANS: WHAT DOES IT ALL MEAN?

NEW WORKSHOP (3 Modules)

February 4 – February 24, 2019

Developed and Facilitated by Katie Cutting, Lazy Kitten Productions, Edmonton

WORKSHOP DESCRIPTION:

This workshop will address what it means to be trans, the modern trans movement, and how being trans impacts someone's relationship with the world around them. Katie will discuss the current language and review a brief history of trans issues. She will discuss what transition can look like, who does it and why, and will address the concept of sexuality vs gender. This workshop will also address common barriers for trans individuals to access services and professionals as well as social, economic and healthcare issues, including "Trans broken arm syndrome"

FACILITATOR’S BIO:

Katie Cutting is a queer transgender woman who is a filmmaker and activist recently turned educator. She runs the online content brand Big Sky Life through her company Lazy Kitten Productions. Her work focuses on moving public discourse into a less polarized state, LGBTQIA2S+ issues, and social justice.

For Registration and Payment Information please scroll down to the second last page of the calendar.

Visit our website at www.aspsh.ca
WORKSHOP #180

TEACHING ABOUT HUMAN SEXUALITY

February 18 – March 10, 2019

Revised and Facilitated by Christine Sturgeon and Carlie McPhee, Alberta Health Services, Sexual and Reproductive Health, Calgary Region

WORKSHOP DESCRIPTION:

This online workshop prepares participants to teach about human sexuality and sexual health in schools and/or the community. Participants will:
• Consider concerns and increase comfort
• Identify personal and community values
• Learn about addressing concerns
• Become familiar with models, curricula, objectives, rationales and frameworks
• Gain awareness of successful teaching tools and strategies
• Explore a variety of reputable resources
• Have the opportunity to network with other individuals teaching sexuality

FACILITATORS’ BIOS:

Christine Sturgeon (B.Ed., Certified Child Development Coordinator, Certified Addiction Studies) is an AHS-Sexual and Reproductive Health Community Educator with professional experience as a high school teacher, crisis intervention & family specialist, parent educator and addictions support home provider. She has had the opportunity to teach an array of topics such as healthy sexuality, working with high risk youth, ESL and domestic conflict resolution.

Carlie McPhee (BKin) is a Calgary zone Community Educator on the Sexual and Reproductive Health team within Alberta Health Services. Carlie is a health promoter, facilitator and strategic planner. She is passionate about all Albertans getting the information, skills and resources they need to lead healthy happy lives. She brings a vast facilitation and educator background to the table. She has been working in Sexual and Reproductive Health field for the past 3 years and enjoys this area of work very much. She is excited to support your learning throughout the workshop.
ONLINE WORKSHOP #181

SEXUALITY AND MENTAL HEALTH: BODY IMAGE

NEW WORKSHOP  (3 Modules)

March 4 – March 24, 2019

Developed and Facilitated by Colleen Larsen, AHS, Calgary Region

WORKSHOP DESCRIPTION:

This workshop explores the intersection of sexual health and mental health, focusing on the issue of body image within the adolescent population. Though mental health and sexual health have enormous influence on each other, this subject often goes unaddressed, both by health care providers as well as in many sexual health education programs. As the stigma of discussing sexual health has begun to decrease, there has been a rise in research that highlights the inter-relatedness of mental and sexual health, and the importance of acknowledging and addressing these needs in tandem rather than as separate concerns. This workshop aims to provide a basic overview of the common mental health diagnoses that occur in adolescence, how they can affect self-image, common body image concerns, the sexual health needs of this population, and ways to address these topics with youth.

FACILITATOR’S BIO:

Colleen Larsen (she/her/hers) is a Registered Nurse who works in the mental health field, primarily with adolescents as well as crisis intervention services. She has worked in a variety of settings within mental health, and has had the privilege of working as an instructor of nursing students at both Mount Royal University and the University of Calgary. In recent years, Colleen has also been pursuing her first passion – sexual health education. She is currently taking the University of Alberta’s Post-Graduate Sexual Health certificate, and is very excited to share this workshop with you!

For Registration and Payment Information please scroll down to the second last page of the calendar.

Visit our website at www.aspsh.ca
ONLINE WORKSHOP #182

BEYOND #METOO:
MOVING FORWARD TO
SEXUAL EMPOWERMENT

NEW WORKSHOP (3 Modules)

March 18 – April 7, 2019

Developed and Facilitated by Angel Sumka, Alberta Sex Positive Education and Community Centre (ASPECC), Edmonton

WORKSHOP DESCRIPTION:

This workshop will create room for compassionate conversation about sexual norms and combating shame. The workshop will help to create a supportive environment for ourselves and our sexual partners, address bystander intervention for adults in peer groups and develop mind and body awareness in sexuality.

FACILITATOR’S BIO:

Angel Sumka is a cisgendered (which means she identifies with the gender that correlates with the sex she was assigned at birth), pansexual (attracted to people and their personalities, regardless of their gender), white female. She prefer the pronouns She Her or They Them.

She is the current president of Alberta Sex Positive Education and Community Centre (also known as ASPECC). She has a BA in Psychology with a minor in Criminology, and her studies were focused on culture, diversity, sexuality, human development and the laws and customs that preside over sex and gender. She also has a criminology diploma, social science certificate and a love coach certification.
ONLINE WORKSHOP #183

THE ANTI-CHOICE MOVEMENT IN CANADA: THE FACTS

NEW WORKSHOP  (3 Modules)
April 1 – April 21, 2019

Developed and Facilitated by Kathy Dawson and Joyce Arthur, Abortion Right Coalition of Canada, Edmonton and Vancouver

WORKSHOP DESCRIPTION:
The anti-choice movement is highly active in Canada, but how politically influential are they? This workshop will look at the history and scope of the anti-choice movement in Canada, and examine their key activities and strategies in recent years. What are their goals? How are they funded? What are the main threats they pose to reproductive rights and other human rights? To get a sense of how politically influential the anti-choice movement is in Canada, the workshop will look at several provinces where reproductive rights are being violated or may be threatened by conservative governments, including Alberta, Ontario, and New Brunswick – as well as federally if the Conservatives win the 2019 election. Party positions on reproductive rights will be reviewed. Another focus will be anti-choice “crisis pregnancy centres” that misinform and deceive clients about abortion and other healthcare, and which have been making incursions into school sex-ed curriculums and opening maternity homes. You will learn about what ARCC and the reproductive rights movement has been doing in response to anti-choice actions, participate in a discussion of other potential strategies and campaigns, and find ways to get involved yourself to protect abortion access and rights.

FACILITATORS’ BIOS:
Kathy Dawson is a board member of the Alberta Pro-Choice Coalition and the Abortion Rights Coalition of Canada. Since 2013, Kathy has been working to get anti-choice groups blocked from classrooms, public funding & government referrals. She is active on social media under Edmonton Pro-Choice@blueskies366 and Alberta Pro-Choice Coalition @abprochoice (on Twitter). Facebook activity includes Alberta Handmaids Coalition and Alberta Pro-Choice Coalition.

Joyce Arthur is the founder and Executive Director of Canada's national pro-choice group, the Abortion Rights Coalition of Canada (ARCC). Before founding ARCC in 2005, she ran the Pro-Choice Action Network in British Columbia for 10 years and was editor of the national newsletter Pro-Choice Press. Joyce is a writer and researcher, media spokesperson, and international speaker on abortion and other women’s rights and social justice issues. She has a special interest in countering so-called “conscientious objection” in reproductive healthcare and other anti-choice harms.
ONLINE WORKSHOP #184

SEX ADDICTION 101  
(Part 1 of 2)

NEW WORKSHOP  
(3 Modules)

April 15 – April 28, 2019

Developed and Facilitated by Bill Schuilenberg, Private Practice, Kelowna, BC

WORKSHOP DESCRIPTION:

Participants will learn about the addiction cycle, types of problematic sexual behaviours, the neurobiological impact of addictive sexual behaviours and the recovery process. This workshop will also look at the diagnostic criteria of sex addiction according to the DSM-5 and the ICD-10, along with the upcoming revisions. The confusion and conflict amongst professionals about the validity of such a diagnosis will be discussed and new research will show the similarities with other addictions. The outcome will hopefully be an up to date and deeper understanding of sex addiction and more compassion for those who are struggling with this.

FACILITATOR’S BIO:

Bill Schuilenberg, MA, RPC, MPCC, CSAT-C is a compassionate, non-judgmental counsellor who specializes in working with people who are struggling with sexual addictions, intimacy issues and relationship challenges. Counselling is Bill’s second career, first he enjoyed cabinetmaking until illness prevented this and he went back to school at 41 to study counselling. After gaining his counselling credentials Bill and his wife Dr Susannah-Joy opened a private practice in Kelowna B.C. In 2008 he followed Susannah-Joy to Kuwait where they practiced for seven years in a multi-cultural psychology center. In 2015 he returned to Canada and they co-founded William & Associates Consultant Services where they both seek to help people through group therapy, one to one counselling, couples counselling and training intern counsellors. Currently he is training to become a certified sex addiction therapist (CSAT-C). In his spare time, you find Bill with his 4 grandsons either engrossed in Lego, building stuff or online racing.
Online Workshop #185

It’s Not About the Sex

(Part 2 of 2)

New Workshop (3 Modules)

April 29 – May 12, 2019

Developed and Facilitated by Bill Schuilenberg, Private Practice, Kelowna, BC

Workshop Description:

The interplay of attachment, sex addiction, intimacy and arousal- how does it all fit together or fall apart; this workshop explores the reasons sexual behaviour can become addictive, compulsive or problematic for some people. Drawing from the research of thousands of people struggling with their sexual behaviour it can be shown that it is rarely about the sex.

Facilitator’s Bio:

Bill Schuilenberg, MA, RPC, MPCC, CSAT-C is a compassionate, non-judgmental counsellor who specializes in working with people who are struggling with sexual addictions, intimacy issues and relationship challenges. Counselling is Bill’s second career, first he enjoyed cabinetmaking until illness prevented this and he went back to school at 41 to study counselling. After gaining his counselling credentials, Bill and his wife Dr Susannah-Joy, opened a private practice in Kelowna B.C. In 2008 he followed Susannah-Joy to Kuwait where they practiced for seven years in a multi-cultural psychology center. In 2015 he returned to Canada and they co-founded William & Associates Consultant Services where they both seek to help people through group therapy, one to one counselling, couples counselling and training intern counsellors. Currently he is training to become a certified sex addiction therapist (CSAT-C). In his spare time, you find Bill with his 4 grandsons either engrossed in Lego, building stuff or online racing.
ONLINE WORKSHOP #186

ADVOCACY

REPEAT (4 Modules)

April 29 – May 26, 2019

Developed and Facilitated by Tammy Troute-Wood, AHS, Calgary; Celia Posyniak, Kensington Clinic, Calgary; Marni Panas, AHS, Edmonton; Heather Cobb, AHS, Calgary

WORKSHOP DESCRIPTION:

The Wikipedia Definition of Advocacy is an activity by an individual or group which aims to influence decisions within political, economic, and social systems and institutions. Advocacy can include many activities that a person or organization undertakes including media campaigns, public speaking, commissioning and publishing research. Lobbying is a form of advocacy where a direct approach is made to legislators on an issue which plays a significant role in modern politics. An advocate is someone who provides advocacy support to people who need it.

This 4 module online workshop features four respected advocates of sexual health/reproductive rights/LGBTQ rights/disability rights. Tammy Troute Wood will present the theoretical evidence supporting the need for advocacy within the health sector. Celia Posyniak will address the ongoing need for advocacy to ensure all women have equal access to sexual and reproductive health information and services. Marni Panas will address the necessity to continue to advocate for safe and inclusive health environments for LGBTQ individuals and their families. Heather Cobb will identify some of the stigma surrounding sexuality and disability and how to ensure everyone has access to information, comprehensive sexual health education and effective sexual health services.
FACILITATORS’ BIOS:

Tammy Troute Wood, RN, MN, is a Sexual and Reproductive Health Specialist with the Sexual and Reproductive Health Program, Alberta Health Services. Tammy works with the education and health promotion team to promote healthy sexuality across the lifespan where she specializes in resource development and building capacity of health care providers. Tammy also works as a clinic nurse in the sexual and reproductive health clinics.

Celia Posyniak has been the Executive Director of Kensington Clinic in Calgary, Alberta for the past 28 years. Kensington Clinic is a free-standing abortion clinic. She has served on the boards of Planned Parenthood Alberta and the National Abortion Federation in Canada and the U.S. and is a recognized spokesperson and authority on reproductive health rights.

Marni Panas is a Senior Advisor Diversity and Inclusion, Alberta Health Services with a focus on creating safe, welcoming and inclusive environments for staff, physicians, patients, families, and volunteers. She has been invited to share her experiences and expertise in Patient & Family Centred Care, bereavement, and inclusive health for LGBTQ patients and their families locally, nationally and internationally. She has contributed to legislation and policy development for human rights for gender minority people at the provincial and federal level. Marni is also a transgender woman who has been very transparent throughout her journey in hopes of fostering acceptance through education and respectful dialogue.

Heather Cobb is a Sexual Health Promotion Specialist with the Sexual and Reproductive Health Program, Alberta Health Services in Calgary. As an education and training professional, Heather’s education includes a Bachelor of Sciences in sociology and psychology and a Post Graduate Certificate in Education from the UK. Areas of focus and particular interest for Heather include normalizing sexuality in the family, and sexuality and disability.

Watch for information about upcoming ASPSH events including the SAR (Sexual Attitude Reassessment), a 2 day workshop. The SAR provides an opportunity to explore and understand your own beliefs, attitudes, values and biases within the realm of sex and sexuality. This self-exploration and self-understanding facilitates comfort that ultimately fosters improved communication skills, both on a professional and a personal level.

For more information visit our website at www.aspsh.ca
ONLINE WORKSHOP #187

SEXUALITY AND DISABILITIES 101

REPEAT (3 Modules)

May 13 – June 3, 2019

Developed, Revised and Facilitated by Dr. Margaret Newbury-Jones, Private Practice, Kelowna, B.C.

WORKSHOP DESCRIPTION:

Join Margaret for a look at sexuality, sexual health education and folks with intellectual developmental disorder. How do they develop differently (or do they?)? What information do they need? How do you work with these folks directly, their families and their caregivers? What role do values of others play in their access to sexual health education and relationship opportunities? This is a workshop for beginners who want to add some more tools to their toolbox. Those with lots of tools in there already are more than welcome!

FACILITATOR’S BIO:

Dr. Margaret Newbury Jones specializes in working with folks with intellectual and developmental disabilities. She supports them around sexual health education and counselling needs as well as providing individual counselling needs, particularly with those folks with intellectual and developmental disabilities who have experienced trauma. She operates SHADE Consulting and Counselling in Kelowna, BC.

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https://instagram.com/aspsh.ca
https://twitter.com/aspsh
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website: www.aspsh.ca
ONLINE WORKSHOP #188

COUNSELLING SKILLS AND SEXUAL HEALTH: HELPING CLIENTS MAKE INFORMED DECISIONS

NEW WORKSHOP  (3 Modules)

May 27 – June 16, 2019

Developed and Facilitated by Lucy Snider, Private Practice, Kelowna

WORKSHOP DESCRIPTION:

This workshop aims to equip participants with the skills and knowledge needed to support their clients in making complex or challenging sexual health decisions such as termination of pregnancy or choosing a suitable method of contraception. The workshop will focus on how to create a sex positive environment and empower your clients to make informed choices regarding their sexual and reproductive healthcare needs.

FACILITATOR’S BIO:

Lucy Snider is an experienced psychotherapist specialising in helping couples and individuals who are experiencing relationship or sexual difficulties. Having recently moved to Canada from the UK, she spent 8 years in London working in the field of sexual health as a Sexual Health Adviser and Specialist.

Sexual Health and HIV Counsellor, delivering new diagnoses of all Sexually Transmitted Infections (STIs) including HIV and Hepatitis and providing support, education and information about all aspects of sexual health.

She strongly believes in the importance of 'knowledge as power' in over-coming the stigma that still exists around sexual health and promoting a sex positive attitude towards sexual and reproductive education. She is currently based in Kelowna, BC and you can visit her website at www.bcsexualwellness.com.
FEES:

Member:
$50 CDN per workshop

Non-member:
$75 CDN per workshop

Workshops are three modules.
25% discount for members who enroll in 3 or more workshops at a time.

MEMBERSHIP:

Student rate: $20 CDN

Individual rate: $40 CDN

Organizational rate: $100 CDN
- Up to 10 staff members per organization
  Each additional staff is $5 more.

All memberships are valid for one year from your date of purchase.
To become a member: www.aspsh.ca

REGISTER:

Visit our website: www.aspsh.ca or send an email to Melanie.aspsh@gmail.com
Please register at least 3 days before the start date of your workshop.

PAY:

Our preferred method of payment is PayPal.

Simply add your desired workshop(s) to the online cart after visiting our website.

If you are having difficulties or need to pay via e-transfer or cheque please contact us at Melanie.aspsh@gmail.com.
Alberta Society for the Promotion of Sexual Health (ASPSH) is a non-profit organization that has been offering sexual health education and training opportunities for sexual health professionals, teachers, parents, students and others interested in sexual health since 1993.

The board and staff would like to thank our online workshop partners. We sincerely appreciate your valuable contributions.

You can support the continuation of ASPSH’s programs by:
1) Purchasing a membership or making a donation to ASPSH by going to our website at www.aspsh.ca
2) Signing up for our workshops and trainings by visiting our website.
3) Sharing this online workshop calendar with your colleagues or anyone you think may be interested.