Gender and Mental Health Training Course

Professional Development Training Course Outline

Category	Gender Studies	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today’s rapidly evolving health landscape, the intersection of gender and mental health is crucial for promoting equitable care, inclusivity, and societal well-being. Gender profoundly influences mental health outcomes, access to services, coping strategies, and societal stigma. Gender and Mental Health Training Course emphasizes gender-sensitive mental health frameworks, integrating evidence-based approaches, intersectional analysis, and policy-oriented strategies to empower professionals, practitioners, and advocates in addressing mental health disparities. Participants will explore the dynamics of gender identity, social determinants, cultural factors, and systemic inequalities that shape mental health experiences.

This training provides a holistic learning experience combining theory, practical case studies, and interactive methodologies. By the end, participants will be equipped with skills to design gender-responsive interventions, advocate for mental health equity, and implement inclusive policies. With a strong focus on diversity, equity, and inclusion (DEI), the program fosters critical thinking, empathy, and leadership in tackling gendered mental health challenges across communities, workplaces, and health systems.

Programme Curriculum

Gender and Mental Health Training Course

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5 days

Course Objectives

1. Understand the intersection of gender and mental health in diverse populations.
2. Identify gender-specific mental health risk factors and protective mechanisms.
3. Analyze social determinants and cultural influences on mental health outcomes.
4. Apply trauma-informed and gender-sensitive approaches in practice.
5. Recognize mental health stigma and develop strategies to reduce it.
6. Evaluate policy frameworks and legal instruments supporting mental health equity.
7. Design gender-responsive mental health programs and interventions.
8. Integrate intersectionality into mental health research and assessment.
9. Implement community-based mental health initiatives.
10. Enhance leadership and advocacy skills in mental health sectors.
11. Employ data-driven decision-making for program planning and evaluation.
12. Promote inclusive communication strategies for diverse gender identities.
13. Foster resilience and coping mechanisms through gender-aware interventions.

Target Audience

1. Mental health professionals (psychologists, counselors, therapists)
2. Social workers and community health practitioners
3. Public health policy makers
4. Gender and human rights advocates
5. NGO and civil society leaders in health sectors
6. Educators and trainers in mental health and gender studies
7. Researchers and academics focusing on mental health
8. Corporate wellness and HR professionals

Course Modules

Module 1: Introduction to Gender and Mental Health

- Definitions of gender and mental health
- Overview of mental health disparities
- Gender roles and societal expectations
- Global mental health trends and statistics
- Case Study: Gendered mental health outcomes in urban vs. rural populations

Module 2: Biological and Psychological Perspectives

- Hormonal and neurobiological influences on mental health
- Gender differences in stress and coping
- Mental health disorders with gender prevalence differences

- Intersection with age and developmental stages
- Case Study: Depression rates among adolescent girls and boys

Module 3: Social Determinants and Cultural Factors

- Impact of socioeconomic status on mental health
- Family dynamics and societal expectations
- Cultural norms and stigma
- Access to mental health services
- Case Study: Community-based interventions in culturally diverse settings

Module 4: Trauma, Violence, and Mental Health

- Gender-based violence and mental health outcomes
- Childhood trauma and long-term effects
- Domestic violence and psychological support
- Ethical considerations in trauma care
- Case Study: Support programs for survivors of intimate partner violence

Module 5: Gender-Sensitive Assessment and Intervention

- Screening tools and diagnostic approaches
- Tailoring therapy to gender needs
- Trauma-informed care practices
- Developing individualized care plans
- Case Study: Implementing gender-responsive counseling programs

Module 6: Policy, Legal Frameworks, and Advocacy

- National and international mental health policies
- Gender equity legislation in mental health
- Advocacy strategies for marginalized populations
- Stakeholder engagement and lobbying
- Case Study: Policy impact on mental health services accessibility

Module 7: Community Engagement and Awareness

- Designing awareness campaigns
- Collaborating with local organizations
- Peer support and group interventions
- Promoting mental health literacy
- Case Study: Community outreach for LGBTQ+ mental health support

Module 8: Leadership, Research, and Innovation

- Emerging trends in gender-focused mental health research
- Data-driven program evaluation
- Leadership skills for mental health advocacy
- Innovation in therapy techniques
- Case Study: Integrating technology for remote mental health interventions

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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