



Transforming Practice: Transgender Health and Well-Being

Lisa Stewart Women's
Health Center

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Visioning Transgender Justice

- Social Justice Issue
- Civil Rights Issue
- Human Rights Issue
- Medical Rights Issue

Terminology

- Sex: Anatomical Male, Female, Intersex
- Gender: Masculine, Feminine, Androgynous

Terminology

- Gender Identity: One's Internal Sense of Being Male, Female, or Other
- Gender Role: Socially Proscribed Behaviors for Being Male, Female, or Androgynous

Terminology

- Gender Dysphoria: Persistent Distress with One's Current Sexual Characteristics or Ascribed Gender Role
- Gender Incongruence: Difference between One's Anatomical Sex and Gender Identity

Terminology

- Transgender
- Gender Queer
- Cisgender
- Transgenderphobia (Transphobia)

Terminology

- Transition: Processes Related to Aligning One's Physical Characteristics with One's Gender Identity. Can Include Hormone Therapy, Sexual (Gender) Reassignment Surgery (SRS)

Transsexual or Transgender?

- Transsexual
- Transgender

Prevalence

- No Reliable Research
- Estimates: 1-3% of Population Experience Gender Dysphoria

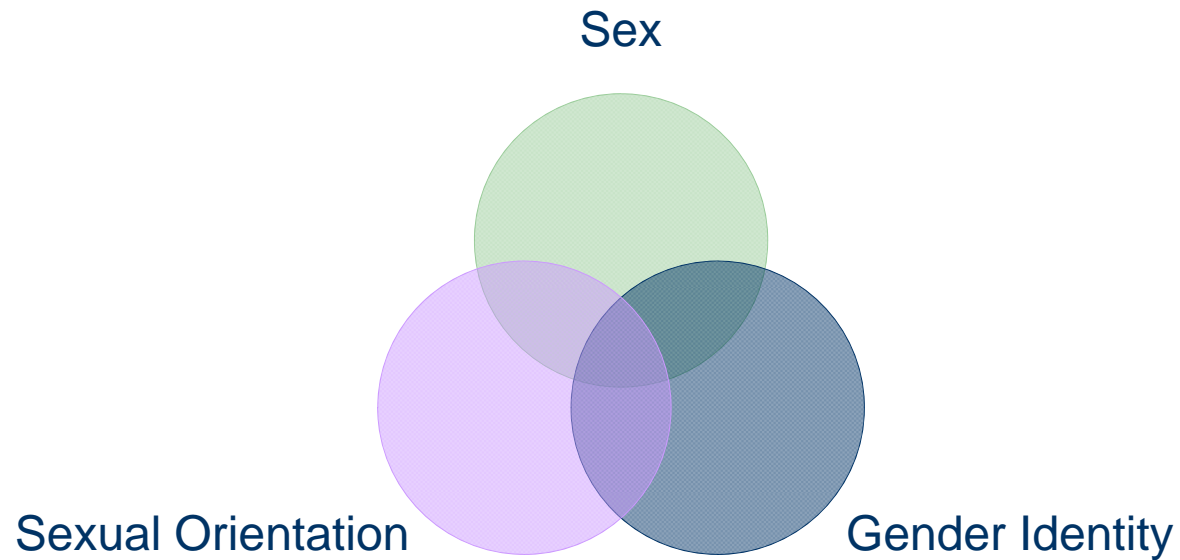
Sexual Orientation

- To whom one is sexually/physically attracted; with whom one wishes to engage in sexual and/or romantic relationships
- Lesbian, Gay, Bisexual, Asexual
- Queer

Sexual Orientation

- All Transgender Individuals have Sexual Orientations
- Not All Transgender People are Gay, Lesbian, or Bisexual

Sex, Sexual Orientation, and Gender Identity



Intersex/Disorders of Sexual Development (DSD)

- Individuals born with external genitalia, chromosomes, or internal reproductive systems that are variations from what is considered usual for male or female infants
- Chromosomal and Non-chromosomal

Psychopathologizing Transgender Issues

- DSM III; DSM IV-TR; DSM 5
- Gender Identity Disorder in Children and Adolescents
- Gender Identity Disorder in Adults

DSM IV-TR to DSM 5

- Gender Dysphoria

Basis of Anti- Transgender Ideology

- Androcentrism (Sexism; Misogyny)
- Gender Polarity (Binary)
- Biological Determinism
- Race; Socioeconomic Status

Critiques of Gender Identity Disorder

- Gender Madness in American Psychiatry
 - Kelly Winter, Ph.D.
- GID Reform Advocates: www.gidreform.org
- International Foundation for Gender Education: www.ifge.org

Gender Madness in American Psychiatry

- 10 Specific Issues with Gender Identity Disorder
 - Lacked Clarity on Dimensions of Gender Dysphoria
 - Stigmatized Behavior that is Seen as Normal In Cisgendered People
 - Suggested That Gender Identity was Disordered

Risks for Transgender People Living in Transphobic Environments

- Depression
- Anxiety
- Self-harm
- Suicide
- Substance Abuse
- HIV/AIDS
- Subject To:
- Violence
- Reparative Therapies
 - Children

Strengths/Protective Factors

- Resilience
- Endurance
- Perseverance
- Wellness/Wholeness Orientation

TRANSforming Alternatives to Psychiatric Illness Model

- Wellness Model
- Biopsychosocial Model

Person-centered Trans-Affirming Interdisciplinary Team Approach

- Medical Professionals
- Psychology Professionals
- Social Work Professionals
- Gender Specialists

Bio-psycho-social Perspective

- Biological Perspective
 - Medical assessment/evaluation

Bio-psycho-social Perspective

- Psychological Assessment
 - Gender Identity Profile
 - Effects of Transphobia
 - Other Psychological/Emotional Issues

Bio-psycho-social Perspective

- Lev, A.I. (2009) The ten tasks of the mental health provider: Recommendations for revision of the World Professional Association for Transgender Health's Standards of Care. *International Journal of Transgenderism*, 11(2), 74-99.

Bio-psycho-social Perspective

- Coolhart, D., Provancher, N., Hager, A., & Wang, M.N. (2008). Recommending transsexual clients for gender transition: A therapeutic tool for assessing readiness. *Journal of LGBT Family Studies* 4(3) pp. 301-326.
- Clinical Assessment for Determining Client Readiness for Gender Transition

Bio-psycho-social Perspective

- Social/Social Work Assessment
 - Social Environment Supports
 - Barriers to services

Developmental Perspective

- Children and Gender Identity
- Adolescents and Gender Identity
- Younger Adults and Gender Identity
- Older Adults and Gender Identity

Children and Gender Identity

- Natural Fluidity
- Parents' Fears

Adolescents and Gender Identity

- Exploring Identities
- Puberty/Hormonal/Sexual Changes
- Social Development Challenges

Younger Adults and Gender Identity

- Gender Identity Still Fluid, but Identity Formation More Solid
- Gender Fluidity Not Pathological

Older Adults and Gender Identity

- Freedom to Explore Gender Identity Now Possible
- Other Developmental Tasks Accomplished

TRANSforming Your Practice

- Self-assessment: Your Gender Identity
- Who, ME???
- Effects of Transphobia

How Can Health Professionals Respond?

- Create a Non-judgmental Environment
- Mental Health Assessment and Evaluation
- Medical And Surgical Management
- Link to Community-based Support Services

Creating a Non-judgmental, Welcoming Environment

- Have Lesbian, Gay, Bisexual, and Transgender Materials on View
- Have LGBT Affirming Forms (Miller and Weingarten)
- Have LGBT Affirming Trained Staff

Competent Mental Health Assessment and Evaluation

- Gender Specialists

Medical And Surgical Management

- Nurses and Nurse Practitioners Primary Healthcare Providers
- Form Team with Transgender Affirming Medical Professionals

Link to Community-based Support Services

- Know Where and to Whom to Refer
- Maine Transnet

Educate, Learn, Educate

- Lack of Knowledge is Greatest Barrier to Serving Transgender People
- Knowledge is Available
- Transgender People Should Not Be Primary Educators

How Can Health Professionals Respond to Trans People ?

- Facilitate Self-exploration
- Assist in Coming Out Process
- Assist in Transition
 - Refer to Competent Medical Personnel
 - Write Letters of Recommendation if Required

Ethical Framework for Working with Transgender People

- National Assoc. of Social Workers (NASW) Policy Statement
- American Nurses Association
- American Psychological Association
- American Psychiatric Association
- American Counseling Association

Practice Guidelines

- American Counseling Association:
“Competencies for Working with Transgender Clients”
- National Association of Social Workers
- American Psychological Association

Transitioning Guidelines

- World Professional Association for Transgender Health (WPATH)
 - The Henry Benjamin Standards of Care

Have to Have

- Transgender Care: Israel and Traver
- Transgender Emergence: Arlene Istar Lev
- Social Services for Transgender Youth: Gerald Mallon
- Fenway Guide to LGBT Health

Have to Have

- Sissies and Tomboys: Gender Nonconformity and Homosexual Childhood. Matthew Rottnick (Ed).
- The Transgender Child. Brill and Pepper
- 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws Kate Bronstein

Resources

- Maine Transnet www.mainetransnet.org
- TransCare Collaborative
- Outright
- American Boyz

Resources

- Maine Human Rights Commission
- Maine Transnet
- GLAD
- Equality Maine

Resources for Children

- Dr. Jerry Olshan, Children's Gender Clinic, Maine Medical Center
- Gender Management Services (GEMS) Boston Children's Hospital
- Trans Youth Equality Foundation
 - www.transyouthequality.org

Recent Positive Events

- New Efforts to Establish Transgender Medical Expenses as Coverable by Insurance
- Maine Supreme Court Decision: Transgender Children Have Legal Right to Use Facilities of Their Choice
- Recognition of Tax Deductible Medical Expenses Related to Transition

Dedication

- Nicole Maines and her Family
- To Transgender Individuals Everywhere Who Have Suffered Because of Misinformed and Inappropriate Mental Health Treatment

Presenter Information

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