

A Journey into Transgender Mental Health

Transcending the Binary

NOAH GARCIA

When seeking care, nothing is scarier to transgender individuals than a provider who's poorly informed about the issues facing their community. From discrimination and harassment to mental health issues and the process of transitioning, having a clinician who's informed and affirmative can make a huge difference in ensuring transgender individuals get the help they need, ultimately decreasing the risk of suicide in this population. Through firsthand accounts coupled with clinical information, this workshop will explore how you can be an affirmative provider. You'll discover:

- Areas of common clinical concern and treatment when working with transgender individuals
- How gender dysphoria is commonly experienced
- The medical, social, and psychological aspects of transitioning all therapists should be aware of
- The critical aspects of incorporating trans-affirmative care into your practice

Note: This workshop fulfills many state board requirements for training in cultural competency.

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Learning Objectives:

1. Appraise several factors that can impact mental health and treatment when working with individuals who are transgender.
2. Appraise gender dysphoria and how this is commonly experienced.
3. Determine the medical, social, and psychological aspects of transitioning as it may relate to client experience.
4. Determine how to incorporate trans-affirmative care into your practice.

Outline:

1. List several factors that can impact mental health and treatment when working with individuals who are transgender.
 - a) Coming out and beginning to transition
 - b) Discrimination and harassment
 - c) Pronouns and names
 - d) Common clinical concerns
2. Explain gender dysphoria and how this is commonly experienced.
 - a) What is gender dysphoria?
 - b) Examples of triggers that may cause dysphoria
3. Describe the medical, social, and psychological aspects of transitioning as it may relate to client experience.
 - a) Medical aspects of transitioning
 - b) Social aspects of transitioning
 - c) Psychological aspects of transitioning
4. Describe how to incorporate trans-affirmative care into your practice.
 - a) Do's
 - b) Do Not's
 - c) 10 Things trans guys want you to know

References:

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