

WORKING CLINICALLY WITH TRANSGENDER CLIENTS

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Useful Resources

- National Center for Transgender Equality
 - www.transequality.org
- Philadelphia Trans Health Conference
 - <https://www.mazzonicenter.org/trans-health>
- World Professional Organization for Transgender Health
 - www.wpath.org

WPATH Standard of Care: 8 Core Principles

- Exhibit **respect**
- Affirm identity
- Become knowledgeable
- Match approach to specific needs
- Facilitate access
- Seek consent
- Offer continuity
- Support and advocate

How can I help you?

- Psychotherapy for reasons not related to trans identity
- Assessment and referral
- Work on issues related to transgender identity

Questions to ask

- What is your legal name?
- What is your chosen name?
- How do you identify your gender?
- What gender were you assigned at birth?
- What pronouns do you use?

Doctoral dissertation by Dr. Karisa Barrows

“Achieving Optimal Gender Identity Integration for Transgender Female-to-Male Adult Patients: An Unconventional Psychoanalytic Guide for Treatment”

<http://drkarisabarrow.com/%C2%A9%20Karisa%20L%20Barrow.pdf>

Appendix A - Semi Structured Questionnaire

Other questions you might (or might not) want to ask

- How long have you been living in your current identity ?
- Full-time or part-time?

Or

- Do you intend to transition?

ID questions

- Have you changed your ID? Do you plan to?
 - Name change
 - Gender marker change
 - Social Security card
 - Driver's License / State ID
 - Passport
 - Birth Certificate
 - Other banking, school records, medical records

Partner Questions

- What is your sexual orientation?
- Have you been in long-term relationships in the past?
Currently?
- Is your partner aware of your gender identity?
- How does your partner feel about your identity?
- Do you have any concerns about your sex life?

Children

- Do you have children?
- Did you give birth to them?
- Are they aware of your gender identity?
- How do they feel about it?

Intersectionality

- What is your ethnic/racial/religious identity?
- Does your gender identity impact your functioning in these communities?

Family history questions

- What are your first memories of not conforming to gender expectations?
- How did your gender non-conformity impact your relationship with your family growing up?
- What is your current relationship with your family of origin?
- Do you have people you consider your chosen family?

Mental Health Questions

- Have you sought mental health treatment in the past?
 - For what?
 - What was the outcome?
- Have you ever had suicidal thoughts?
- Have you ever made a suicide attempt?
- Are you having suicidal thoughts currently?
- Do you have a plan? Means?

Impact questions

- How has your transition impacted other areas of your life?
 - Education
 - Work
 - Financial
 - Living arrangements
 - Legal
- Is there anything else you would like to tell me?

Diagnosis

- Gender Dysphoria
 - DSM 5 – 302.85 (children 302.6)
 - ICD 10 – F 64.1 (children F64.2)
- Previously, Gender Identity Disorder

Diagnostic Criteria

A marked incongruence between one's experienced/expressed gender and assigned gender, of at least 6 months, as manifested by at least two of the following:

1. A marked incongruence between one's experienced/expressed gender and primary and/or secondary sex characteristics

Diagnostic Criteria (cont'd)

2. A strong desire to be rid of one's primary and/or secondary sex characteristics because of a marked incongruence with one's experienced/expressed gender
3. A strong desire for the primary and/or secondary sex characteristics of the other gender.
4. A strong desire to be of the other gender (or some alternative gender different from one's assigned gender).

Diagnostic Criteria (cont'd)

5. A strong desire to be treated as the other gender (or some alternative gender different from one's assigned gender).
6. A strong conviction that one has the typical feelings and reactions of the other gender (or some alternative gender different from one's assigned gender.)

Differential Diagnosis

- Non-conformity to gender roles
- Cross-dressing
- Body dysmorphic disorder
- Intersex
- Schizophrenia and other psychotic disorders

Interventions

- Psychoeducation
 - Options regarding gender identity and expression
 - Bibliotherapy
- Self-exploration
 - Personal history
 - Experiment with gender expression

Interventions (cont'd)

- Referrals
 - Medical
 - Other professionals
 - Community resources
 - Online
 - IRL

Interventions (cont'd)

- Ambivalence
 - Must be processed
 - Loss of family, job, finances, spiritual community
 - Impaired sexual functioning
 - Isolation
 - Marginalization
 - Grieving

Interventions (cont'd)

- Coming Out
 - Outcomes of disclosure
 - Safety plan
- Safety
 - Repercussions of stigma
 - Safe sex, STIs, HIV

Interventions (cont'd)

- Comorbid mental health issues
 - Trauma
 - Depression
 - Anxiety
 - Substance use

Interventions (cont'd)

- Family Support
- Gatekeeping
 - Letters
 - Other providers
- Ongoing support

Advocacy

- ACA Code of Ethics A7a

“When appropriate, counselors advocate at individual, group, institutional, and societal levels to address potential barriers and obstacles that inhibit access and/or the growth and development of clients.

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