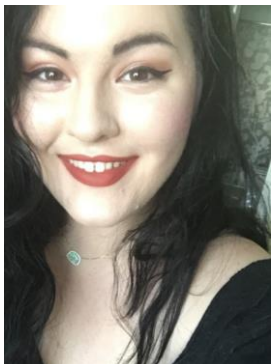




UNDERSTANDING THE EMOTIONAL CHALLENGES OF A TRANSGENDER CLIENT



Presented by:
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(she/her)



OUR FOCUS FOR TODAY

TERMINOLOGY

Basic definitions

Proper usage



CHALLENGES

Emotional

Medical

Social



APPLICATION

In treatment

In our communities

attn:

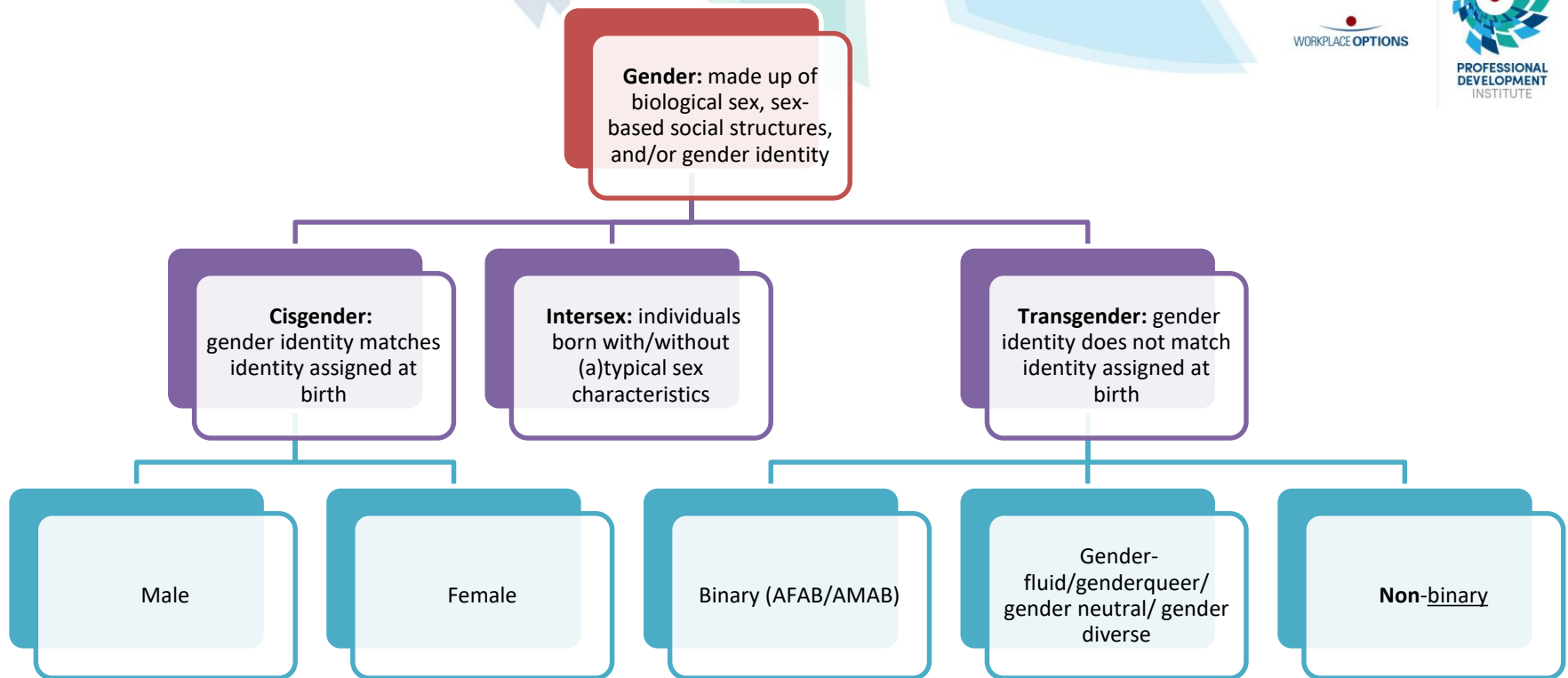
SUPPORTED BY

Gigi Gorgeous
This is her story

**WE'RE ASKING TRANS PEOPLE
ALL THE WRONG QUESTIONS**



DEFINITIONS





THE GENDERBREAD PERSON



Identity

how you define your gender

Attraction

who you are drawn to (sexually and/or romantically)

Expression

what we do to reinforce our gender identity (clothes, demeanor, etc.)

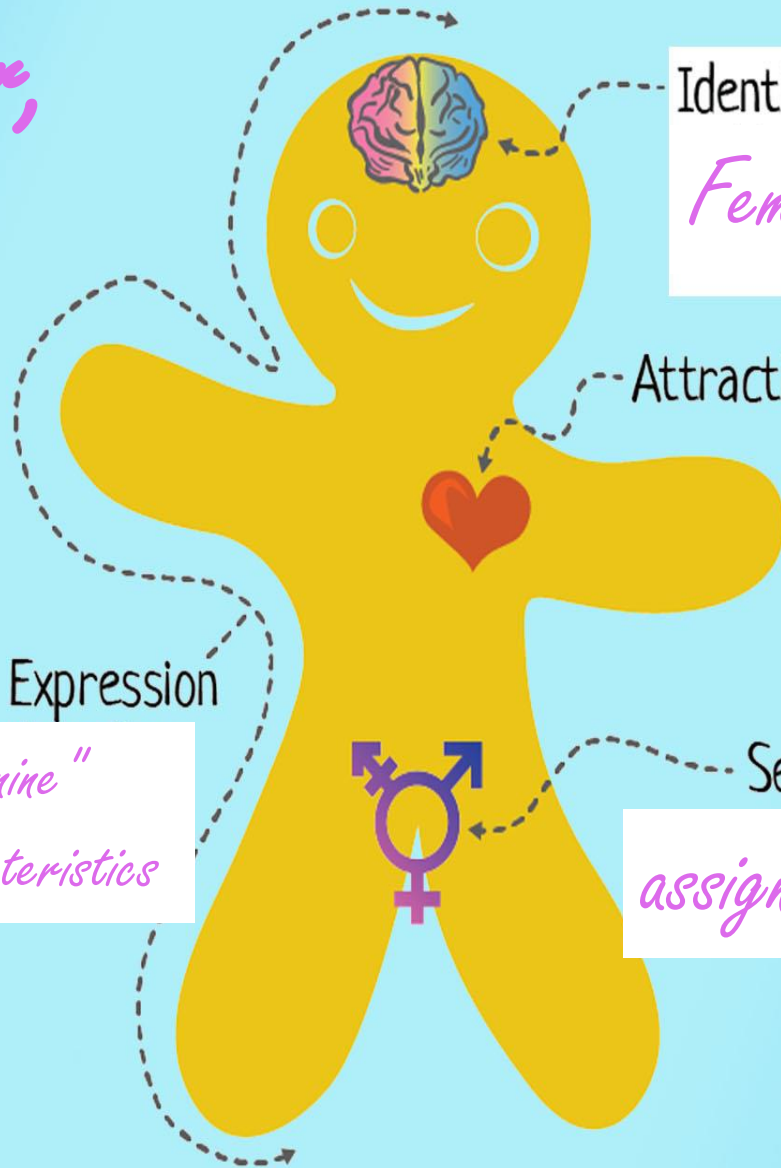
Sex

External genitalia and internal reproductive organs (sex assigned at birth)

MAMA BEAR
Apologetics

THE GENDERBREAD PERSON

**Cisgender,
Bisexual
Female**



Identity

Female

Attraction

Men & Women

Expression

*Traditionally "feminine"
clothing and characteristics*

Sex

assigned female at birth

MAMA BEAR
Apologetics

THE GENDERBREAD PERSON

***TRANSGENDER,
HOMOSEXUAL
MALE***

Identity

MALE

Attraction

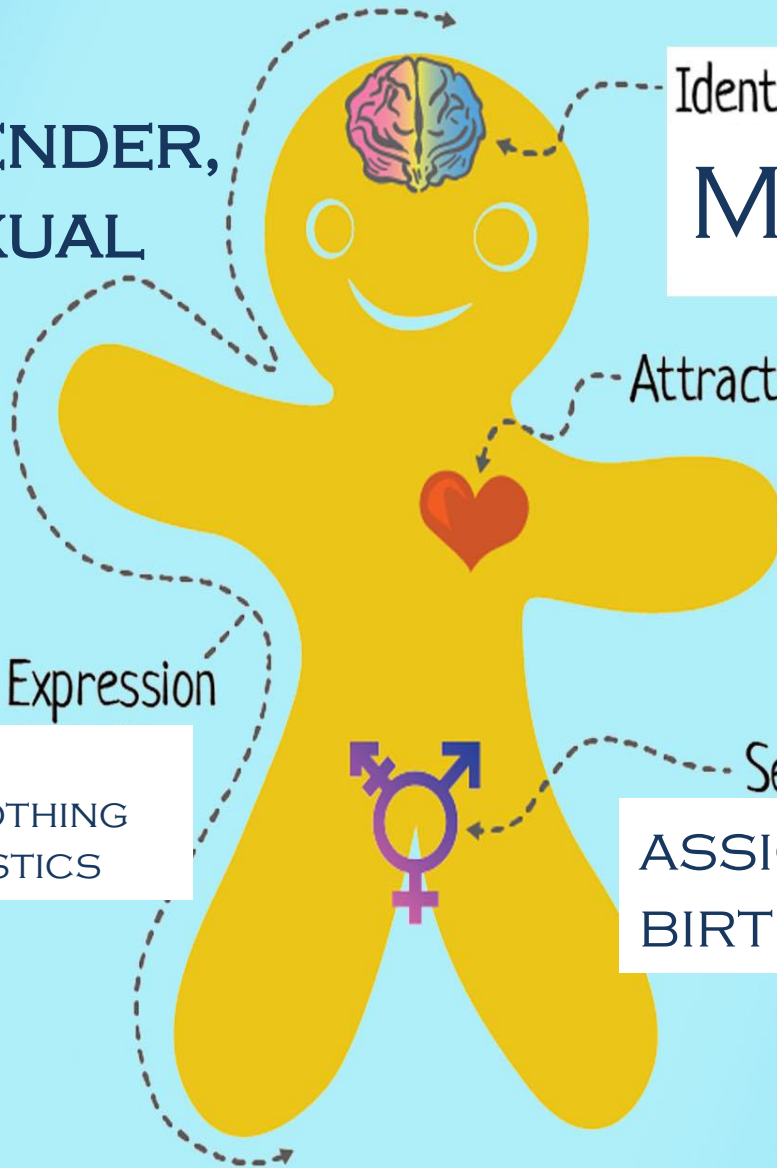
MEN

Expression

TRADITIONALLY
"MASCULINE" CLOTHING
AND CHARACTERISTICS

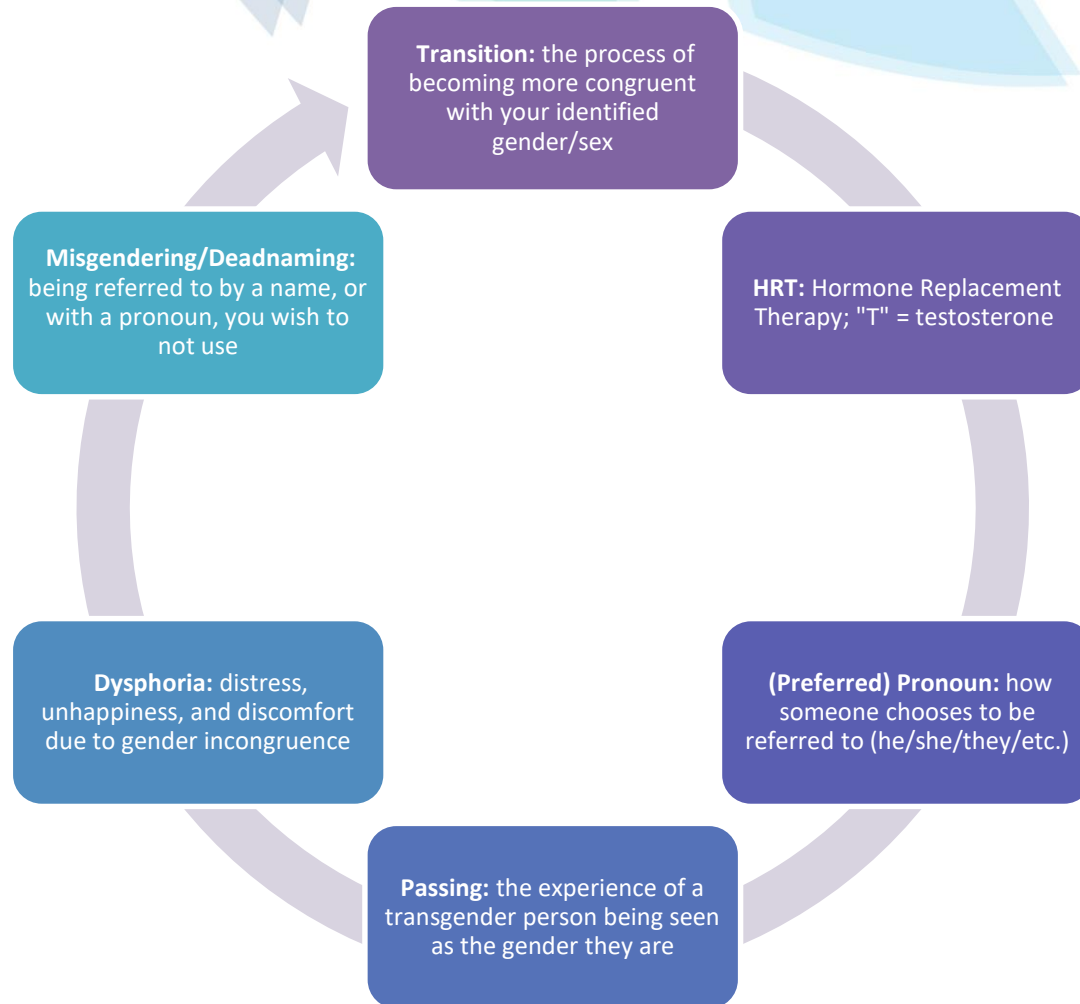
Sex

**ASSIGNED FEMALE AT
BIRTH**

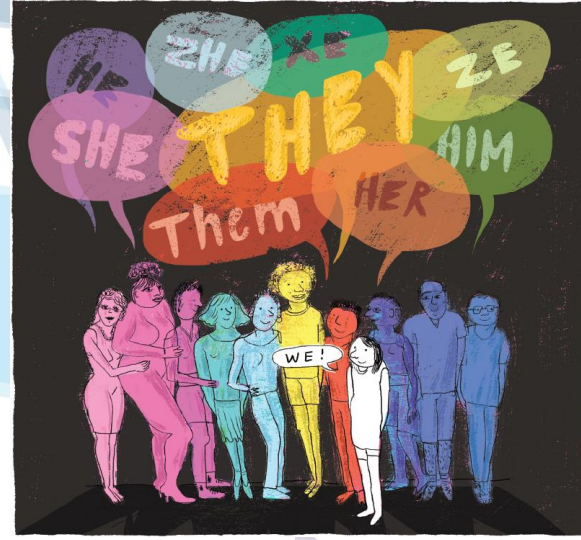


MAMA BEAR
Apologetics

ADDITIONAL TERMINOLOGY



PRONOUNS



Commonly used pronouns

- he/him
- she/her
- they/them
- ze(xe)/hir

Do NOT

- assume to know someone's pronouns
- refer to anyone as "it" or "he-she"
- purposely misgender someone

PRONOUN FAQs

WORKPLACE OPTIONS



What if I don't know someone's pronouns?

Ask

"I use the pronouns she/her. What pronouns do you use?"

What if I misgender someone on accident?

Apologize and move on

"Sorry, I meant (insert pronoun)."

What if I hear someone being misgendered?

Gently correct them

"Jay uses the pronouns they/them."



Any
questions
so far?

In a national study, 40% of transgender adults reported having made a suicide attempt. ____% of these individuals reported having attempted suicide before the age of 25

20

50

92

75

WORKPLACE
OPTIONS



In a national study, 40% of transgender adults reported having made a suicide attempt. ____ of these individuals reported having attempted suicide before the age of 25

92%

____ % of transgender individuals who saw a health care provider in the last year reported having at least one negative experience related to being transgender

16

55

34

28

WORKPLACE
OPTIONS



____ % of transgender individuals who saw a health care provider in the last year reported having at least one negative experience related to being transgender



34

___ % of transgender individuals
who tried to access homeless
shelters were harrassed

15

40

55

80

WORKPLACE OPTIONS



___% of transgender individuals
who tried to access homeless
shelters were harrassed



55

CHALLENGES

Emotional

Dysphoria

Internal
Stressors

Medical

Discrimination

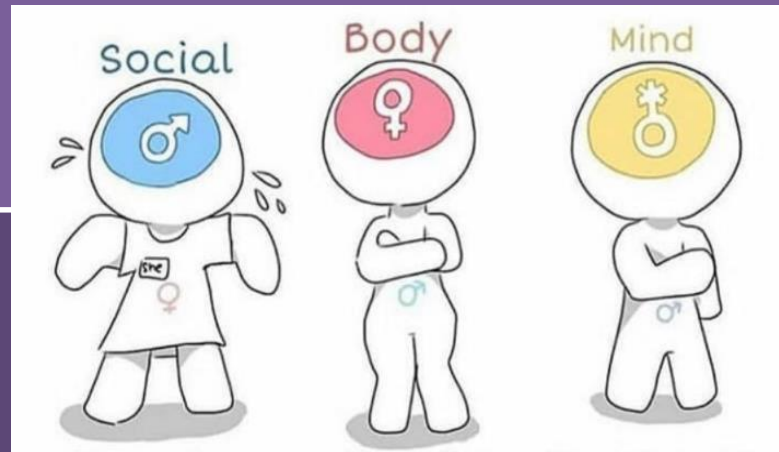
Lack of care

Social

Transphobia

Lack of
inclusivity

Dysphoria



Discomfort with
how they are seen
socially

Discomfort with
physical body and
how it functions

Discomfort when
thoughts/emotions
are at odds with
their sense of
identity

INTERNAL STRESSORS

- ☐ Depression
- ☐ Suicidal ideation
- ☐ Self-harm
- ☐ Internalized transphobia
- ☐ Guilt
- ☐ Shame
- ☐ Loneliness
- ☐ Anxiety

WORKPLACE OPTIONS



MEDICAL CHALLENGES

WORKPLACE OPTIONS



**Being refused
treatment**



**Being verbally
harassed**

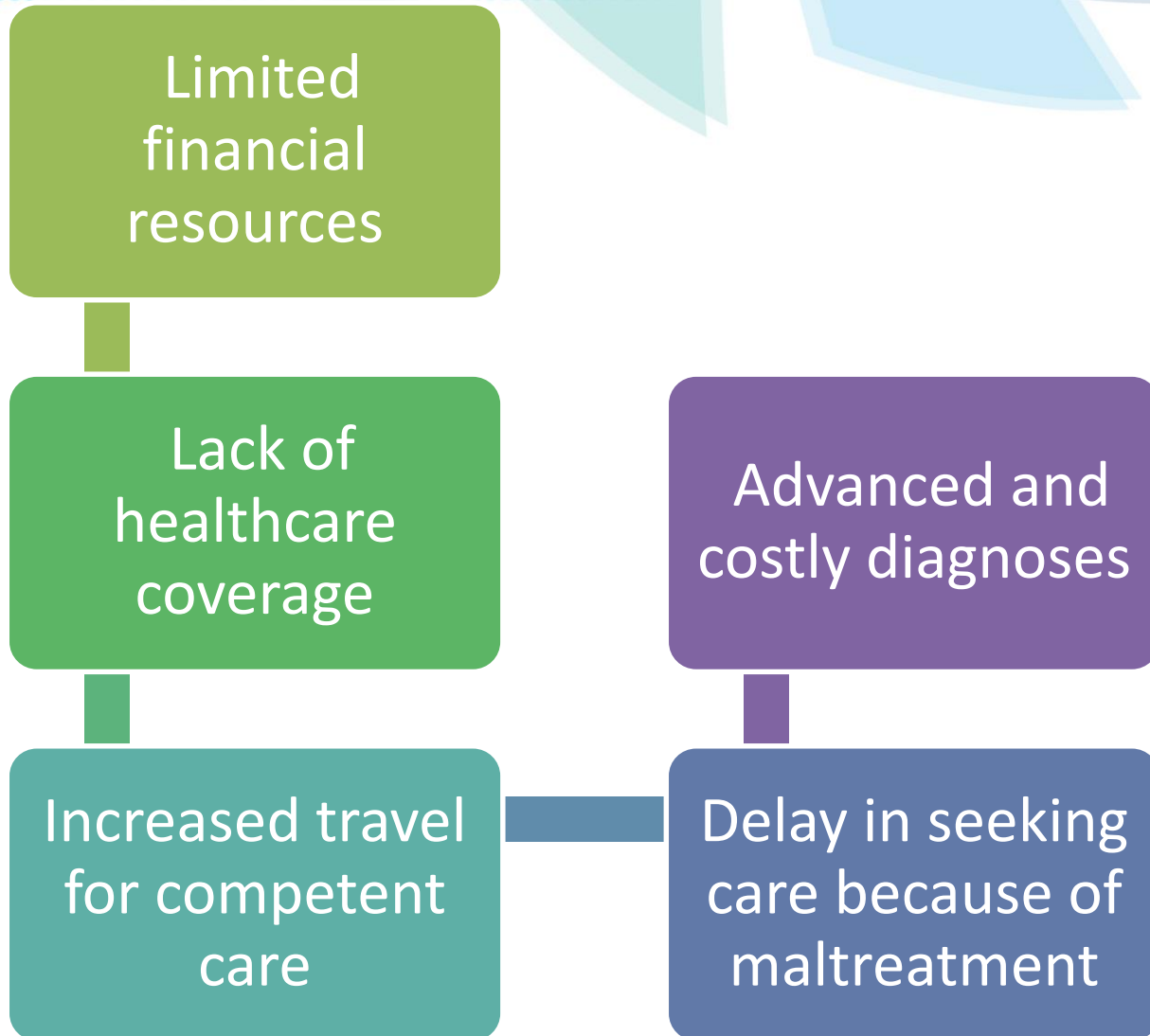


**Being physically
and/or sexually
assaulted**



**Having to teach the
provider about
transgender people**

MEDICAL CHALLENGES



MYTH BUSTING

Insurance shouldn't support special care



Most procedures and treatments trans people can't get covered, are covered for cisgender people

It's just cosmetic and ineffective



Transgender healthcare improves the lives of trans people, reducing stress, anxiety, depression, and discrimination

This would be too expensive for insurance to cover

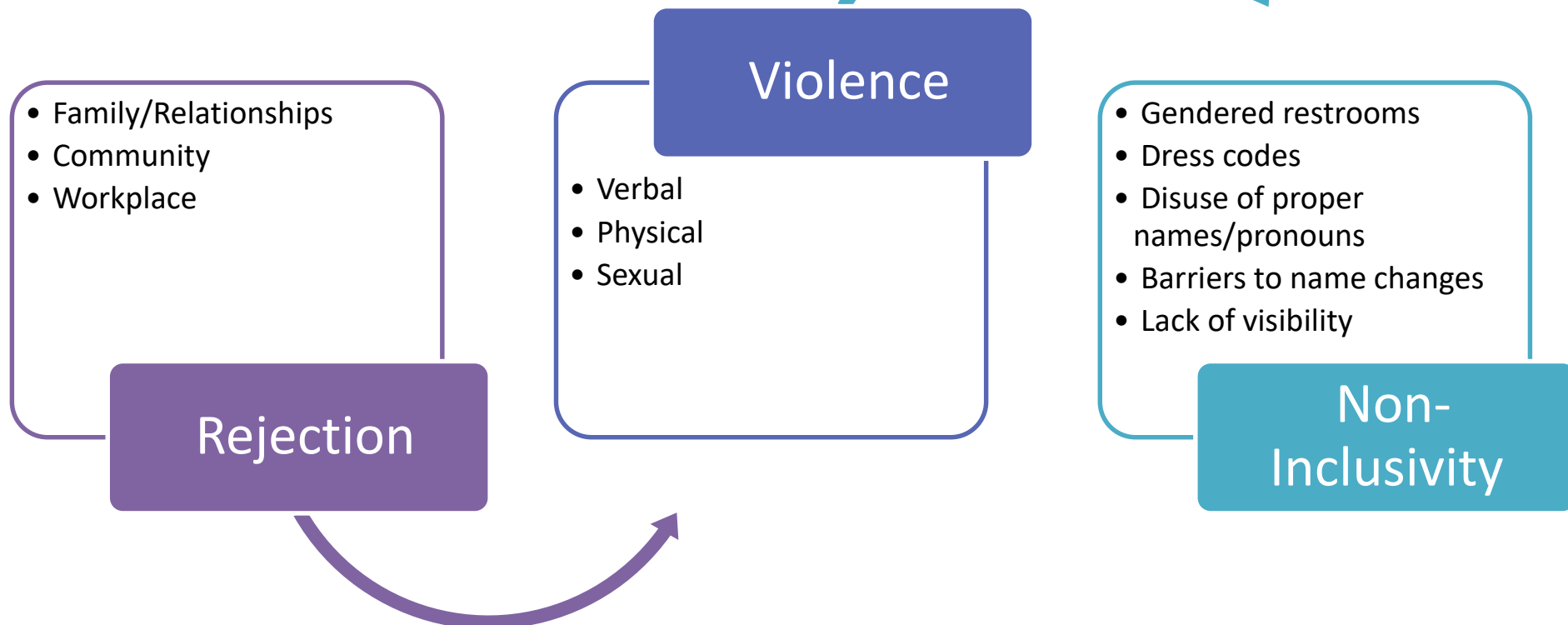


Since trans people are a statistically small population, and treatments are already covered for cis people, this would not be expensive to cover

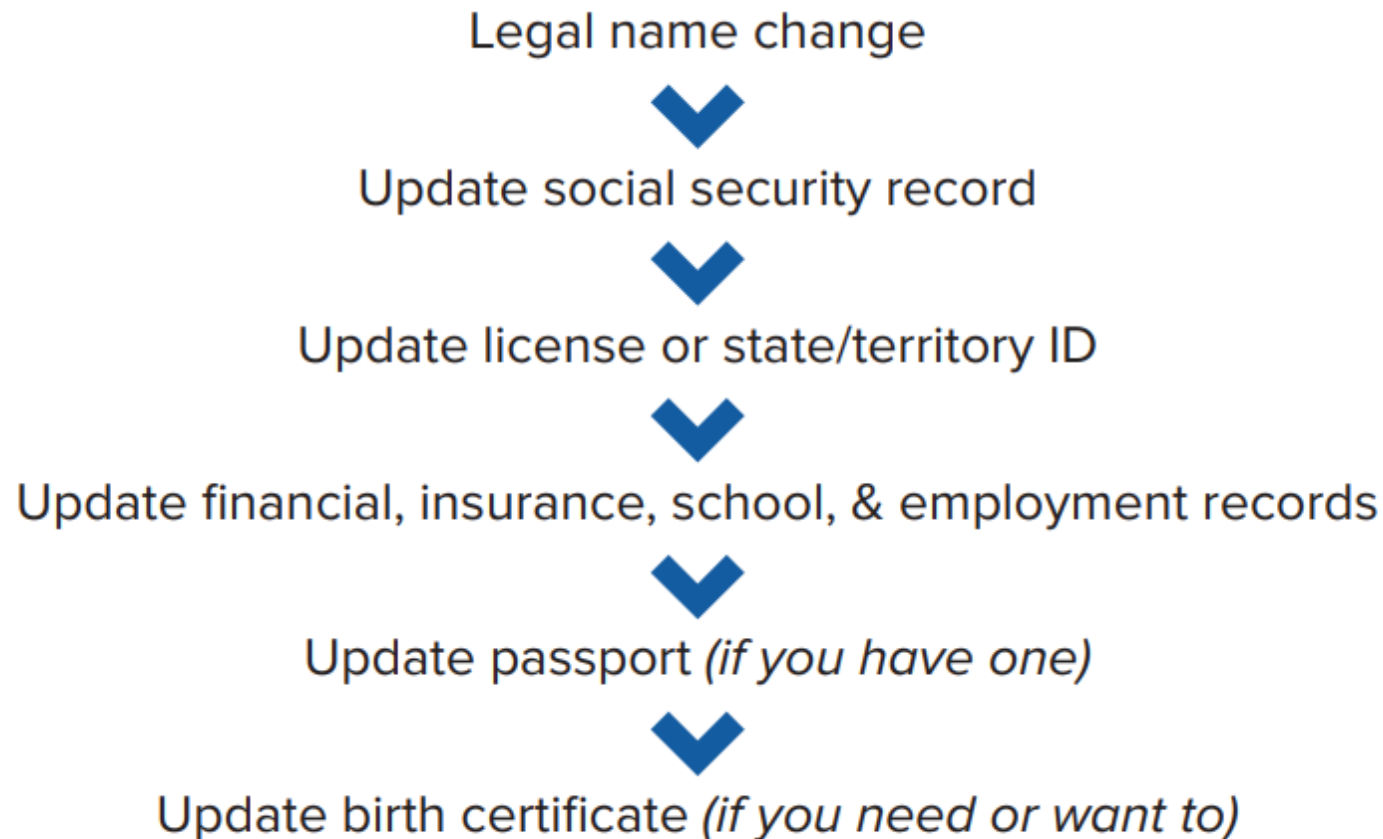
SOCIAL CHALLENGES

Transphobia: dislike of or prejudice against transgender people

WORKPLACE OPTIONS



The process for updating a name and gender marker on documents and records typically looks like this...



Checklist

This is the typical process for updating names and gender markers. For more details or more specific information for your state or territory, visit [TransEquality.org/Documents](https://www.transequality.org/Documents).

Obtain a court-ordered name (if changing your legal name)¹

File for your name change in the state where you live or have residency.

- ☐ Find out if there is a fee or publication requirement and if it can be waived.
- ☐ Ask for your case to be sealed if you are concerned about privacy or safety.
- ☐ Obtain multiple certified copies of the court-ordered change (this may cost money).

Update information with Social Security

Find more details at [TransEquality.org/SSA](https://www.transequality.org/SSA)

- ☐ Locate the nearest Social Security office (secure.ssa.gov/locator)
- ☐ If changing your name bring a certified copy of your name change order.
- ☐ If changing your gender, bring proof of transition using **one** of the following:
 - A valid 10-year passport showing your updated gender
 - A birth certificate showing your updated gender
 - A court order recognizing a change of gender
 - A signed letter from a doctor on letterhead showing appropriate clinical treatment
 - A valid 10-year passport showing your updated gender

Update state ID or drivers license with the Department of Motor Vehicles

Complete this step in the state where you live or have residency.

- ☐ To update your legal name, bring your court-ordered name change document.
- ☐ To update your gender marker, follow the instructions in the state where you live.
- ☐ See [TransEquality.org/Documents](https://www.transequality.org/Documents) for more information.

Update insurance, financial accounts, and school or employment records

Typically, you will only need a copy of your name change order, as many of these documents do not show gender.

- ☐ Update your name on bank accounts, credit cards, and other financial records.
- ☐ Update the name on your health, car and home insurance plans if applicable.
- ☐ Update your name on any other IDs or records.

The processes for updating school and workplace records may vary.

Apply for an updated passport (if you have one)

To update the gender marker on your passport, you will need to submit a letter from a physician confirming that you have had appropriate clinical treatment for gender transition. Use exact language from our sample letter at [TransEquality.org/Passports](https://www.transequality.org/Passports).

All passport applications that include a gender change must be submitted in person at a Passport Acceptance Facility (find one at iafdb.travel.state.gov). If you're only updating your name, you can submit your application in person or in the mail.

- ☐ Ensure that your physician follows the exact language of the NCTE model letter.
- ☐ Check to make sure a physician (MD or DO) signed the letter and that it is on the physician's letterhead.

Apply for an updated birth certificate (if desired)

If you want an updated birth certificate for school enrollment, employment, or other reasons, follow the instructions in the state or territory where you were born, regardless of where you currently live. If you were born in another country, follow the process for that country.

- ☐ If you were born in a state where it is difficult to update your birth certificate you may want to get an updated passport, which you can often use instead of a birth certificate as proof of citizenship.
- ☐ If the state where you were born requires a court order recognizing your gender to update your birth certificate, you may be able to get that court order issued in the state where you currently live or you may have to petition the state where you were born. For more information about your state's process, visit [TransEquality.org/Documents](https://www.transequality.org/Documents).

Inform Selective Services of a name change (if applicable)

According to Selective Service rules, all individuals assigned male at birth are required to register with Selective Service. All name changes are to be reported to Selective Service. Learn more at [TransEquality.org/SSA-Trans](https://www.transequality.org/SSA-Trans).

- ☐ Fill out a Change of information form and return it with a copy of your name change court order at [Tiny.cc/SSS-portal](https://tiny.cc/SSS-portal).
- ☐ Individuals assigned female at birth may need to obtain a status information letter to show that you are exempt from registering at [Tiny.cc/Trans-Status](https://tiny.cc/Trans-Status).

Update immigration documents (if applicable)

If you have changed your legal name, submit your court-ordered name change document to update your name on immigration records.

If you are updating your gender, you will need to submit a driver's license, birth certificate, passport, court order, or other official government-issued document reflecting the requested gender designation OR a letter from a licensed health care professional certifying the change in gender as shown in the sample letter at [TransEquality.org/immigration-documents](https://www.transequality.org/immigration-documents).

Update voter registration (if you are over 18 and able to vote)

If you haven't registered to vote yet and are able, please register! Voter registration can be updated with the Board of Elections or with the Department of Motor Vehicles.

- ☐ See [USA.Gov/Register-To-Vote](https://www.usa.gov/register-to-vote) for more information on your state.

WHAT WE CAN DO?



Normalize pronouns

"I use 'she/her' pronouns, what pronouns do you use?"

Signals allyship early on; an organic way to ask how your client self-identifies



Trans-inclusive documentation

Use "AMAB/AFAB" and correct pronouns

More sensitive and reliable way of capturing your client's identity



Appropriate diagnosing

Refrain from diagnosing "gender dysphoria" for all trans clients

Not all trans people experience dysphoria or want dysphoria in their record; use more specific diagnoses



Create a Safe Space

Use physical environment to reinforce trans-affirming space

Include LGBTQ+ representation in artwork or pamphlet material, etc.

QUESTIONS?



RESOURCES

- <https://www.plannedparenthood.org/learn/gender-identity/transgender>
- <https://genderspectrum.org/audiences/medical-and-mental-health-professionals>
- <https://uwm.edu/lgbtrc/support/gender-pronouns/#:~:text=A%20pronoun%20is%20a%20word,that%20you%20are%20talking%20about>
- https://www.google.com/imgres?imgurl=https%3A%2F%2Fcdn.vanderbilt.edu%2Fwp-content%2Fuploads%2Fsites%2F59%2F20200213131008%2Fgenderpronouns1.png&imgrefurl=https%3A%2F%2Fcf.vanderbilt.edu%2Fguides-sub-pages%2Fteaching-beyond-the-gender-binary-in-the-university-classroom%2F&tbid=iFLfalktEgDGLM&vet=12ahUKewiZrlvBoqDsAhVReTABHWHJAXMQMyhHegQIARA-..i&docid=NS_ATc7_3bbnKM&w=800&h=747&q=trans%20pronouns%20infographic&ved=2ahUKewiZrlvBoqDsAhVReTABHWHJAXMQMyhHegQIARA-
- https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.verywellmind.com%2Fthumb%2F7OqPnVdlsU88sVQqW8OUUpRUfuo0%3D%2F1200x900%2Fsmart%2Ffilters%3A%2Fwhat-does-it-mean-to-be-non-binary-or-have-non-binary-gender-4172702_round5-136869e9e4754c8da6528ddbba1e45b8.png&imgrefurl=https%3A%2F%2Fwww.verywellmind.com%2Fwhat-does-it-mean-to-be-non-binary-or-have-non-binary-gender-4172702&tbid=sOjVaE76orSlzM&vet=10CAoQxiAoAWoXChMloNGp7qKg7AIVAAAAAB0AAAAAEAL..i&docid=bypPzWvYE3tZRM&w=1200&h=900&itg=1&q=trans%20pronouns%20infographic&ved=0CAoQxiAoAWoXChMloNGp7qKg7AIVAAAAAB0AAAAAEAL
- <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>
- <https://www.thecenterat909.org/>
- https://www.google.com/imgres?imgurl=https%3A%2F%2Fstatic.wikia.nocookie.net%2Fflgbta%2Fimages%2F8%2F81%2FDyphoria.jpg%2Frevision%2Fatest%2Fscale-to-width-down%2F340%3Fcb%3D20190922025958&imgrefurl=https%3A%2F%2Fflgbta.wikia.org%2Fwiki%2FDysphoria&tbid=fx0-GUj9RFFOyM&vet=12ahUKewj8_MHawrLsAhVLCN8KHR23CCcQMygdegUIARC4AQ..i&docid=iXZl3OzmH1oeFM&w=340&h=170&q=trans%20dysphoria%20info&ved=2ahUKewj8_MHawrLsAhVLCN8KHR23CCcQMygdegUIARC4AQ
- <https://www.spectrumnews.org/news/new-clinical-guidelines-address-gender-dysphoria-autism/>
- <https://www.google.com/imgres?imgurl=https%3A%2F%2Ffenwayhealth.org%2Fwp-content%2Fuploads%2FCOMM-81-Fenway-Health-2017-Transgender-Awareness-Month-Infographic-Final.jpg&imgrefurl=https%3A%2F%2Ffenwayhealth.org%2Ftransgender-awareness-month-the-time-to-end-health-inequity-is-now%2F&tbid=0k7ID0J1ExnlM&vet=12ahUKewiM1PKm8aXsAhW2nnlEHSJYCAoQMygSegUIARCeAQ..i&docid=a3wy-nfSfl5T2M&w=792&h=1224&q=transgender%20healthcare&hl=en-US&ved=2ahUKewiM1PKm8aXsAhW2nnlEHSJYCAoQMygSegUIARCeAQ>
- <http://avp.org/wp-content/uploads/2017/08/NCAVP-A-Crisis-of-Hate-Final.pdf>
- <https://transequality.org/sites/default/files/docs/resources/ID-Documents-Overview.pdf>
- <https://www.glaad.org/healthcare>

