



Treating the T in LGBT

How to effectively treat Trans identified clients

by

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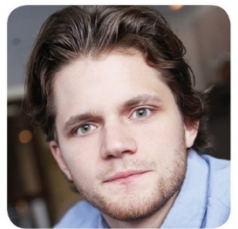
for

PRIDE Institute

Eden Prairie & Minneapolis, MN

Facilitator: Marsha Partington, MA, LADC

- Primary Counselor for the PRIDE Institute, Eden Prairie, MN
- Completed Transgender Cultural Competency Training with the Family Partnership Counseling Center
- Received MA in Addiction Studies from the Hazelden Graduate School in Minnesota



PRIDE Institute Residential Treatment



Creating a Healthy LGBT Community

Residential Treatment

42 beds, LGBT- exclusive

-Mental health co-occurring treatment

-HIV/AIDS support

-Most Insurances Accepted

-Trauma informed care

-Sexual health programming

-Gender Identity group



New! Intensive Day Program/PHP with Lodging



Intensive Outpatient Program

- Located in the heart of Uptown, Minneapolis
- Three schedules; 3 days per week
- Sexual health track
- Trauma track



- Exclusive LGBT 12 step meetings free & open to the LGBT public!

Overview of Presentation

In this interactive workshop we will cover:

- The Core Elements of Sexual and Gender Identity
- Gender definitions
- Diversity within the Trans community
- Standards of Care for transgender individuals
- Appropriate use of pronouns
- The role of Privilege and the impact of Discrimination



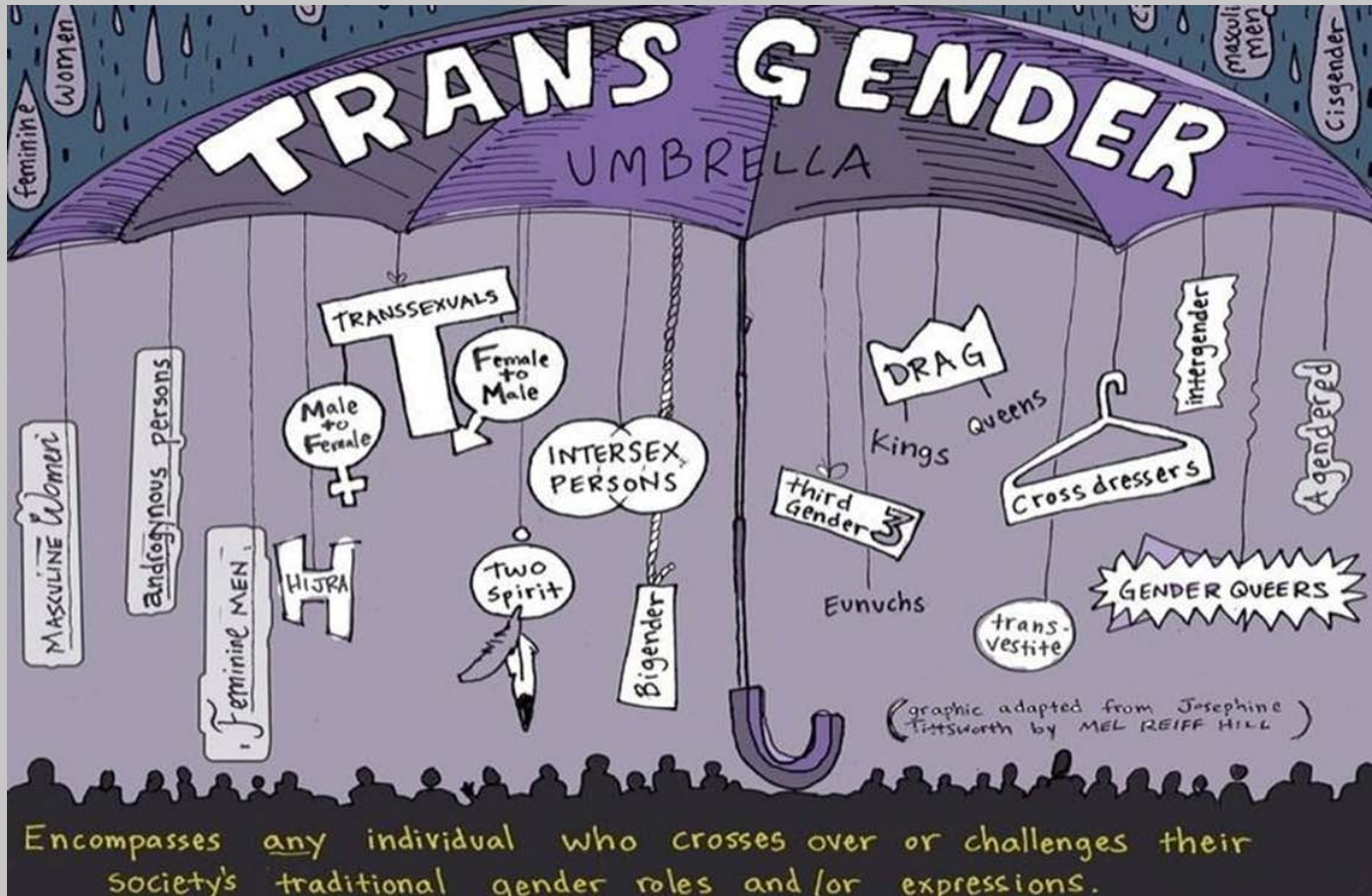
What is Trans anyway?

Transgender is an umbrella term that encompasses an individual who crosses over or changes their society's traditional gender roles and/or expression.

People whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth.



Transgender Umbrella

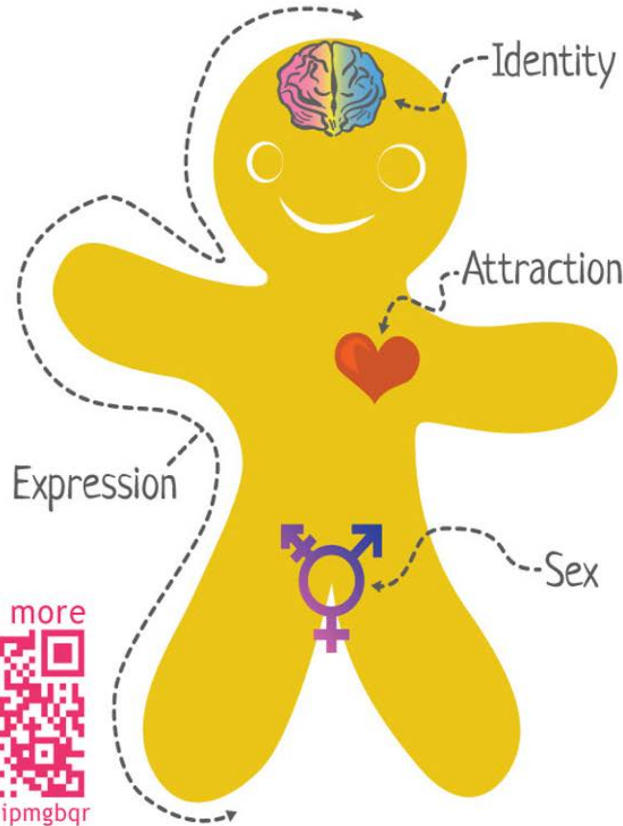


Encompasses any individual who crosses over or challenges their society's traditional gender roles and/or expressions.

The Genderbread Person v2.0

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



Gender Identity



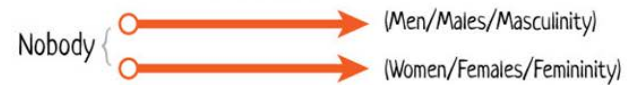
Gender Expression



Biological Sex



Attracted to



read more

bit.ly/ipmgbqr

Back to Basics

- Lesbian – a female physically and/or emotionally attracted to other females
- Gay – a male physically and/or emotionally attracted to other males
- Gay – umbrella term for the LGBT community
- Bisexual – an individual emotionally and/or physically attracted to both males and females
- Transgender – an individual who typically identifies as a gender different than their “assigned gender”



Pronouns

Why are they important?

- Common: She/Her, He/Him, They/they, Ze/Hir, Ze/Zim
- Therapists should use the pronoun that addresses clients according to the gender role they live in.
- Represents a basic respect for the individual
- These words (pronouns) are very important for self-identification



Gender Identity vs. Gender Dysphoria

- DSM-IV, GID focused on the “identity” issue which was the incongruity between someone’s birth gender and the gender with which he or she identifies.
- DSM –V, wants to emphasize the importance of ***DISTRESS*** about the incongruence for a diagnosis.



Impact of Privilege

- What is our individual “lens of privilege?”
- How can this help us work more effectively with our clients?
- Cisgender privilege
- Male privilege
- White privilege
- Privilege Exercise



Addiction in the Trans Community

- 26% of Trans people report using drugs or alcohol to cope with discrimination
- 96% have had sex under the influence of alcohol
- 75% report regular alcohol use
- 21% binge drink
- 79% Illegal drug use
- 34% Trans women (mtf) engage in drug use by injection.
- 18% Trans men (wtm) engage in drug use by injection
- 55% Trans women (mtf) report they have been in alcohol & drug treatment in their lifetime
- ***2000 study San Francisco, Dr. Clements SF Department of Public Health***



Research Findings

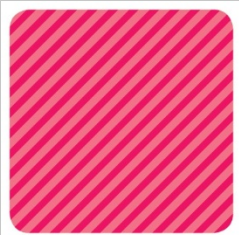
- 1999 Study in California (Reback and Lombardi) reported that most commonly used drugs by MTF transgender individuals were alcohol, cocaine,/crack and methamphetamine.



Other Trans statistics

- 60% denied health care or refused by their doctor
- 57% rejected by families
- 69% experience homelessness
- 60-70% have experienced physical or sexual harassment by law enforcement officers
- 65% experience physical or sexual harassment at work
- 78% experience physical or sexual harassment in school
- Custody or visitation is frequently denied for trans parents

From the American Foundation for Suicide Prevention 2014

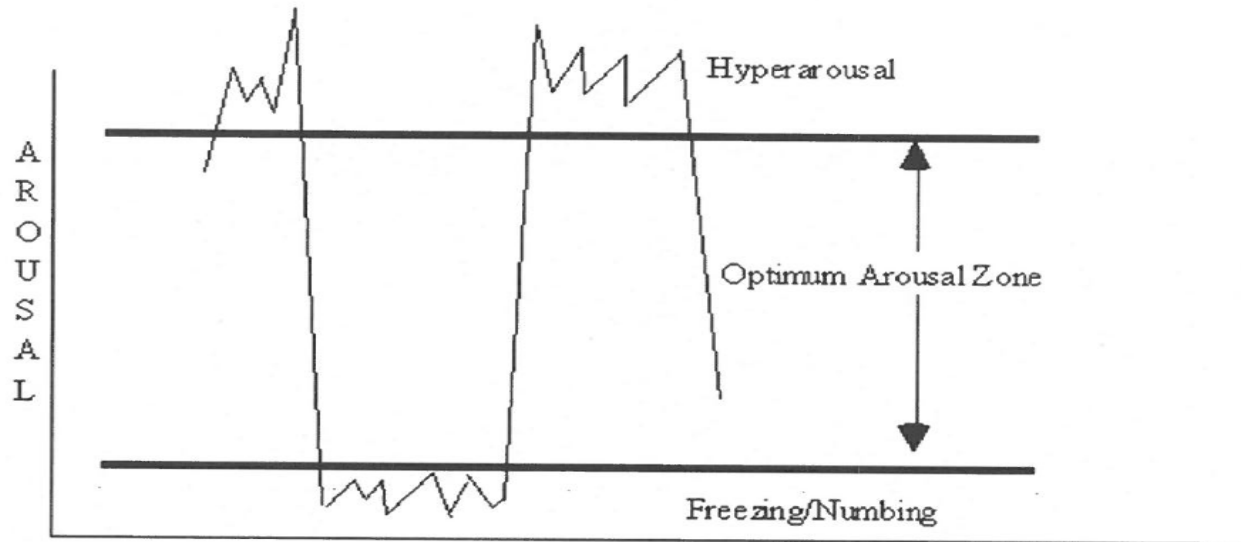


Counseling Trans Clients

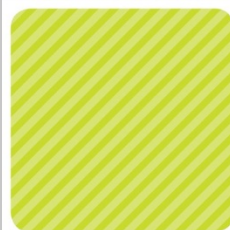
- Check your personal bias about transgender individuals.
- Find resources to answer questions.
- Use affirming pronouns – these are fluid and may change with time.
- Assist client with getting legal prescribed hormones.
- Develop & discover your own resources.
- Know and understand the World Professional Association for Transgender Health Standards of Care (WPATH S.O.C.).



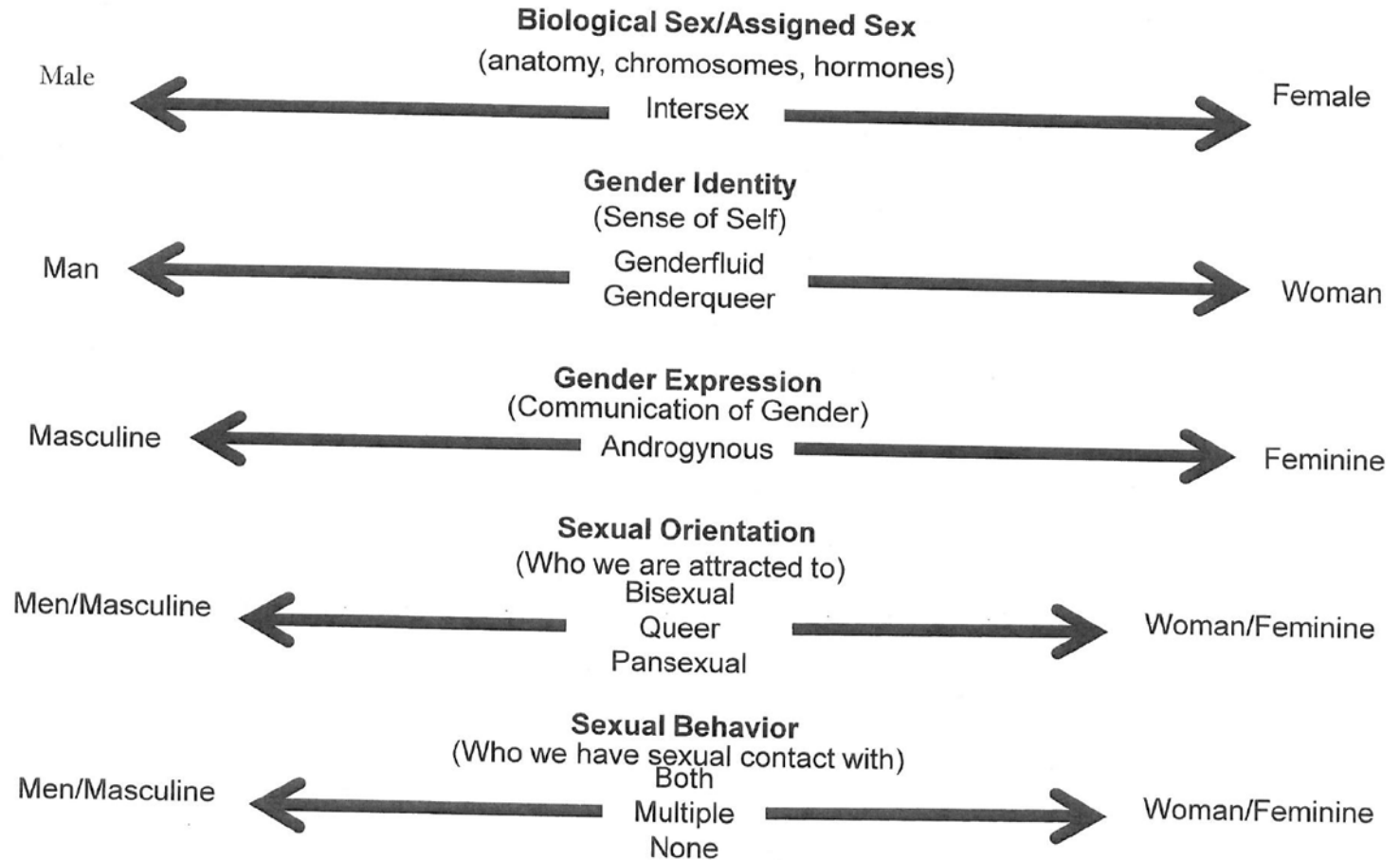
Window of Tolerance



Sensorimotor Psychotherapy Institute



Gender & Sexuality Continuums



Transgender Emergence Model

- Awareness
- Seeking Information/Reaching Out
- Disclosure to Significant Others
- Exploration- Identity and Self-Labeling
- Exploration- Transition Issues/Possible Body Modification
- Integration- Acceptance and Post-Transition Issues



—Istar Lev, Arlene (2004) *Transgender Emergence*



How do you “staff” a transgender client?



Helpful questions to ask your trans clients:

- How have you come to understand your body since childhood?
- How do you feel in your body now?
- When did you notice that things didn't feel right?
- What lessons did you learn about gender while growing up?
- How did people in your immediate circles react to LGBTQ+ identified people?
- What did you know about trans people growing up?
- Who do you feel is in charge of your transition?
- How can I help you with your coming out process?



Questions?



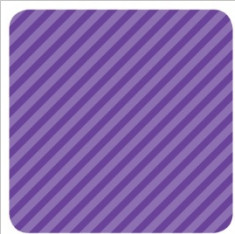
Resources

- TransMontana by Roberta Zenker
- Second Son by Ryan Sallans
- My Gender Workbook by Kate Bornstein
- A Queer and Pleasant Danger by Kate Bornstein
- Transgender History by Susan Stryker
- Running on a Mind Rewired by Nate Cannon
- Trans (Documentary)
- Just Gender (Documentary)



References

- www.itspronouncedmetrosexual.com
- www.avp.org
- www.fenway.org
- www.nalgap.org
- www.runningrewired.com
- www.transmontanathebook.com



Thank you for coming to this presentation.

“Instead of saying that all gender is this or all gender is that, let's recognize that the word “gender” has scores of meanings built into it.

It's an amalgamation of bodies, identities, and life experiences, subconscious urges, sensations, and behaviors, some of which develop organically, and others which are shaped by language and culture.

Instead of saying that gender is any one single thing, let's start describing it as a holistic experience.”

— *Kate Bomstein S. Bear Bergman*





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