Treating the T* in LGBT

How to effectively treat Trans* identified clients by

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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.
Encompasses any individual who crosses over or challenges their society's traditional gender roles and/or expressions.
The Genderbread Person v2.0

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
- Nongendered
- Agender

Gender Expression
- Masculine
- Feminine

Biological Sex
- Female
- Male

Attracted to
- Men/Males/Masculinity
- Women/Females/Femininity
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”
- **Genderqueer** – an individual who identify as both or neither genders
- **Cisgender** – individuals whose gender identity matches the sex they were assigned at birth
- **Intersex** – a person born with reproductive/sexual anatomy that doesn’t seem to fit definitions of male or female
- **Asexual** – someone who does not experience sexual attraction
- **Pansexual** – a person who feels they are sexually/emotionally/spiritually capable of falling in love with all genders
Back to Basics

- **Gay** – Umbrella term for the LGBT community
- **Lesbian** – a female physically and/or emotionally attracted to other females
- **Gay** – a male physically and/or emotionally attracted to other males
- **Bi-sexual** – an individual emotionally and/or physically attracted to males, females and gender non-conforming people
- **Transgender** – an individual who typically identifies as a gender different than their “assigned gender”
- **Gender queer** – individual who identifies as both or neither gender on the gender binary
MORE BASICS

• **Gender Non-Conforming (GNC)** – those who do not follow other people’s ideas of how they should look or act based on the sex they were assigned at birth.

• **Pansexual** – a person who feels they are sexually/emotionally/spiritually capable of falling in love with any or all genders.

• **Cisgender** – individual whose gender identity matches the sex they were assigned at birth. “Cis” from Latin, meaning “on the same side as.”

• **Asexual** – someone who does not experience sexual attraction.

• **non-binary gender identity** – a person does not identify strictly as male or female – they could identify as both, neither, or as another gender entirely. **Agender** – does not identify with any gender.
Pronouns:
Why are they important?

- Commonly used pronouns: She/Her, He/Him,
- They/Them
- New Surname: Mx (gender non-conforming)

**These pronouns are changing all the time!**

- Use the pronoun that addresses the person according to the gender role they live in, **NOT** the gender role you see.
- 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 –5, 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 (ftm) 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
Other Trans* statistics

- 60% denied health care or refused by their doctor
- 50% report teaching doctors about trans* care
- 57% rejected by families
- 69% experience homelessness
- 70% have faced housing discrimination.
- 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

From the American Foundation for Suicide Prevention 2014
More Trans* statistics

• Custody or visitation is frequently denied for trans parents
• 26% use drugs reported using chemicals as a way to cope
• 41% have attempted suicide compared with 1.6% of the general public
• 64% who have not transitioned experience suicidal ideation
• One research survey found that 28% transgender patients had encountered harassment or disrespect in a clinical setting

(Findings from a study by the National Center for Transgender Equality and the National Gay and Lesbian Task Force, October 2010)
Research Findings

2016 American Academy of Physician Assistants research reported:

• Gender identity in children can begin as early as 4 years old and is stable by 6 years old.

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

• Recent studies of trans health risks report similar results with higher rates of substance abuse in general and higher rates of substance abuse with HIV prevalence, especially among trans sex workers.
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. They are **not** “preferred.” They are the way the person identifies.
- Assist client with getting resources for legally 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

AROUSAL

Hyperarousal

Optimum Arousal Zone

Freezing/Numbing

Sensorimotor Psychotherapy Institute
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?
Resources

• World Professional Association for Transgender Health
  www.wpath.org

• Parents and Friends of LGBT (PFLAG)
  www.pflag.org

• National Center for Transgender Equality
  www.transequality.org

• Human Rights Campaign (HRC)
  www.HRC.org

• Lev, Arlene Istar, Transgender Emergence, 2004
Questions?
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 Bornstein