

Transgender Clients



*Presented by
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Terms

Cisgender; Gender identity matches their sex assigned at birth

Transgender; Gender identity differs from their sex assigned at birth.

Non-Binary; Umbrella term for anyone outside the binary (male & female)

Intersex; Umbrella term for anyone whose sex characteristics are outside of the binary. Includes many different medical conditions.



Sex ≠ Gender ≠ Sexuality

Sex = Biological anatomy/characteristics, male female, intersex

Gender = Societal experience, man, women, non-binary, masculine, feminine

Sexuality = Who you're attracted to

Aotearoa;

Whakawāhine

Whakatāne

Ira tangata

Takatāpui

Wider Pacific;

Māhū, Hawaii

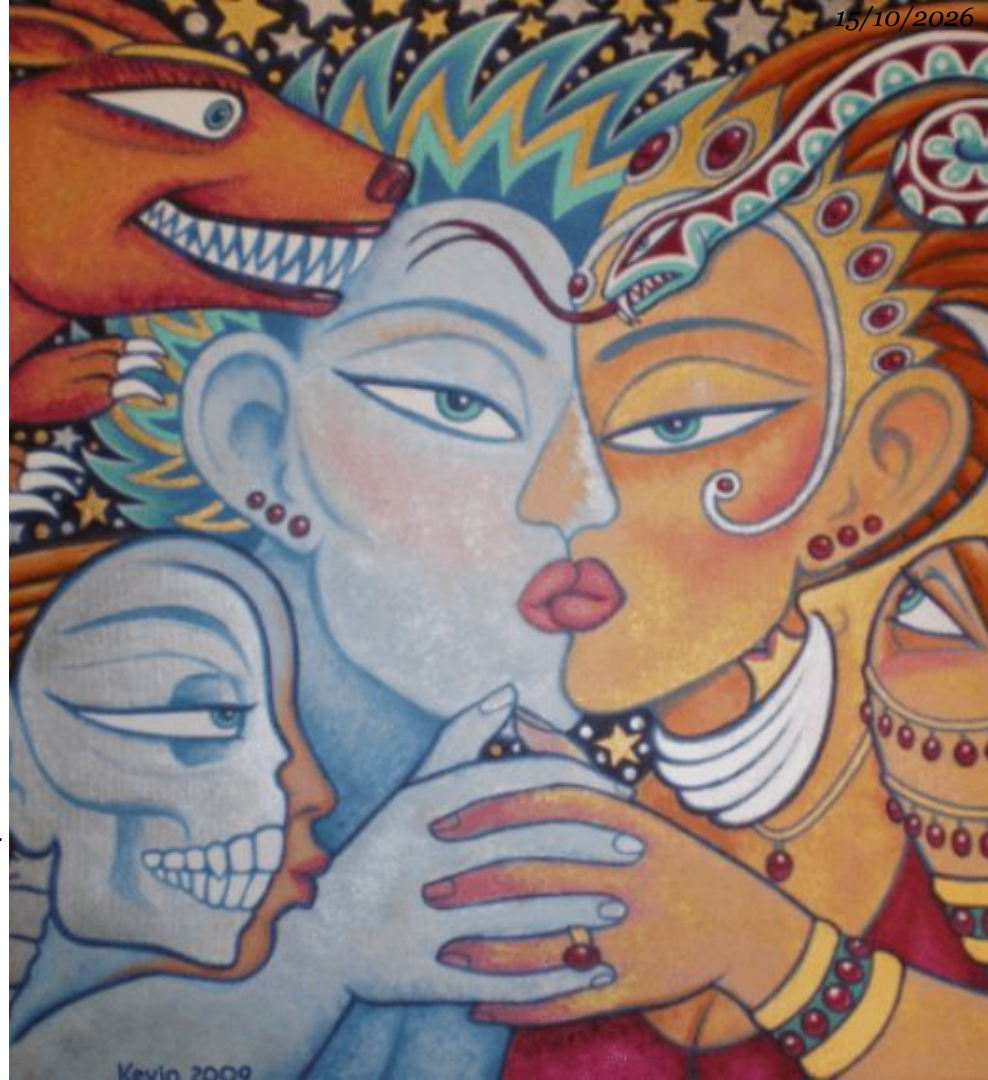
Vakasalewalewa, Fiji

Fa'afafine, Samoa

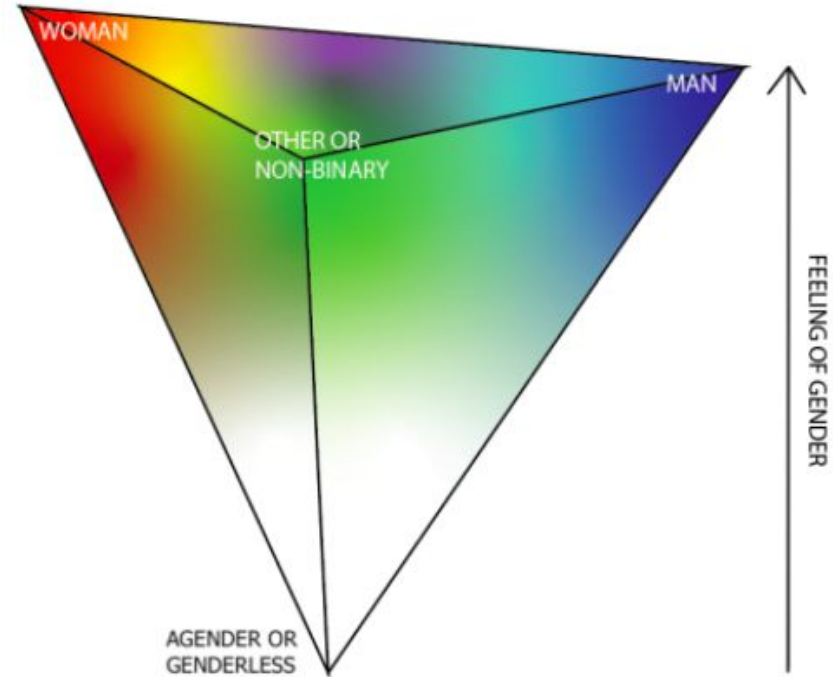
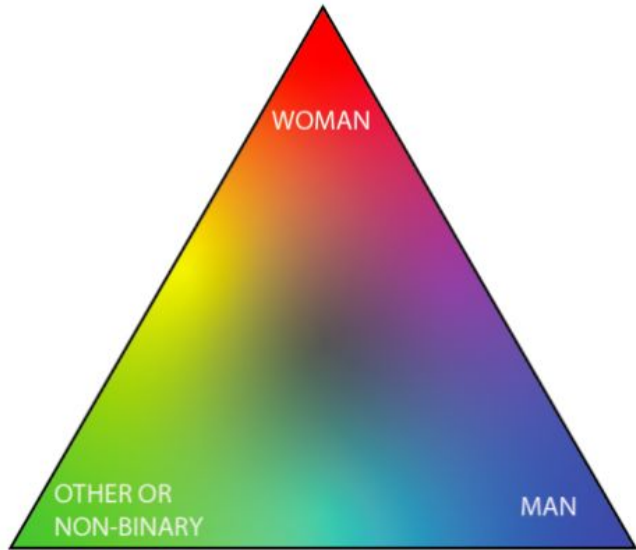
Palopa, Papua New Guinea

Akava'ine, Cook Islands

Fakaleitī (Letī), Tonga



Non-Binary Identities





External Stressors - Discrimination, harassment, or systemic oppression

Anticipated Stressors - Fear of future rejection or prejudice

Internal Stressors - Internalised stigma or self-critical beliefs



Worldview and Societal Constructs

Worldview happens in context

It reflects some of the values of the wider society

It can be deeply personal

Based on our experiences

It drives our behaviour and language

Implicit bias is often perceived as fact

Trans Youth
with
Supportive
Parents

Trans youth
with
Unsupportive
Parents



**Reported
Life
Satisfaction**

72%

33%

**Reported
High
Self-Esteem**



64%

13%



**Described
Mental Health
As "Very Good"
or "Excellent"**

70%

15%

**Faced
Housing
Problems**



0%

55%

**Suffered
Depression**



23%

75%



**Attempted
Suicide**

4%

57%

2012 Trans Pulse Project in Canada study surveyed 433 youth ages 16 to 24

Aspects of Transition & Gender Affirming Care



Medical Transition

Testosterone (T-GAHT), Partially Reversible

Oestrogen (E-GAHT) + Blocker, Partially Reversible

Hormone Blockers, Fully Reversible

Masculinising and/or Feminising Surgeries



Social Transition

Pronouns, Name, Voice Training, Slang/Language,
Hair (colour/cut), Uniforms, Clothes, Bathrooms.

Anything that relates to Self Expression.



Legal Transition

Name, Births Deaths and Marriages

Sex Marker, Births Deaths and Marriages

Passport, Internal Affairs

License, Waka Kotahi/NZ Transport Agency



Welcoming Workplaces



Client Perspective

What can clients see when they enter?

Is it obvious that you're a safe person?

Signage, Pamphlets, Posters, Sign in Sheets,
Registration forms.



Notes & Documentation

Use preferred names during all notes (legal names in brackets if needed)

Joseph Smith (legal: Samantha Smith) is a transgender man who is 23 years of age and presents symptoms of gender dysphoria. He finds that using the name Joseph and he/him pronouns is beneficial in reducing his dysphoria.

Language

In one context getting a young person's name and pronouns right resulted in a reduction of suicidal behaviour by 56%

(Russell, et al, 2018), Journal of Adolescent Health

Outdated Terms and Techniques

Conversion 'therapy' was **Banned** in Aotearoa in 2022. All attempts are illegal and abusive behaviour.

Transexual, Transvestite, Hermaphrodite, Crossdresser. Unless specifically used, unprompted by your client.

Communicating with Clients

Use their preferred name and pronouns. Ask if they're wanting support with their identity and/or transition. Not all mental health concerns will relate to transition.

Ask if they're out to others. If they're not and they live with others, they may want communications to still show their birth name.

Detransition - Retransition - Regret

Studies generally vary from 1%-8%

Lost to care, nonbinary, fluid or evolving presentation

Most common reasons are external - social, medical, financial, religious, access to care, discrimination



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