



## Supporting Transgender and Transsexual Individuals through Transition

**CPATH** has recently approached the Ministries of Health across Canada informing them of the urgent need to provide an appropriate level of services to trans individuals and their families. However many regions of the country still struggle with understanding and responding even minimally to the needs of these populations.

This training is designed for clinicians (physicians, psychologists, counselors, social workers etc.) who wish to support trans individuals in accessing services adapted to their needs.

**Who can attend:** Any health professional registered with a professional body (order, board, association etc.). Graduate students studying in a health-related field who hold an active university registration are also welcome.

### **This training focuses on two main goals:**

- 1- to increase competence in the assessment and treatment of gender dysphoria
- 2- to increase “cultural competence” in regards to trans\* identities and trans lives

### **Content will include:**

- Definitions: gender identity, intersexuality, transgender, transphobia, transsexuality, transition, etc.
- The complexity and variability of gender identity,
- Trans lives in context – historical, cross-cultural, biological
- Discrimination and resilience in trans communities: recent research
- Families in transition
- “Gender Independent” (a.k.a. Gender non-conforming) children
- Teens in transition
- The new WPATH Standards of Care (v.7) and current controversies in the field
- Counselling trans clients
- Assessment of gender dysphoria and differential diagnoses
- Assessment of readiness for medical and social transition
- The role of the Family Physician in transition
- Endocrine therapy (youth and adults)
- Surgeries

This lively, engaging, up-to-date workshop will include brief didactic presentations, clips from films and videos, structured discussions, case studies and experiential exercises.

\* The term "trans" is used as an umbrella term that speaks to the great diversity associated with the concepts of gender, gender identity and gender expression.

CME approval pending

## **Trainers:**

**Françoise Susset**, M.A. is a clinical psychologist and marriage and family therapist. Her principal areas of interest are working with trauma survivors and sexual minority issues. For several years, she participated in the general mental health training and clinical supervision of residents in Family Medicine from the Université de Montréal Medical School. While living in Minnesota, she was a member of the original clinical team of Pride Institute, the first chemical dependency treatment center in the world serving the lgbt community. She is co-founder of The Institute for Sexual Minority Health, <http://www.ismh-isms.com/>, which offers trainings at every level of the Health and Social Services sector as well as Education. Although her clinical work is mainly with trans adults and teens, she also focuses more specifically on the question of gender variant behaviour in prepubescent children and helping families and schools challenge notions regarding sexuality, sexual orientation, and gender. She works closely with several community organizations involved in improving access and quality care for individuals belonging to sexual minority groups in Quebec. Françoise serves on the Board of the Canadian Professional Association for Transgender Health (CPATH).

**Hershel Russell**, M.A, M.Ed. is an older, white, Trans\* man, experienced as psychotherapist, educator and activist, actively involved in program and policy development with health care providers and government decision makers. He has been counseling trans\* people and their families in his Private Practice in Toronto since 1995, has worked in a range of capacities with Sherbourne Health Centre, Rainbow Health Ontario and Trans Health Connection since their inception and has critiqued the practises of the Gender Identity Clinics at CAMH for many years, both within CAMH and at a range of public venues from University of Toronto to TVO. Hershel also loves his work as an independent professional trainer, presenting at a wide range of professional and community events. As an educator he believes that learning is always an active process, that respect for everyone's dignity is key and that shared laughter can accomplish much! Participants often comment that it feels easy to raise difficult or awkward questions and to discuss them with complexity.

**Dr. Dan Metzger** is a Pediatric Endocrinologist at BC Children's Hospital, and a Clinical Professor of Pediatrics at the University of British Columbia. He and his colleagues have been following transgender teens and young adults for the past 12 years.

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### Schedule for both days

9:00 am- 10:30 am	clinical training
10:30 am-10:45 am	break
10:45 am- 12:00 pm	clinical training
12:00 pm-1:30 pm	lunch
1:30 pm- 2:45 pm	clinical training
2:45 pm-3:00 pm	break
3:00pm- 4:30 pm	clinical training