

Gender Creative Youth & their Communities

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Workshop Objectives

- Participants will be able to name the 3 components of a gender web.
- Participants will be able to identify respectful terminology to use with LGBTQ+ youth and families.
- Finally, participants will discuss how their countertransference could benefit or harm their relationships with gender creative consumers.

Questions for the Experts

- What are areas of a youth's life where they chronically feel "different"?
- How have our youth been treated because of these differences?
- What are feelings that could arise for youth from these treatments?
- What are youth's responses to these feelings?

Guilt vs. Shame

GUILT - feeling that you are a worthwhile person who has done something wrong.

SHAME - feeling that you are, at your core, a worthless person, without redemption

Shame: the storm that rages

- “Shame is the intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging,” Brené Brown, a shame and vulnerability expert.
- Toxic shame is like a deep wound at the core of the self. It is believing that the whole self is fundamentally flawed and defective to the point where the self becomes an object of contempt. It's tied to all feelings, and the state of being “shame-bound” becomes an intolerable state of being for the patient.

Healthy VS. Unhealthy Shame

- Shame is often used in society as an agent of change without realizing how much damage it does.

A Shame-Based Person

- Acts to relieve intolerable feelings despite the long term effects of the action
- Acts to display or confirm the image of themselves
- Invites rejection to get it over with
- Distrusts affection and approval

“If you knew the real me, you wouldn’t like me.”

The Antidote to Shame:

Connection

Connecting with Gender Identity

LGBT young adults whose parents and foster parents support them have better overall health, mental health, and self-esteem and are much less likely to be depressed, use illegal drugs, think about or attempt suicide ([Ryan, 2009](#)).

Gender Identity Defined

Gender Identity: An individual's internal sense of being male, female, neither or both. Since gender identity is internal, one's gender identity is not necessarily visible to others.

Gender Expression: How a person represents or expresses one's gender identity to others, often through behavior, clothing, hairstyles, voice or body characteristics.

Gender Identity Defined

Transgender: A term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth. Transgender is a broad term and is good for non-transgender people to use. "Trans" is shorthand for "transgender."

Note: Transgender is correctly used as an adjective, not a noun, thus "transgender people" is appropriate but "transgenders" is often viewed as disrespectful.

Gender Identity Defined

Transgender Man: A term for a transgender individual who currently identifies as a man.

Transgender Woman: A term for a transgender individual who currently identifies as a woman.

Additional Terms of Importance

- **Genderqueer:** A term used by some individuals who identify as neither entirely male nor entirely female.
- **Gender Non-conforming:** A term for individuals whose gender expression is different from societal expectations related to gender.
- **Bi-gendered:** One who has a significant gender identity that encompasses both genders, male and female. Some may feel that one side or the other is stronger, but both sides are there.

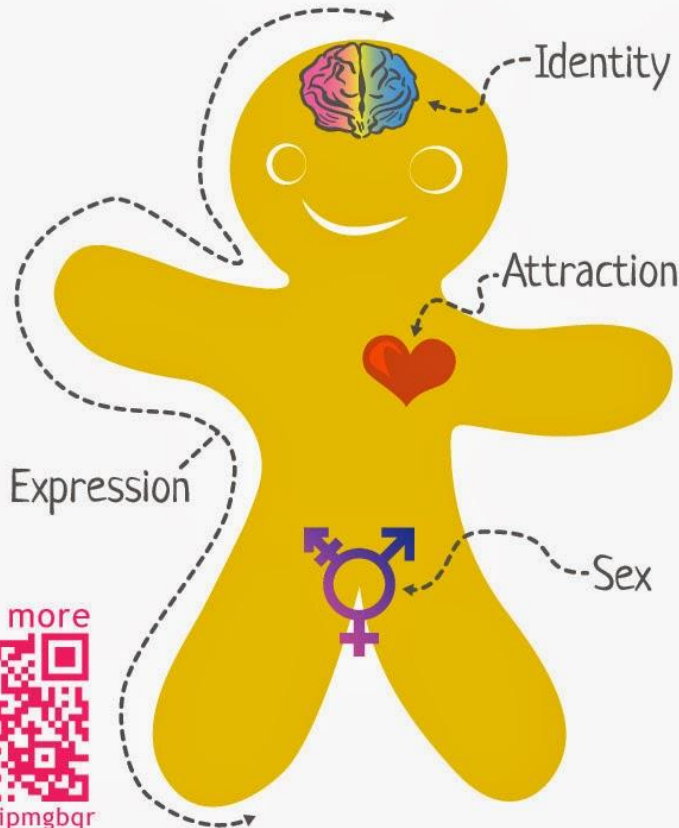
Additional Terms of Importance

- **Sexual Orientation:** A term describing a person's attraction to members of the same sex and/or a different sex, usually defined as lesbian, gay, bisexual, heterosexual, or asexual.
- **Queer:** A term used to refer to lesbian, gay, bisexual and, often also transgender, people. Some use queer as an alternative to "gay" in an effort to be more inclusive. Depending on the user, the term has either a derogatory or an affirming connotation, as many have sought to reclaim the term that was once widely used in a negative way.

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



5 (of infinite) possible plot and label combos



Gender Expression



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Biological Sex



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Attracted to



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Gender Identity VS. Gender Dysphoria

Being transsexual, transgender, or gender nonconforming is **a matter of diversity, not pathology.**

Gender dysphoria is the presence of clinically significant distress associated with internalized or external factors related to nonconformity.

Assessment & Treatment of Adolescents w/ Gender Dysphoria

- Competency of Mental Health Professionals Working with Children or Adolescents with Gender Dysphoria
- Roles of Mental Health Professionals Working with Children and Adolescents with Gender Dysphoria
- Psychological Assessment of Children and Adolescents
- Risks of Withholding Medical Treatment for Adolescents

Rights of Transgender Youth

What Laws Protect Transgender Youth?

- The Affordable Care Act
- HIPPA
- Medicaid Regulations
- Title IX

Are You Federally Funded?

- Physicians' Offices
- Hospitals
- Community Health Clinics
- Drug Rehabilitation Programs
- **Rape Crisis Centers**
- **School Based Clinics**
- **Health Services in Detention Facilities**

Discrimination Prohibited

- Refuse to admit or treat you
- Subject you to intrusive and medically unnecessary exams
- Refuse to provide you services that they provide other patients
- Harass you or refuse to respond to harassment by staff or other patients

Discrimination Prohibited

- Refuse to provide counseling, medical advocacy or referrals or other support services
- Isolate you or deprive you of human contact, or limit your participation in social or recreational activities offered to others
- Require you to participate in “conversion therapy” for the purpose of changing your gender identity
- Harass, coerce, intimidate, or interfere with your ability to freely exercise your health care rights.

Standards of Care

- I. Conduct regular needs assessments to understand staff capacity and guide/monitor improvement efforts.
- II. Establish and enforce nondiscrimination policies.
- III. Build staff awareness, knowledge, and skills by providing training and professional development opportunities.
- IV. Incorporate appropriate intake and data collection processes.
- V. Promote safe, supportive, culturally competent environments.
- VI. Implement practices that support preferences and affirm identity.
- VII. Promote healthy, supportive peer connections.
- VIII. Strengthen family connections.
- IX. Promote access to affirming services and supports.
- X. Collaborate and foster relationships with other supportive youth and family organizations.



Student Application

811 Broad Street, Suite 400,
Chattanooga, Tennessee 37402
centercentre.com / (423) 800 - 2190

General Information

Do you understand that this is full-time, 2-yr program that will take the majority of your time and focus while enrolled?

Yes No

First Name _____

Name preferred if not First Name _____

Middle Name _____

Last Name _____ Jr, etc. _____

Former Last Name(s), if applicable _____

Email Address _____

Secondary Email Address _____

City _____ State _____

Zipcode _____ Phone _____

Mobile Number _____

Date of Birth ____/____/____ Gender _____

Social Security Number _____

Have you ever been convicted of a felony?



What does that mean for YOU?

Beware of Yourself

Be aware of shame triggering situations

Respond with empathy

Online Resources

- www.DSM5.org
- www.wpath.org
- www.hhs.gov/sites/default/files/lgbt-health-update-2011.pdf
- www.transequality.org

Community resources

- <http://www.pflagcentralky.org/>
 - PFLAG Central KY is best known as a support group for parents and families with Lesbian, Gay, Bi-sexual, Transgender or Questioning (LGBTQ) young and adult sons or daughters. And while this is true, we encourage all LGBTQ persons and allies to join us at our meetings. We come from different stages and levels of acceptance; uncomfortable, scared and confused to comfortable and supportive. No matter where you lie you are welcome to our confidential and non-judgmental meetings.
- <http://www.glsso.org/site/>
 - Gay & Lesbian Services Organization: The Lexington based Gay and Lesbian Services Organization (“GLSO”) is a non-profit, community based organization which has been around since 1977.
- Others?

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