

Trans Affirming Care and Practices

FREE LIVE VIDEO WEBCAST

Tuesday, April 18, 2023

Webcast Information

Eastern Time

12:00pm Program begins

2:00pm Program ends

Host: Center for Collegiate Mental Health (CCMH)

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Transgender and nonbinary (TNB) individuals have unique lived experiences that influence what they need from therapists and what affirmative therapy looks like for them. In this presentation, we will provide an intermediate-level discussion of what affirming therapy with TNB clients may look like. We start by describing cisnormativity and frameworks for understanding minority stress and structural stigma. We move to describe specific ways therapists may create practices that affirm TNB clients. We end by describing gender identity and exploration.

Target Audience: Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, Social Workers



Speakers

Dr. Em Matsuno, (they/them) is an assistant professor in Counseling and Counseling Psychology at Arizona State University. Dr. Matsuno's primary research goals are two-fold: 1) to understand the minority stressors and resilience factors that Two-Spirit, Trans, and Nonbinary (2STNB) people experience and 2) to develop and test interventions to reduce minority stressors and/or increase resilience factors for 2STNB people. Specific interests include family acceptance and parental support of 2STNB youth, nonbinary people, and 2STNB people of color. Dr. Matsuno is on the editorial board for the journal *Psychology of Sexual Orientation and Gender Diversity* and is a member of the task force for revising the APA Guidelines for Psychological Practice with Transgender and Gender Nonconforming clients.

Speaker Disclosure:

Financial: Dr. Em Matsuno has an employment relationship with Arizona State University and receives grants from National Institute on Minority Health and Health Disparities, Institute of Mental Health Research, California Mental Health Services Act Prevention and Early Intervention, Mental Health Services Act (MHSA) Innovation. They receive a speaking honorarium from PESI, Inc. Dr. Matsuno has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Em Matsuno is a member of the American Psychological Association and World Professional Association of Transgender Health.

Dr. Tyler Lefevor, (he/him) is an assistant professor in the Combined Clinical/Counseling Psychology Program at Utah State University. Dr. Lefevor's research focuses on understanding the variety of ways in which religiousness influences the health of sexual and gender minorities. In his work, he often explores the health disparities experienced by transgender and non-binary individuals. He operates a private therapy practice focused on serving LGBTQ+ individuals. His advocacy work focuses on building bridges between religious and LGBTQ+ communities to enable greater communication and trust.

Speaker Disclosure:

Financial: Dr. Tyler Lefevor maintains a private practice and has employment relationships with Sexual and Gender Minority Support Services and Utah State University. He received grants from Open Science of Religion Project, American Foundation for Suicide Prevention, and Public Religion Research Institute. He receives a speaking honorarium from PESI, Inc. Dr. Lefevor has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Tyler Lefevor is a member of the American Psychological Association and is on the editorial board of *Psychology of Religion and Spirituality* and *Journal of Counseling Psychology*.

Dr. Jay Bettergarcia, (they/them) is an associate professor in the Department of Psychology & Child Development at California Polytechnic State University, San Luis Obispo. They direct the Queer Community Action, Research, Education, and Support (QCARES) research team. Dr. Bettergarcia's research explores trans and nonbinary mental health, interventions to reduce minority stress and increase resilience, and best practices for training providers in gender-affirming care. Dr. Bettergarcia is also a licensed psychologist and owner of The Center for Collaborative Transformations, a therapy and training center providing gender affirming therapy, training, and consultation rooted in anti-racism, liberation, and radical healing. They serve as an associate editor for the journal *Psychology of Sexual Orientation & Gender Diversity* and they are a member of the task force to revising the APA Guidelines for Psychological Practice with Transgender and Gender Nonconforming People.

Speaker Disclosure:

Financial: Dr. Jay Bettergarcia maintains a private practice and has employment relationships with California Polytechnic State University and Therapy with Stacy. They receive a speaking honorarium from PESI, Inc. They has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Jay Bettergarcia is a member of the World Professional Association for Transgender Health, the Central Coast Psychological Association, and the American Psychological Association.

Program Outline

Introduction - Foundations

Terms
Frameworks
Clinician awareness of binary thinking and biases

Foundations of trans affirmative practice

Creating an affirming environment
Key affirming practices

Gender Exploration and transition

Exploring gender identity & gender diversity
Considerations for transition goals
Gender identity, gender expression & embodiment goals

Clinical Takeaways and Q&A

Each presenter gives a 5-minute description of key clinical takeaways/suggestions
Q&A

Objectives

1. Conclude how cisnormativity influences their worldview and may impact their clients.
2. Formulate three trans affirmative clinical practices.
3. Support clients' gender exploration and transition-related goals.

Continuing Education Credits



Counselors: This intermediate activity consists of 2.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Marriage & Family Therapists: This activity consists of 120 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: This activity consists of 2.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements.

Psychologists & Physicians:

Physicians

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Psychologists

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Social Workers (NASW): This live remote program is approved by the National Association of Social Workers (Approval #886759332-9301) for 2.0 Social Work continuing education contact hours.

Other Professions: This activity qualifies for 120 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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