



The OHSU Transgender Health Program is pleased to present “Introduction to Gender Diversity: Care and Treatment of Transgender and Gender Nonconforming (TGNC) People across the Lifespan,” an introductory training for physical and mental health providers and support staff working with TGNC patients and their families.

PART ONE: Introduction to Gender Diversity (1-2 hours)

Participants will learn about gender diversity, be provided an introduction to gender transition, learn the unique needs of TGNC people, and become aware of essential skills for creating affirming environments. This information will be delivered through lecture with opportunities for discussion of scenarios to practice skills.

By the end of this session participants will be able to:

- Describe gender diversity and associated language/terminology
- Differentiate between gender, sex, and sexual orientation
- Identify risk and resilience factors experienced by TGNC communities
- Differentiate between social, physical, and medical gender transition
- Describe ways to contribute to an environment of inclusion

PART TWO: Gender Dysphoria and Mental Health (2-4 hours)

Mental health providers will learn trauma-informed frameworks for working with TGNC clients across the lifespan, including dynamics related to individual treatment, family therapy, social and community building, and advocacy and education. The dynamics of assessment and referral for medical care will be introduced. This information will be delivered through lecture with opportunities for break out groups to address clinical case scenarios.

By the end of this session participants will be able to:

- Identify the difference between gender identity and the gender dysphoria diagnosis
- Create inclusive environments through use of affirming dialogue, forms, recordkeeping, and interviewing techniques
- Understand the treatment needs of TGNC people of all ages and their families
- Identify treatment objectives for TGNC people of all ages and their families



PART THREE: Hormone therapy and gender affirming Surgery (2-4 hours)

Participants will be provided an overview of the range of transition related care including hormone therapy and gender affirming surgeries including chest surgery, facial surgery, gonadectomies, and genital reconstructive surgery. Pre-operative preparation, surgery, recovery and healing, and post-operative follow up needs will be introduced. Explanation of the pathway to care for the patient of any age and the mental/physical health care provider's role in the referral, assessment, and planning process will be reviewed. This information will be delivered through lecture with opportunities for break out groups to discuss case scenarios.

By the end of this session participants will be able to:

- Explain importance of addressing fertility preservation prior to or during medical transition
- Identify medical/surgical treatment options and pathways to care
- Describe the range of gender affirming surgery and learn guidelines and best practices for access to care
- Understand patient needs in the recovery, healing, and post-operative periods

PART FOUR: Assessment and planning for surgery (4-8 hours)

Participants will be provided an overview of the World Professional Association of TGNC Health Standards of Care and introduced to the assessment and planning process that accompanies a WPATH letter of support for pediatric/adolescent medical interventions and gender affirming surgery for adults. This training will include templates for assessment and letter writing appropriate for review by specialty and surgical providers as well as to conform to requirements of Medicaid health plans.

By the end of this session participants will be able to:

- Understand developmentally appropriate readiness assessment for TGNC patients across the lifespan
- Identify essential elements of surgery planning process and corresponding assessment for readiness
- Understand, recognize, and apply applicable components from the WPATH Standards of Care
- Determine appropriateness of surgery for patients with co-occurring mental health conditions

For more information about consultation and training please contact the Transgender Health Program at transhealth@ohsu.edu or call 503-494-7970