UC Berkeley  Transgender Care Team

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Agenda

- Brief Overview of Terms
- Structure of the Transgender Care Team
- Services Provided
- Questions & Collaboration
Disclaimer…

- We are young
- We are evolving
- We are not yet tracking
- Kudos to our predecessors
• Who are we?

• Who are you?
“Language is fluid and contested.”
A person’s sense of their own gender; how you, in your head, think about yourself.

How you demonstrate your gender through your appearance, behavior, interactions, and the roles you assume in society.

Sex assigned at birth; “objectively” measurable organs, hormones, chromosomes, and secondary sex characteristics that medical providers use to determine the physical sex of an individual.

Who you are physically, spiritually, and emotionally attracted to based on their sex/gender in relation to your own.

**Gender Binary:** The cultural assumption that there are only two genders (man/woman) and that a person must be strictly gendered as one or the other.
**Cisgender:** People whose gender identity and gender expression “align” with their assigned sex at birth.

**Heterosexual:** Women attracted to men; men attracted to women.

**Queer:**
Reclaimed umbrella term that encompasses aspects of sexual identity that are not solely cisgender and heterosexual (LGBTQQIAA)

- Questioning
- Transgender
- Polyamorous
- Lesbian
- Gay
- Bisexual
- Pansexual
- Intersex
- Asexual
- Gender Non-conforming
- Intersex
**Cisgender:** People whose gender identity and gender expression “align” with their assigned sex at birth.

**Trans*/Transgender:** An umbrella term used to describe gender-variant people who have gender identities, expressions or behaviors not traditionally associated with their birth-assigned sex or gender (cisgender).

**Transsexual:** A person who transitions from one birth-assigned sex or gender to another.

**Gender non-conforming/Gender variant:** Those who cannot, or choose not to, conform to societal gender norms associated with their birth-assigned gender.

**MtF**  
Male to Female; Trans Woman

**FtM**  
Female to Male; Trans Man

**Genderqueer:** A self-defined term individuals may use to describe their gender without adhering to the gender binary; may view themselves as both/neither gender; may or may not identify as transgender.

**Two-Spirit:** term derived from the traditions of some Native North American cultures in which some people embody both masculine and feminine gender expressions.

**Transition:** The process (behavioral, biological/medical, psychological, etc.) a gender-variant person undergoes when changing their bodily appearance either to be more congruent with the gender/sex with which they identify and/or to be in harmony with their preferred gender expression.
Pronouns 101

<table>
<thead>
<tr>
<th>Type</th>
<th>Name</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feminine</td>
<td>She, her, her</td>
<td>She went to the store. I spoke to her. It was her apple.</td>
</tr>
<tr>
<td>Masculine</td>
<td>He, him, his</td>
<td>He went to the store. I spoke to him. It was his apple.</td>
</tr>
<tr>
<td>Gender Neutral</td>
<td>They, them, their</td>
<td>They went to the store. I spoke to them. It was their apple.</td>
</tr>
<tr>
<td>Gender Neutral</td>
<td>Ze, zir/zem, zirs/zes</td>
<td>Ze went to the store. I spoke to zir/zem. It was zirs/zes apple.</td>
</tr>
<tr>
<td>Gender Neutral</td>
<td>Ze, hir, hirs</td>
<td>Ze went to the store. I spoke to hir. It was hirs apple.</td>
</tr>
</tbody>
</table>

Please note that these are not the only pronouns. There are an infinite number of pronouns as new ones emerge in our language.

For more information, go to www.transstudent.org/graphics

Preferred Name @ UCB
- BearFacts
- Tang’s Electronic Medical Records
Transgender Care Team

- Leadership Team
- Clinical Care Team
- Mental Health Team
TCT Leadership Team

- **Purpose**
  - Address overarching concerns for TGNC students with regard to physical and mental health

- **Members**
  - 1 representative from each department:
    - PC, CPS, SOS, HP, SHIP, Administrative Services, IT (as needed)

- **Tasks**
  - Ex. Updating PNC, updating website, survey of TGNC students in UHS

- **Frequency of meetings**
  - Every other month
TCT Clinical Care Team

- **Purpose**
  - Multidisciplinary training and case consultation
  - Campus outreach

- **Members**
  - MDs, NPs providing hormones
  - Social worker, psychologists providing therapy and letters

- **Tasks**
  - Consultation - Emotional changes due to hormones; psychosocial factors impacting medication compliance;
  - Training – Surgical procedures; physical impact of hormones
TCT Mental Health Team

- **Purpose** – Triage of referrals; Clinical consultation specific to MH issues
- **Members** – 1 SW, 4 psychologists, 1 psychiatric NP
- **Tasks** – Created letter policy, Consultation and resources to staff, Referrals, Assessing our assessment
- **Frequency** – Every 4-6 weeks
SERVICES PROVIDED
Medical Services

- Primary medical care & consultation
- Hormone replacement therapy
- Referral for medical services outside of UHS
- Letters in support of surgical procedures
Counseling Services

- Brief counseling & referrals
- Clinical assessment for letters for surgery (hormone treatment provided in UHS)
- Consultation for each other and for CPS/SOS clinicians working with Trans/Gender Non-Conforming (GNC) students
- Provide Trans-GNC focused resources for CPS/SOS clinicians
Assessments for Letters

- **Step 1:** Determine the appropriate service provider (not always step 1)

- **Step 2:** Clinical Assessment (See handout)

- **Step 3:** Letter Writing (See chart)
  - Consult with MH Team
  - Determine number of letters required
  - See sample letters
Resources for Clinicians

- **WPATH SOC 7**

- Association for LGBT Issues in Counseling

- **APA Guidelines for TGNC clients**
  - In development
Resources for Students

- **Campus Services**
  - Gender Equity Resource Center
  - Transgender & Gender non-conforming student groups

- **Community Services**
  - LGBTQ organizations with services specifically for trans* individuals
  - Community health services (Lyon-Martin, UCSF, etc.)
  - Fertility preservation services

- **Legal Services**
  - Transgender Law Center
Trans* Care Team Webpage

- Trans* Care Team Providers
- Trans* Services offered at Tang
- Trans* Benefits covered by SHIP
- Resources on and off campus
- Information for Parents and Families
QUESTIONS & COLLABORATION

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