

Revised Mental Health Standards of Care for those working with Transgender Clients

WPATH, (formerly the Harry Benjamin International Gender Dysphoria Association) has just issued the latest version of the Standards of Care (SOC) since the last edition came out in 2001. These new guidelines provide the highest standards of health care for health professionals to assist transsexual, transgender and gender nonconforming people to achieve lasting personal comfort with their transgender selves. **This workshop will focus on the clinical guidelines suggested in the Standard of Care for successful MTF and FTM transitions, as well as guidelines for the therapist/client relationship working towards transition.** In addition, we will address common clinical issues associated with transitioning, with time for questions and answers.

Issues that will be addressed:

Criteria for hormone therapy, Outline for letter for hormones, Is the psychotherapist responsible for reviewing the risks of hormones?, When is psychotherapy necessary? Goals for psychotherapy, Understanding minority stress, Ethical guidelines, Reproductive issues for those who want to have children, The relationship between the mental health professional and other health professionals such as the endocrinologist or the surgeon, Ethical issues regarding sex reassignment surgery, Criteria for breast/chest surgery, and Criteria for genital surgery.

When:

February 18, 2012
10 am to 12:15

Where:

The Transgender Center
604 Pacific Street

Cost:

Professionals \$35*
Students \$20

*includes CEUs for LPCs or LCSWs

RSVP requested:

ftmresearch@gmail.com

Presenters: Denise O'Doherty, a Licensed Professional Counselor, Licensed Marriage and Family Therapist, and transgender advocate for over 25 years, and Colt Meier, a Licensed Psychological Associate, emerging researcher in transgenderism, and doctoral candidate in clinical psychology at the University of Houston.

Presenter Biographies



Denise O'Doherty, a native New Yorker, is a psychotherapist who has had a private practice in Houston for 28 years. In addition to being a Licensed Professional Counselor, a Licensed Drug and Alcohol Counselor and a Licensed Marriage and Family Therapist, she is also a Registered Nurse and has a Masters Degree in Psychiatric Nursing. As an advocate for gender education, she has presented at the Texas Association of Marriage and Family Therapy Conference, S.P.I.C.E., Southern Comfort, IFGE, Texas Lesbian Conference and throughout Houston locally. She is an active member of the World Professional Association for Transgender Health (WPATH). You can find out more about her practice at www.RelationshipTherapistRN.com.



Stacey "Colt" Meier is a doctoral candidate and teaching fellow in the Department of Psychology at the University of Houston. Colt's area of research revolves around the female-to-male transsexual (FTM) community including psychological health, sexual orientation, and the psychological effects of testosterone. Colt obtained a bachelor's degree conferred Summa Cum Laude in psychology at Rice University as well as a master's degree in Clinical Psychology from the University of Houston. Currently, Colt has multiple peer reviewed published articles, a book chapter, and more than a thirty professional presentations on transgender issues. Colt serves as the graduate student representative for the Texas Psychological Association (TPA) LGBT SIG. He also serves as student representative of Division 44, the Society for the Study of LGBT Issues, of the American Psychological Association (APA). Colt is a graduate student affiliate of WPATH, APA, and TPA. He serves as an educational and research consultant for the Transgender Foundation of America.