

# **TRANS IDENTITY & COMMUNITY**

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# TERMINOLOGY

- **Transgender as an umbrella term**
  - Applies to a broad range of people who experience and/or express their gender differently from what most people expect
  - Gender Variant, Genderqueer, Gender Non-conforming, Non-binary, Intersex, Crossdressers
- **Approximately 2-3% of population**
- **Trans**
- **Cisgender**
- **MTF; FTM (Trans Woman; Trans Man)**

# TERMINOLOGY

- **Outdated / Inappropriate terms**
  - Transsexual; Transvestite; Tranny
- **Self-identity necessary and must precede label by others**
- **Binding; passing; “going stealth”**

# GENDER DICHOTOMY VS. FLUIDITY

- Traditional view of gender – dichotomous categories (“gender binary”): female / male
- Gender fluidity – viewing gender on a continuum
  - Viewing “maleness” and “femaleness” on two separate continuums
  - Not viewing gender as based on combination of “maleness” and “femaleness”
  - Expression of gender does not have to align with gender identity

# CONTRIBUTORS TO GENDER IDENTITY

- **Behavioral Theories predominated early**
  - Upbringing, sexual behaviors
- **Neurobiological bases**
  - Band of fibers in thalamus
    - Subdivision of these fibers tends to be 2x as large in men than women
    - Fibers in Trans Men tend to be larger and mirror those of Cisgender Men
    - Fibers in Trans Women tend to be smaller and mirror those of Cisgender Women

# CHALLENGES

- **Lack of federal protections**
  - 16 states + DC provide protections for Trans\* individuals
  - 161 universities have “gender identity/expression” in non-discrimination clause
- **Restrooms / Locker Rooms / Employment / Clothing**
- **Process of changing gender marker**
- **Rates of Homelessness / Suicide Rates**

# CHALLENGES ON COLLEGE CAMPUSES

- Inclusion / exclusion of *gender identity & gender expression* in university's non-discrimination statement.
- Communication (or lack thereof) between departments (e.g. name change; gender marker change)
- Health care on campus
- Gender Non-Specific Housing
- Gender Neutral Restrooms

# MEDICAL TRANSITIONING ISSUES

- **Hormone Replacement Therapy (HRT)**
  - **FTM: testosterone (“T”)**
    - Increased muscle mass
    - Increased irritability / anger / aggression
    - Increased sex drive
  - **MTF: estrogen & progesterone**
    - Breast development & soreness; fat redistribution
    - Increased mood “swings”
    - Decreased sex drive
  
- **Gender Confirmation Surgery**  
[Sex Reassignment Surgery (SRS)]

**\*\* Not everyone medically transitions\*\***



# ACA COMPETENCIES FOR COUNSELING WITH TRANSGENDER INDIVIDUALS

- Established 2009
- Eight sections
  - e.g. human growth & development, social & cultural foundations, helping relationships, research, group work
- Arlene Lev (2004; 2007)
  - Trans\* Identity Development Process

# RESOURCES

- National Center for Transgender Equality

<http://transequality.org/>

- Transgender Law and Policy Institute

<http://www.transgenderlaw.org/>

- Lambda Legal

<http://www.lambdalegal.org/issues/transgender-rights>

- Transsexual Road map

<http://www.tsroadmap.com/index.html>