

WORKING WITH TRANSGENDER PATIENTS

4th February 2022 | 09:30 – 12:30



@RCPsychIS @RCPsychNW

<p>09:30</p>	<p>Dr Elinor Hynes Consultant Psychiatrist, Cirencester Recovery Team, RCPsych Rainbow SIG</p>	<p>Welcome</p>
<p>09.35-10.05</p>	<p>Dr Susan Rooney Consultant in General Adult psychiatry in NW Glasgow for the last ten years. Also works part time at the NHS GGC gender Clinic based at the Sandyford Sexual Health Service* in Glasgow for the last four years.</p>	<p>What a General Adult Psychiatrist needs to know about the treatment of Gender Dysphoria This will be a whistle stop tour of the current gender treatment pathway in Scotland, with additional focus on potential psychiatric co-morbidity.</p>
<p>10.05 – 10.30</p>	<p>Jay Neville Jay is a qualified counsellor working iteratively from a person-centred core. He has become specialised in working with the LGBT+ community and currently works for Indigo Gender Service**. He is grounded by his lived experience as a trans man and has a particular interest in working in a trauma-informed way with trans people.</p>	<p>Living and Unliving – Grief, loss and hope amongst trans people Jay will be speaking about his experience working as a counsellor on the first year of a 2-year pilot project to deliver NHS Trans healthcare services from within the LGBT+ community. He will be exploring key themes and observations on the challenges that trans people navigate and experience as they make sense of their identities and bodies.</p>
<p>10.30-10.55</p>	<p>James Cuddihy James is a transgender man living in Edinburgh. He works for the NHS as a medical secretary and on a helpline providing emotional support for LGBT people across Scotland. James is interested in having conversations that promote greater understanding and acceptance of trans people so that they may be able to thrive in a world that includes them.</p>	<p>Challenging Stigma Trans people live with stigma in many areas of life, including clinical settings. James will reflect on this from a place of lived experience and explore how psychiatrists can help.</p>

**Comfort Break
10.55-11.05**

<p>11.05-11.30</p>	<p>Vic Valentine & Julian Holt</p> <p>Vic Valentine is the Manager of Scottish Trans***, Scotland's national project working to improve trans equality, rights and inclusion. Vic is a non-binary trans person and has worked at the Scottish Trans Alliance since 2015. They began managing the project in October 2020.</p> <p>Julian Holt works as a library assistant in Stockport Libraries. His side projects are writing critical film and literature articles and improving his art skills.</p> <p>After a lifetime of questioning his identity, Julian realised there was a misalignment between the gender he was assigned at birth and the gender he truly identified with.</p> <p>After much consideration he made the decision to eventually go on the NHS waiting list for transgender health in 2018. After socially transitioning for several years he finally started his medical transition with the Indigo gender clinic in 2021 and has been enjoying the physical changes ever since.</p>	<p>In conversation: Trans affirming care</p> <p>A conversation between Vic and Julian Holt on accessing counselling and psychiatric support around what trans affirming care looks like, sharing their experiences on being transgender, what they've learned and what they would like others to be aware of.</p>
<p>11.30-12</p>	<p>Dr James Barrett</p> <p>Dr Barrett is the Director of the oldest and largest gender identity clinic. He's worked in this field for thirty-five years, interviewing twenty-five thousand trans people. He wrote the first UK textbook on the subject and co-authored the textbook accompanying the RCP Gender Healthcare Diploma course (on which he is a Tutor). He was twice elected President of the British Association of Gender Identity Specialists****.</p>	<p>Trans people's experience of wider health services</p> <p>Varies from outstanding to life-threateningly poor. Let's try to improve things, shall we?</p>
<p>12.00-12.30</p>	<p>Panel Discussion</p>	<p>Participants TBC</p>
<p>12.30</p>	<p>Dr Elinor Hynes</p>	<p>Close</p>

***Sandyford** offers a comprehensive gender service available to young people who are uncomfortable or uncertain about their gender identity or expression, and adult transgender and non-binary people who are considering feminising or masculinising treatment. The service primarily assists people who are transgender to facilitate medical and surgical treatments, enabling greater comfort in the face of gender non-conformity.

***Indigo Gender Service** is an NHS Adult gender service pilot in Greater Manchester, which has been commissioned to provide care that is local, timely and easier to access. Indigo is a partnership between GTD healthcare, a not-for-profit organisation with an established presence of primary care and urgent care services in the north-west, and LGBT Foundation, a national charity delivering services, advice and information for lesbian, gay, bisexual and trans communities.

****Scottish Trans** is a project of the Equality Network, which works to improve LGBTI Equality and human rights in Scotland. Scottish Trans provides trans policy guidance and training, conducts research to understand more about trans people's experiences and needs, empowers trans people to understand their legal rights and have their voices heard by decision makers, and improves public awareness of trans equality.

******The British Association of Gender Identity Specialists (BAGIS)** was founded in 2014 for the purpose of promoting clinical research and the exchange of knowledge of gender dysphoria and transgender health. It is an association and network of healthcare professionals, from a wide range of disciplines, committed to promoting excellence in clinical practice, clinical research, training and education in the field of healthcare for trans and non-binary people. The Association encourages and fosters the highest standards of practice amongst its members, based upon the best available evidence, and advocates the adoption of similar standards amongst all health professionals in the British Isles.

3 CPD points subject to peer group approval