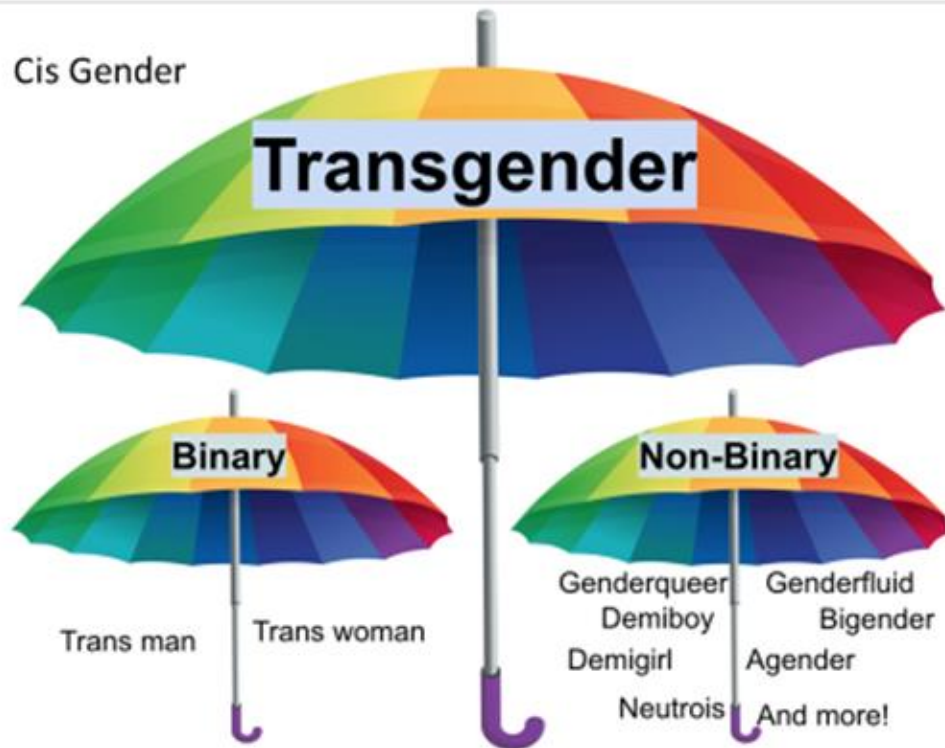


# Gender Affirming Care: Update on Medical Interventions, Mental Health and Real-World Challenges for Patients and Providers



**Jillian Celentano, LMSW**  
*Pronouns: she/her*

Cis Gender



Courtesy of Transgender Teen Survival Guide: Tumblr

# *Recent headlines in the news*

**Texas AG Paxton Declares Therapists Affirming Trans Youth To Be Illegal And Child Abuse**

**Vanderbilt To Drop Major Gender-Affirming Surgeries For Trans Adults**

**Kansas Legislature Passes Trans Bathroom Bounty, Drivers License Revocations**

**US Supreme Court blocks California privacy protections for transgender students**

**Idaho Passes Most Extreme Bathroom Ban In Nation, Creating Path To Life In Prison**

# *Continued...*

**The Supreme Court Just Handed Down Its Fifth Anti-Trans Decision In Less Than a Year**

**Idaho Banned The Pride Flag**

**Mississippi Becomes The Latest State To Pass Ban On Trans Drivers License Changes**

**Hospitals Nationwide Caved to Trump on Trans Youth Care.**

**Supreme Court Rules Against Conversion Therapy Bans On Transgender Day Of Visibility**

# Start with the basics...

## Terms

### Gender Identity

A person's sense of being a particular gender—male, female, a blend of both, neither or another category

One's gender identity can be the same or different from their sex assigned at birth

# Terms

## Transgender

Gender identity does not correspond to their assigned gender at birth

## Cisgender

Gender identity does correspond to their assigned gender at birth

## Transsexual

An older term used to describe a person who has had medical interventions to match their gender identity (gender affirmation surgery, Hormones)

## Transvestite

DO NOT USE!

## Cloaking

When someone is able to recognize that another person is transgender

## Dead name

Term used to describe person's name before they transitioned or legally changed their name (Birth Name)

# Outdated Language

## Transgenders

- ❖ The transgender patient/client

## Transgendered

*Gayed, Lesbianed, bisexualed, Straightened*

## Sex change

- ❖ Correct-Gender Affirmation Surgery or Bottom Surgery

## Transformation/Changing/Becoming/Turning into a girl or boy/Transgendering

- ❖ Correct-TRANSITIONING or TRANSITIONED

## Biological Sex

- ❖ Gender Assigned at Birth

***Sexuality and Gender are  
Different***

**LGB = Sexuality**

**T = Gender**

## GENDER IDENTITY

A person's sense of self in relation to gender

### TRANSGENDER

Person is not the gender assigned at birth

### CISGENDER

Person is the gender assigned at birth

### METAGENDER

Person identifies as neither cisgender nor transgender

### NON-BINARY

Person is neither exclusively a man nor exclusively a woman. Non-binary people may or may not identify as transgender

### AGENDER

Person does not experience a gender

### GENDERFLUID

Person whose identity varies over time (man, woman, and/or any other identity)

## ASSIGNED GENDER/SEX AT BIRTH

The gender/sex assigned at birth based on a person's genitals

### ASSIGNED MALE AT BIRTH (AMAB)/ ASSIGNED FEMALE AT BIRTH (AFAB)

Generally this assignment is made based on a visual assessment of the baby's genitalia

### INTERSEX

A naturally occurring variation of sex characteristics, reproductive organs, and/or chromosomes that do not fit the typical definition of male or female (although many intersex people are assigned male or female at birth)

NOTE: Assigned gender/sex at birth is different than sex, which is based on many variable factors

## GENDER EXPRESSION

How a person presents themselves (such as style, actions, demeanor, and more)

### FEMININE

Expresses qualities and characteristics typically associated with femininity

### MASCULINE

Expresses qualities and characteristics typically associated with masculinity

### ANDROGYNOUS

Expresses both typically feminine and typically masculine qualities ambiguously, or expresses typically neither

NOTE: Gender expression may change over time or in different situations

## SEXUAL ORIENTATION

Who a person is sexually attracted to

### HETEROSEXUAL

Sexual attraction to people of a different gender than your own

### HOMOSEXUAL

Sexual attraction to people of a similar gender to your own

### BISEXUAL

Sexual attraction to people of more than one gender

### PANSEXUAL

Sexual attraction regardless of gender

### ASEXUAL

Experiences little to no sexual attraction

### DEMISEXUAL

Experiences little to no sexual attraction until a close emotional bond is formed

## ROMANTIC ORIENTATION

Who a person is romantically attracted to

### HETEROROMANTIC

Romantic attraction to people of a different gender than your own

### HOMOROMANTIC

Romantic attraction to people of a similar gender to your own

### BIROMANTIC

Romantic attraction to people of more than one gender

### PANROMANTIC

Romantic attraction regardless of gender

### AROMANTIC

Experiences little to no romantic attraction

### DEMIROMANTIC

Experiences little to no romantic attraction until a close emotional bond is formed

These definitions are commonly accepted but not absolute. Some of these terms have some overlap. That's okay! Just describe yourself with whatever terms you're comfortable with, and respect the terms other people use for themselves.

There are so many more identities, orientations, expressions, and definitions that aren't shown here. Ask your teacher for more resources or visit the link in the QR Code if you have questions!

WannaLearnMore.com



# A Gender Journey



Hollow

Lonely

Pretending

Worthless



Empty

Sad

Freak

Depressed

***TERRIFYING!!!!!!***



# What is Gender Affirming Care?

- Hormonal transition
- Surgical transition
- Mental health care
- Social transition

# What is Gender Affirming Care?

## Social transition

- Using proper language and terminology, pronouns, names
- Letting folks share their joys and hardships
- Being an ally by just listening

# Organizations that support the validity of Gender Affirming Care

- American Academy of Child and Adolescent Psychiatry
- American Academy of Dermatology
- American Academy of Family Physicians
- American Academy of Nursing
- American Academy of Pediatrics
- American College of Obstetricians and Gynecologists
- American College of Physicians
- American Counseling Association
- American Medical Association
- American Nurses Association
- American Psychiatric Association
- American Psychological Association
- Federation of Pediatric Organizations
- National Association of Social Workers
- Pediatric Endocrine Society
- Society for Adolescent Health and Medicine
- World Medical Association
- World Professional Association for Transgender Health

# What are Affirming Pronouns?

- Pronouns accurately and inclusively reflect a person's gender identity and/or expression
- Pronouns are not necessarily stagnant or unchanging
- Using chosen pronouns...better than CBT, DBT, antidepressant/anxiety medications

# They/Them/Theirs

## **Non-Binary (Gender Queer)**

Gender identity is not exclusively masculine or feminine. Genderqueer may express a combination of masculinity and femininity, or neither, in their gender expression

## **Gender Fluid (Gender non-conforming)**

Remains flexible about their gender identity rather than committing to a single gender. They may fluctuate between genders or express multiple genders at the same time

## **Pronouns Used**

They, Their, Them

***If you use incorrect pronoun or  
deadname someone...***

It hurts and lingers for a long time

Compromises their safety

Gaslights depression, anxiety and SI

# ***PRONOUNS ARE EVERYTHING!!!***



# Trans Youth-Most Vulnerable Population

Support Is Crucial

***No support leads to....***

**Mental and physical health issues**

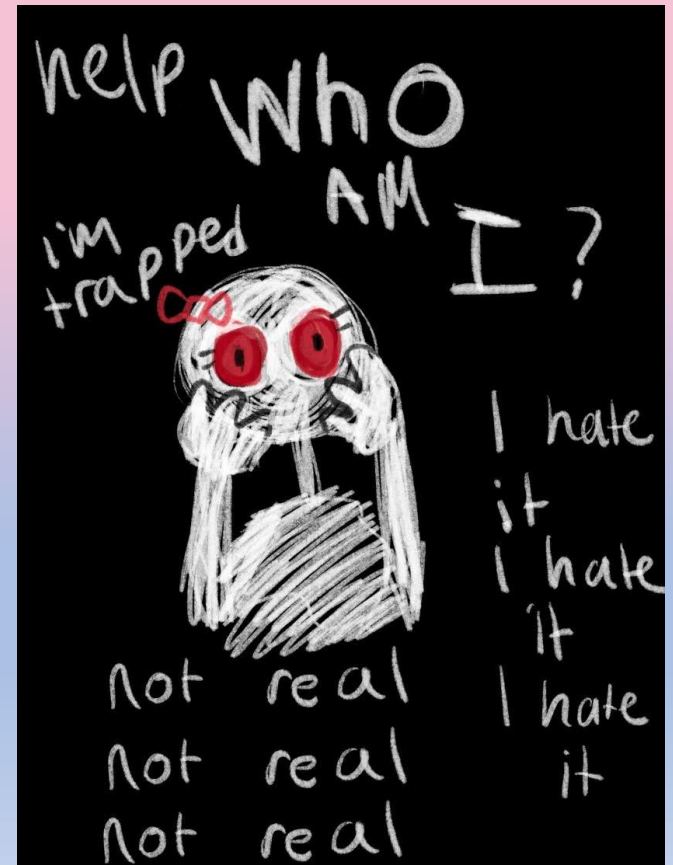
CT TransAdvocay Coalition



# Gender Dysphoria



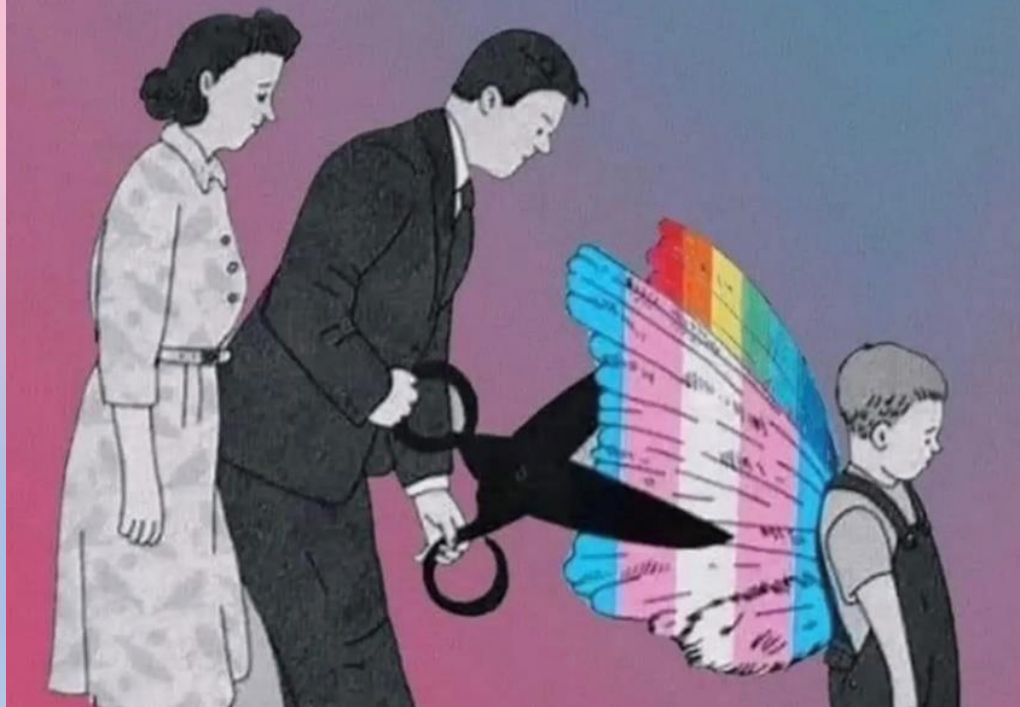
# Understanding body dysphoria



Writing a letter to yourself if you were 10 years older...what would you say?



***don't be your  
child's first bully.***



***be their first ally...***

# Challenges



# Transgender Individuals & Healthcare

(McPhail, Rountree-James, & Whetter, 2016).

- **Transphobia** has been shown to impact care. Mistreatment often occurring with healthcare professionals and other professionals
- **Lack of knowledge** has been suggested to be at the root of poor transgender care

Many healthcare systems are not prepared for the aging gender diverse community

Transgender elders routinely encounter both a health care system and a **national aging network that are ill-prepared to provide culturally competent care and services**

# Healthcare system is not prepared

## Transgender adults of all ages, reported

- Being refused care outright by medical providers, with even higher rates for transgender people of color
- 50% have to teach their providers about transgender care
- Many had their needs ignored, whether denied hormone therapy or some other medical need
- Nurses refused to bathe—or even touch transgender adults

# Healthcare system is not prepared continued...

- 42% of transgender people experienced some form of physical violence or abuse
- An average 80% of transgender people experienced verbal abuse or harassment

# Coworkers-negative impact on patients and other coworkers

- This is not real
- This is against my religious beliefs
- This is against my political beliefs

How does this effect your coworkers and colleagues?

Do you think patients can sense your thoughts or beliefs?

# Staff Training

## *Front lines of patient care*

- Front desk staff, nursing staff, technicians, etc.
- Training on transgender health issues should be provided to ALL staff & providers

# Examinations and Interviews



- Approach with extra caution
- Take a little extra time and have a comforting conversation before exam or questions
- Explain what you will do before any kind of contact

# Gender Inclusive Language

## Clinical settings with new clients



Below are terms you can use when providing care for gender diverse people. Once you know the words a person uses to describe their body, use their words in a respectful & professional manner.

### Anatomy

Try	Instead of
Upper body	Breast / Chest
Erogenous or erectile tissue / External genitals / Genitals	Penis
Erogenous or erectile tissue	Clitoris
External genital area	Vulva
Opening of the genitals	Introitus / Opening of the Vagina
Internal genitals / Genitals	Vagina
External gonads	Testes / Testicles
Internal gonads	Ovaries
Internal reproductive organs	Female reproductive organs

# Body Parts

### Focussing on anatomy, conditions & symptoms (Instead of gender)

Try	Example	Instead of
Person with _____ People with _____ Anyone with _____	If a <b>person with</b> a <u>prostate</u> has urinary symptoms, they should speak with their doctor.	man with... males with... male-bodied people...
Person who has _____ People who have _____ Anyone who has _____	We recommend that <b>anyone who has</b> a <u>cervix</u> consider having a pap test according to the recommended guidelines.	woman who has... females who have... female-bodied people...
_____ may occur _____ can begin You may experience _____	<u>Pregnancy</u> <b>may occur</b> without contraception. <u>Hair loss</u> <b>can begin</b> at any age after puberty. <b>You may experience</b> <u>cramps</u> as a side effect.	women may become... male pattern balding... women may experience...

## Setting a welcoming tone

With new clients, it can be helpful early on (ie. beginning of a history exam) to let them know you welcome gender & sexually diverse clients. Even if this does not apply to them directly, they may have a family member or friend who is in need of this care provision.

*"I let all my new patients know early on that I work with many diverse people. Therefore, I welcome you to share anything that you feel is relevant for me to know, in order to make sure I provide you with the best possible care. If there is ever anything about your body, your gender, your identity, or your sexual health that you want to discuss or ask questions about, please don't hesitate to do so."*

## Person-centered care

Many exams, tests, treatments, and medications are specific to a person's current anatomy and presenting concerns. Therefore, a gender diverse person's legal sex marker or sexual orientation are not fool proof criteria for assessing what care provision is most suitable.

When it's relevant to know, ask the person respectfully & confidentially. It is helpful to let the person know why & how your question is relevant to the care you will provide for them.

## Additional gender inclusive terms

Try	Instead of
Assigned female / Assigned male	Biological female / Biological male
Cisgender	Not trans / Normal / Real
Phenotypical development	Natural / Normal development
Common	Regular / Correct / Right
Hair loss	Male pattern balding
Sexual health screening / Internal exam / Cervical screening	Pelvic exam / Well woman exam
Looks healthy	Looks normal
Thinning of the internal genitalia tissue	Vaginal atrophy
Monthly bleeding	Period / Menses
Physical arousal / Hardening or stiffening of erectile tissue	Erection
External condom / Internal condom	Male condom / Female condom
Receptive IC / Insertive IC (IC = Intercourse)	Vaginal sex
Pregnant person	Pregnant woman
Parenthood	Motherhood / Fatherhood
Chestfeeding (for non-binary & transmasculine people)	Breastfeeding

# Suicidal Ideations

81% of transgender adults in the U.S. have thought about suicide

42% of transgender adults have attempted it

56% have engaged in non-suicidal self-injury over their lifetimes

# Understanding what it is like to be transgender in 2026

- ❖ Worrying about being clocked was scary but is now terrifying or even dangerous
- ❖ Misgendered or dead named
- ❖ Bathrooms
- ❖ Verbal abuse
- ❖ Physical Abuse
- ❖ Coming out
- ❖ Social Media
- ❖ Family Conflict
- ❖ Loss of our basic human rights
- ❖ ICE

**Oppose this Disgusting  
Child Predator**

***April 2, 2025***

***Deep River Library***

***6pm-7pm***

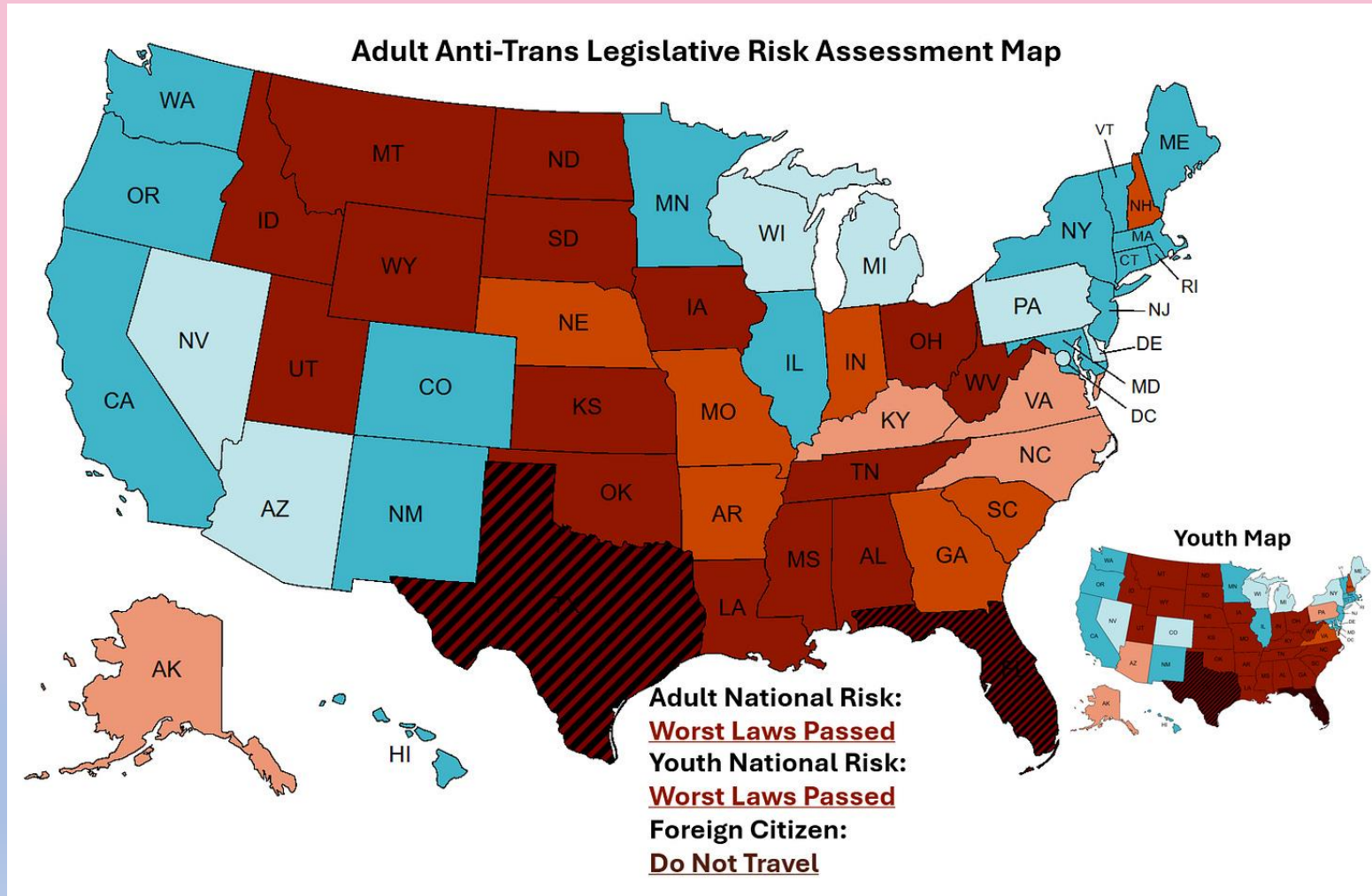
**Mark "Jillian" Celantano**

**This unstable creature  
preys on children,  
recruiting for his  
perverse fetishes.**

**KEEP CHILDREN AWAY!**



# The Adult Trans Legislative Risk Assessment Map



First of all, we're not dead yet...we are just beginning to live the life we have always wanted



# *What can we do to create a more affirming setting*



# Safe Environment

## LGBT-friendly symbols



# What would an affirming practice look like?

- Know the basic language
- LGBTQ+ friendly symbols
- Customize your patient intake forms-more options, use gender natural language
- Meet the standards of practice in caring for LGBTQ+ patients
- Gender neutral bathrooms that are safe and equipped for transgender people's needs
- Using correct names and pronouns
- If you are uncomfortable, we are uncomfortable
- Gender diversity is not a disorder
- Nonbinary people do exist
- Validate, validate, validate...meet the client where they're at!

Gender Joy of having  
support from  
others...the results!



My personal gender joy...  
My life began at 55



# I wrote a Book!

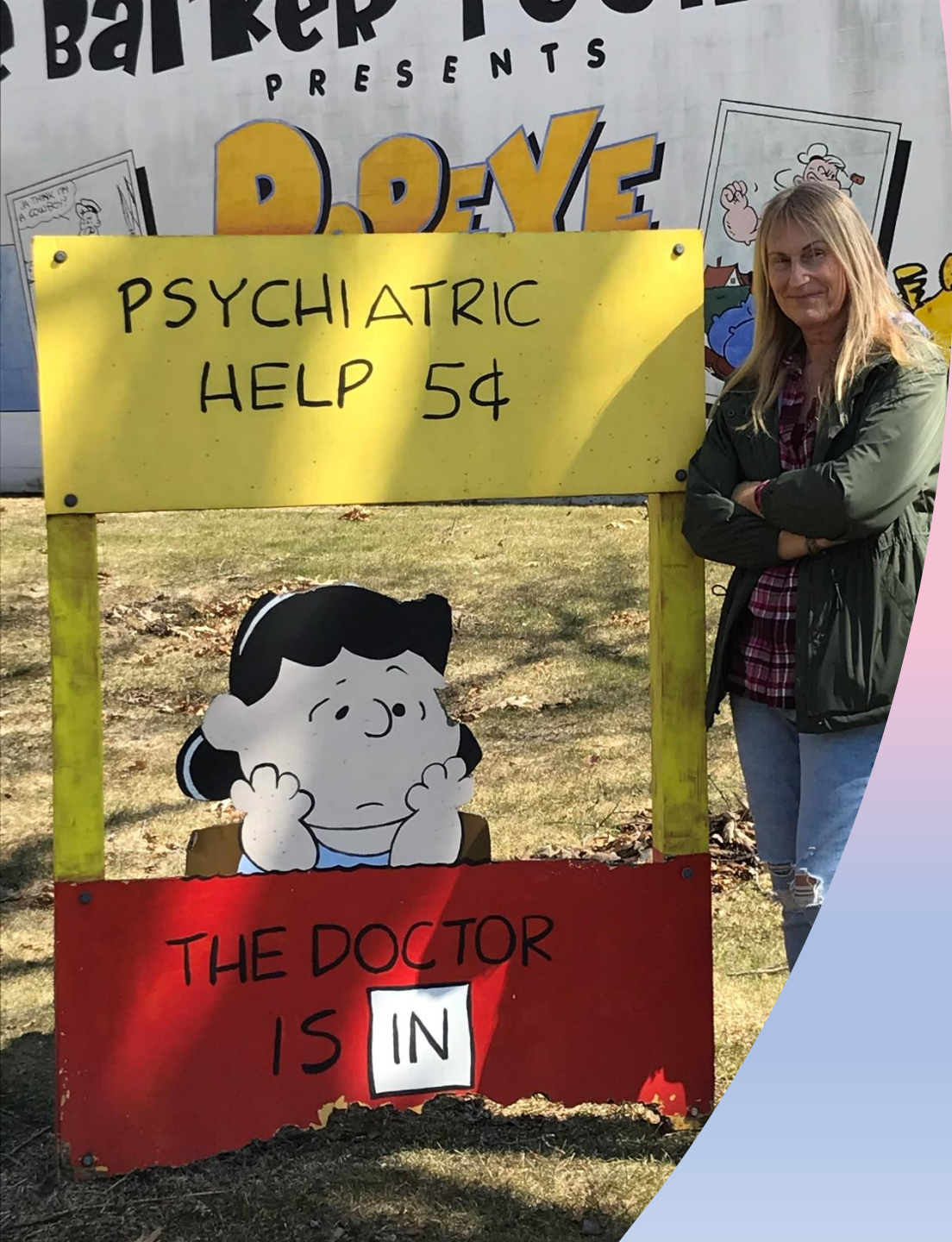


## transitioning later in life

A Personal Guide

Simple  
Steps for  
Finding  
Happiness

Jillian Celentano



Having at least one accepting adult can reduce the risk of a suicide attempt among LGBTQ young people by 40 percent!

The Trevor Project

Hope...Something we must never lose!

- *“During the darkest days of the AIDS crisis, we buried our friends in the morning, we protested in the afternoon, and we danced all night. The dance kept us in the fight because it was the dance we were fighting for. It didn’t look like we were going to win, then and we did. It doesn’t feel like we’re going to win now, but we could. Keep fighting, keep dancing.” Dan Savage*

*Thank you!*  
*Questions/Comments*



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