

Gender Dysphoria: Beyond the Diagnostic Criteria

Gender Care in the Heartland, 2023

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Pronouns: he/him



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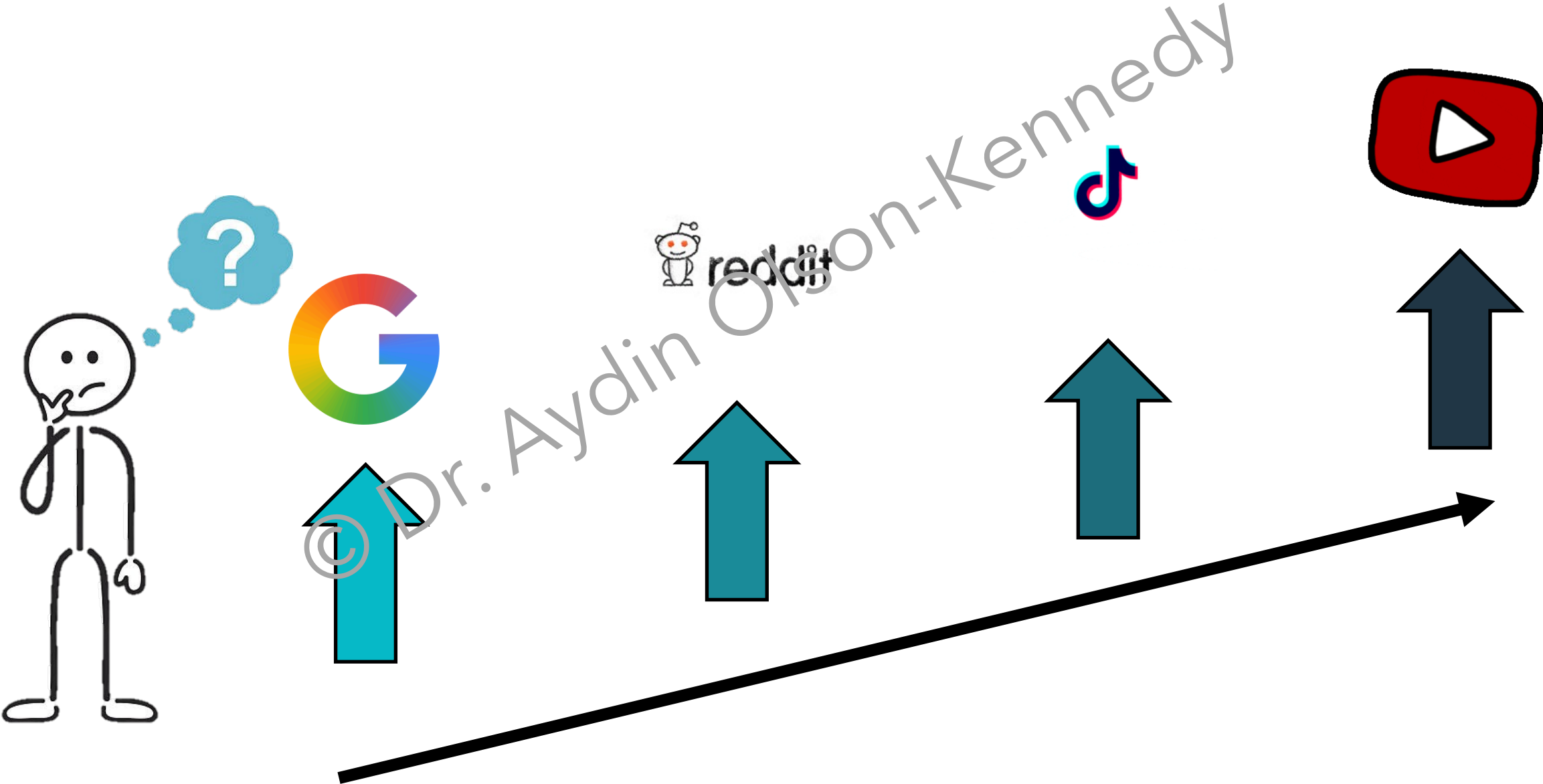
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Objectives

- Explore what gender dysphoria is and how it presents.
- Explore the social, cultural, and psychological factors influencing the experiences of gender dysphoria.
- Introduce anti-oppressive, gender-affirming approaches to the care of transgender and non-binary clients/patients.



Coming in...



You're too young to make such a big decision.

If you're really a boy/girl, then why didn't you tell us when you were younger?

I'm a boy
I'm not a girl

I'm a girl
I'm not a boy

This is just a phase.

Have you even thought about what this really means?

What if you regret it?

I'm not a girl
or a boy



Coming out...

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Gender Dysphoria in Adolescents & Adults (302.85)

1. A marked incongruence between one's **experienced/expressed** gender and primary and or secondary sex characteristics or, in young adolescents, the anticipated secondary sex characteristics.
2. A **strong desire** to be rid of one's primary and or secondary sex characteristics because of a marked incongruence with one's experienced expressed gender or in young adolescents, a desire to prevent the development of the anticipated secondary sex characteristics.
3. A **strong desire** for the primary and or secondary sex characteristics of the **other** gender.
4. A **strong desire** to be of the **other** gender or some alternative gender different from one to assign gender.
5. A **strong desire** to be treated as the **other** gender or some alternative gender different from one's assigned gender.
6. A **strong conviction** that one has the typical feelings and reactions of the **other** gender or some alternative gender different from one's assigned gender.





Factors That Can Influencing Dysphoria

- Is there shared language or gendered framework?
 - Non-binary
 - Agender
- Perceived family, partner, peer, and social support
- Are they minoritized or Othered in other areas of their lives?
 - Racialized minority
 - Ableism/Neurodivergent
- Sociopolitical Environment/Media
- Geographic location
 - Family structures
 - Only child
 - Gendered cultural expectations
- Religious, spiritual, or faith affiliation or identity
- Designated gender at birth/gender identity
- Age



How Dysphoria May Present

- Depression
- Anxiety
- Disengagement
- Isolation
- Self-harm
- Suicidality
- Low tolerance for frustration
- Poor attention
- Lack of motivation
- Emotional immaturity
- Poor self-esteem
- Negative body image
- Sadness
- Crying
- Exhaustion
- Poor sleep hygiene
- Easily distracted
- Poor academic achievement
- Poor family relationships
- Eating Disorders
- Shame and Anger - unwanted identities



[G]ender dysphoria feels like a pain that I've never experienced in my life; it's a pain that grows as you get older, and the more you hide it the worse it gets. It's the worse type of pain because it's not physical pain, it's emotional and mental pain that you cannot control with any painkiller; it's the worst type of pain that never goes away no matter what stage of transition you are, and that's the hardest part. (22-year-old transgender man)

Have you ever tried putting together a puzzle and attempted to shove in a piece that doesn't fit? It bends and crinkles and will not cooperate, and if you do get it to kind of fit you can always still tell that something is off. So now imagine that your body is the puzzle and almost none of the pieces fit together no matter how hard you press or how many different combinations you try. That's what gender dysphoria feels like to me. (24-year-old Afro-Indigenous transgender man)

It feels like I am in a room filled with glass that's breaking around me and people are always looking at me as a female and the more the glass breaks the more they see female and I'm trying to put the glass back for them to see me as a male. (31-year-old White transgender man)

"Dysphoria feels like a never ending nightmare of being stuck in a dream and not being able to wake up or get out of it. Just stuck in a loop, waking up and replaying the same pain."

It's like this overwhelming feeling of sadness that creeps in every now and then. It's as if I notice my body more and do not want to look into the mirror. I notice it a lot when I'm off my HRT [hormone replacement therapy] medication. (31-year-old Black transgender woman)

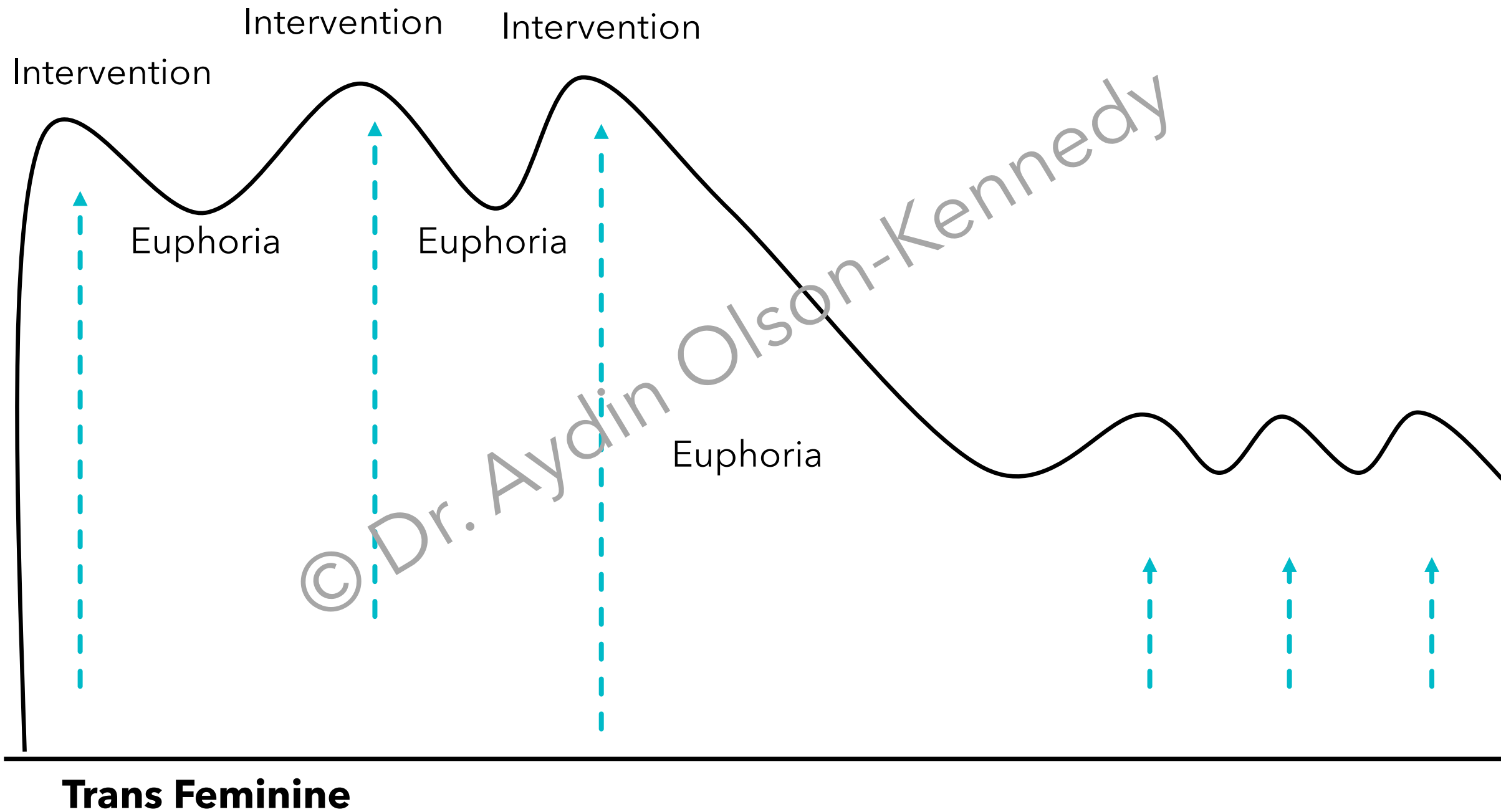
"It magnifies depression and anxiety to an extent where self-care is more and more difficult, not wanting to take the effort to shave because what's the point when it just keeps growing back no matter what you do" (38-year-old White transgender woman), and "it'll be like a rush of dread and negativity to the point I can't shower for days" (19-year-old White nonbinary youth).

Like what I imagine being water boarded feels like, drowning. And a suffocating like I want to get outside in the sun but I cannot breathe or open my eyes or even pull my head up or stand and if someone does see me stand that I will turn to dust. That is gender dysphoria at its worst. (42-year-old White transgender man)

It feels like wanting to tear off my skin. It is the constant reminder that I'll never truly be who I am. It is the want to take a knife to my genitals and rid myself of them. It makes me feel ugly and wrong. It's constantly seeing in the mirror all the masculine features on me and wanting to die. (20-year-old transgender woman who chose not to share race)

HerStory.

<https://www.youtube.com/@HerStoryShow>



<https://youtu.be/sOO1frdtzuE>



Intervention

Intervention

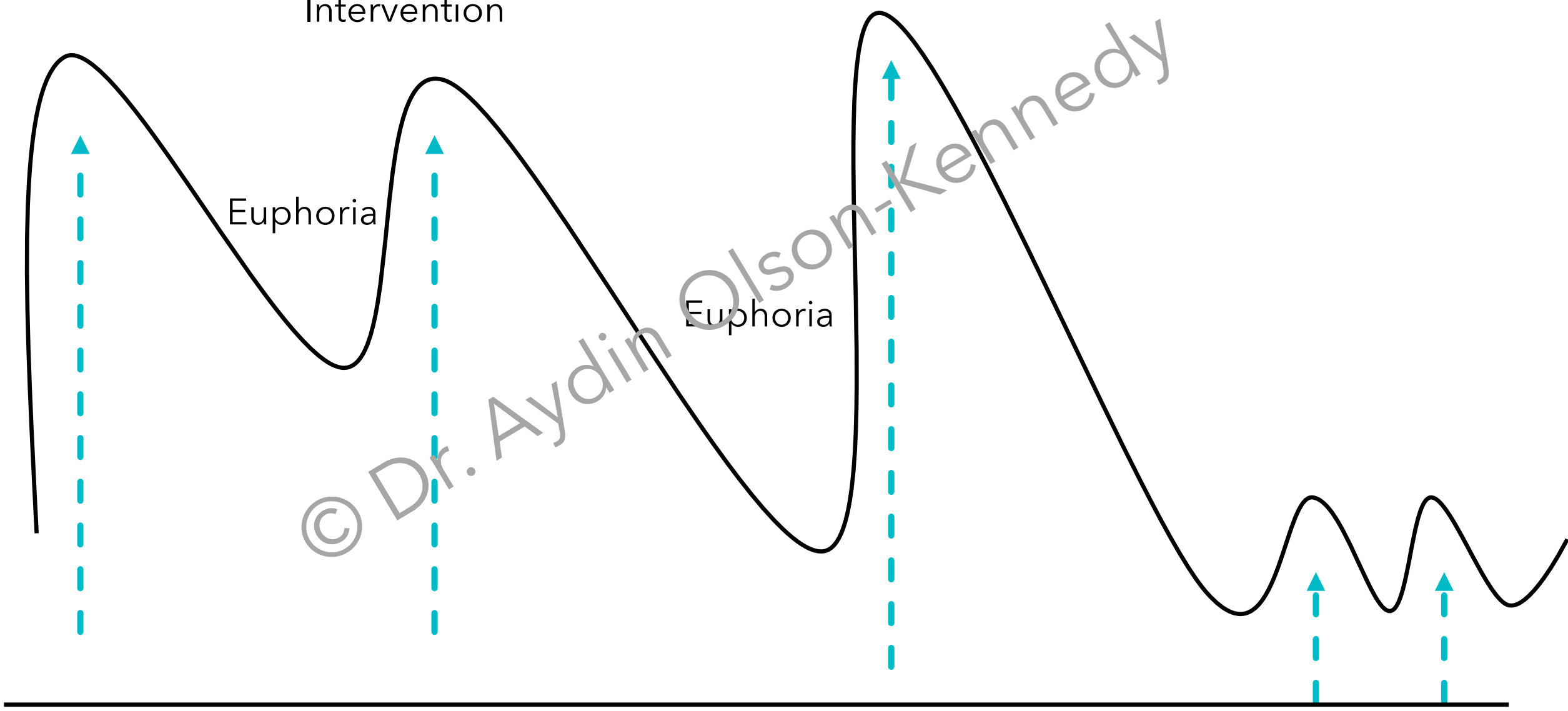
Intervention

Euphoria

Euphoria

Trans Masculine

3-6 years



button
poetry

<https://youtu.be/XC5QxT0bb5Q>

Anti-oppressive theories

- Transgender Theory (Breaux & Thyer, 2021; Roen, 2001)
- Critical Trans Theory (Evans, 2019)
- Indigenous Theory (Mackean et al., 2022)
- Critical Race Theory (Haskings & Singh, 2015)
- Intersectionality Theory (Crenshaw, 1989, 1991)
- Relational-cultural Theory (Jordan, 2013; Lenz, 2016)
- Liberation Psychology (Singh et al., 2020)
- Critical Disability Theory (Hosking, 2008)
- Dis/Crit (Annamma et al., 2013)



ANDREA GIBSON
HARD LIFE

https://youtu.be/WZsyWG2Iz_4



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TransYouth Care Symposium

CE Details: 14.5 CE Hours

Date: January 16, 2024 - January 19, 2024

Time: 9:00 AM CST - 1:00 PM CST

Price: \$350.00

Presented by: Aydin Olson-Kennedy, DSW, LCSW, Darlene Tando, LCSW, & Johanna Olson-Kennedy, MD

TransYouth Care Symposium is a comprehensive 14.5-hour training designed for providers & professionals interested in providing sensitive and competent mental health and medical care for gender-diverse children, transgender youth and young adult



Register now by clicking [here!](#)



<https://tpn.health/events/transyouthcare1123/>



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