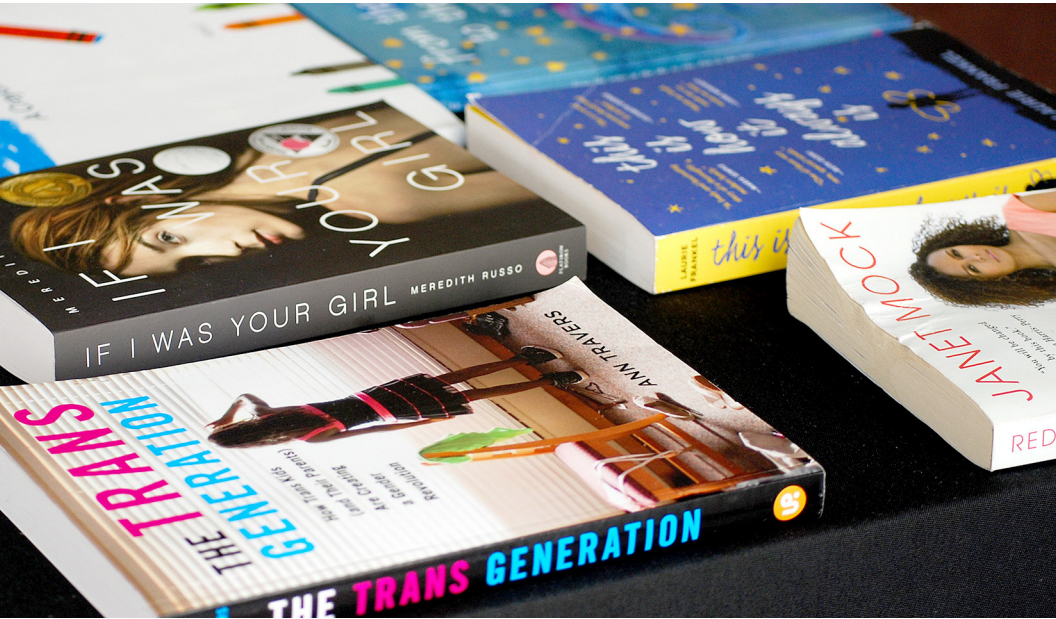


Integrated care for gender dysphoric, gender non-binary, & transgender children into adulthood



Department of Psychiatry
Trans Health Symposium

OCTOBER 21, 22, 25, 26, 2021
1:00 P.M. TO 4:45 P.M.
Presented virtually on Zoom



Trans Health Symposium 2021 Schedule

October 21

- 12:30-1:00 Symposium opens on Zoom
- 1:00-1:15 *Trans*Health Basics Welcome*
S. Zinck
- 1:15-1:45 *Introduction: What is gender dysphoria?*
R. Bartlett, D. Dubé, S. Zinck
- 1:45-2:00 Question & Answer Period
- 2:00-2:15 Break
- 2:15-3:00 *Trans*voices panel & video on health care*
Youth & Parents; R. Bartlett
- 3:00-3:15 Question & Answer Period
- 3:15-3:30 Break
- 3:30-4:30 *Advocating for youth at schools, camps and community activities:
resources and approaches*
R. Corbett, S. Cross, C. Sweeney, S. Zinck,
- 4:30-4:45 Question & Answer Period

October 22

- 12:30-1:00 Symposium opens on Zoom
- 1:00-1:45 *Working with families of gender dysphoric or transgender youth with table case discussions*
F. Rasti
- 1:45-2:00 Question & Answer Period
- 2:00-2:15 Break
- 2:15-3:15 *Assessment and treatment of gender dysphoria 101*
A. Mokashi, S. Zinck
- 3:15-3:30 Question & Answer Period
- 3:30-3:45 Break
- 3:45-4:30 *Endocrinological/Hormone treatment update for MH clinicians, pediatricians and primary care physicians*
A. Mokashi
- 4:30-4:45 Question & Answer Period

October 25

- 12:30-1:00 Symposium opens on Zoom
- 1:00-1:15 *Advanced Mental Health Concepts Welcome*
S. Zinck
- 1:15-2:00 *Psychotherapeutic approaches for managing body dysphoria*
S. Zinck
- 2:00-2:15 Question & Answer Period
- 2.15-2:30 Break
- 2:30-3:15 *Working with co-morbid mental health diagnoses and gender dysphoria using sample cases*
S. Zinck
- 3:15-3:30 Question & Answer Period
- 3:30-3:45 Break
- 3:45-4:30 *Gender identity and autism: common presentations and a guideline for providing treatment*
A.M. Joyce, S. Zinck
- 4:30-4:45 Question & Answer Period

October 26

- 12:30-1:00 Symposium opens on Zoom
- 1:00-1:45 *Surgical assessment of transgender teens and adults: an update for psychologists and psychiatrists*
S. Zinck
- 1:45-2:00 Question & Answer Period
- 2:00-2:15 Break
- 2:15-3:00 *Clinician panel Q&A: How to write referral letters with samples*
R. Bartlett, S. Zinck
- 3:00-3:15 Question & Answer Period
- 3:15-3:30 Break
- 3:30-4:00 *Peer supervision network: how it works and why to join*
R. Bartlett, G. Dart, D. Dubé, S. Zinck
- 4:00-4:15 Question & Answer Period
- 4:15-4:30 *Thank You & Conference Wrap Up*
S. Zinck

Speaker Information

Speakers

Robert Bartlett

MSW, clinician therapist, IWK TransHealth Team

Roseita Corbett

BEd, MEd, RCT, CCC, Guidance Counsellor, Halifax Regional School board

Skye Cross

Programming & Communications Coordinator, The Youth Project

Garry Dart

BSc, BA, CATTTC, Primary Healthcare Coordinator, PrideHealth

Denis Dubé

BSW, MSW, RSW, Social Worker, IWK Health Centre

Ann Marie Joyce

PhD, Psychologist, IWK Health Centre

Arati Mokashi

MD, FRCPC, Pediatric Endocrinologist, IWK Health Centre & Associate Professor, Department of Pediatrics, Dalhousie University

Fatima Rasti

MSW, RSW, Clinical Social Worker, IWK Health Centre

Cynthia Sweeney

Consultant/Lead Inclusion Educator, Simply Good Form

Sue Zinck

MD, FRCPC, Child and Adolescent Psychiatrist, IWK Health Centre & Assistant Professor, Department of Psychiatry, Dalhousie University

Small Group Facilitators

Roben Keddy

BSW, Social Worker, IWK Health Centre

Learning Objectives

Symposium Objectives

1. You will learn about the terminology and spectrum of gender expression
2. You will be able to describe the experience of and sensitive psychosocial assessment involved of gender dysphoria
3. You will understand the time course of gender variance and dysphoria
4. You will understand the evidence for all supports and treatments of gender dysphoria for gender non-conforming, transgender youth and their families
5. You will become familiar with hormone and surgical treatments and the evidence for effects and mental health outcomes
6. You will learn the components of informed consent for hormone and surgical treatments
7. You will learn how to write referral letters for hormone and surgical treatments
8. You will learn key recommendations for providing gender affirming, trans-inclusive healthcare services, with themes drawn from the existing research on best practices and cultural competency for working with trans populations
9. You will become familiar with the referral path to services for these youth in N.S.
10. You will learn about local resources and supports for youth & families, and advocacy resources for clinicians and educators

Learning Objectives

After each presentation, participants will be able to:

Introduction: What is gender dysphoria?

R. Bartlett, D. Dubé, S. Zinck

1. You will learn the terminology of gender expression
2. You will be able to describe criteria and psychosocial assessment involved in making a diagnosis of gender dysphoria

Transvoices panel & video on health care Youth & Parents

R. Bartlett

1. You will understand the time course of gender variance and dysphoria
2. You will understand the evidence for treating gender-creative and transgender youth and their families

Assessment and treatment of gender dysphoria 101

A. Mokashi, S. Zinck

1. You will understand the evidence for treating gender-creative and transgender youth and their families
2. You will become familiar with hormone and surgical treatments and mental health outcomes
3. You will become familiar with the referral path to services for these youth

Working with families of gender dysphoric or transgender youth with table case discussions

F. Rasti

1. You will understand the time course of gender variance and dysphoria
2. You will understand the evidence for treating gender-creative and transgender youth and their families

Advocating for youth at schools, camps and community activities: resources and approaches

R. Corbett, S. Cross, C. Sweeney, S. Zinck

1. You will learn about local resources and supports for youth & families, and advocacy resources for clinicians and educators

Endocrinological/Hormone treatment update for MH clinicians, pediatricians and primary care physicians

A. Mokashi

1. You will understand the evidence for treating gender-creative and transgender youth and their families
2. You will become familiar with how hormone treatments are prescribed and monitored and their common side effects
3. You will become familiar with the referral path to services for these youth
4. You will learn the components of informed consent for hormone treatments, including informed consent for reproductive and fertility preservation
5. You will learn about fertility preservation options

Psychotherapeutic approaches for managing body dysphoria

S. Zinck

1. You will be able to describe criteria and psychosocial assessment involved in making a diagnosis of gender dysphoria
2. You will understand the time course of gender variance and dysphoria
3. You will understand the evidence for treating gender-creative and transgender youth and their families
4. You will become familiar with hormone and surgical treatments and mental health outcomes
5. You will learn how to identify presentations of body dysphoria and minority stress and differentiate them from primary anxiety and depression symptoms

Working with co-morbid mental health diagnoses and gender dysphoria using sample cases

S. Zinck

1. You will be able to identify the variety of experiences of body dysphoria in trans* and gender diverse youth, within a developmental context;
2. You will be able to understand the intersection between social anxiety disorder and depression symptoms and the experiences of gender and body dysphoria;
3. You will be able to apply specific psychotherapeutic techniques to assist youth who experience gender and body dysphoria, with and without co-morbid depressive and anxiety disorders

Gender identity and autism: common presentations and a guideline for providing treatment

A.M. Joyce, S. Zinck

1. You will understand what the prevalence of gender incongruence/dysphoria is in the general population?
2. Through discussion of cases:
 - How might gender diversity present in a youth with ASD?
 - What are important factors to consider in treatment? With a focus on informed consent and capacity
 - What are the needs of the family?
 - What do the clinical practice guidelines say?
 - What do youth & families say?

Surgical assessment of transgender teens and adults: an update for psychologists, and psychiatrists

S. Zinck

1. You will become familiar with the names of surgical treatments and post-surgery mental health outcomes
2. You will become familiar with the referral path to services for these youth
3. You will learn the components of informed consent for surgical treatments

Clinician panel Q&A: How to write referral letters with samples

R. Bartlett, A. Mokashi, S. Zinck

1. You will learn how to write referral letters for hormone & surgical treatments
Peer supervision network: how it works and how and why to join S. Zinck, R. Bartlett, G. Dart
2. You will learn about local peer supervision networks

Planning Committee

Sue Atkinson, MD, CCFP, FCFP

Roberts Bartlett, MSW

Michael Flemming, MD

Debi Follett

Kate Rogers

Laci Williams, MD, CCFP

Sue Zinck, MD, FRCPC (Chair)

Symposium Evaluation

We value your feedback. In the conference schedule you will see links under each talk directing you to a survey. We hope you will take the time to help us improve our event for next year.

Please also follow this link to answer four short questions about the symposium:
<https://surveys.dal.ca/opinio/s?s=63570>

IMPORTANT: Please note that the surveys will CLOSE ON SUNDAY, OCT. 31 at 11:59PM. Please ensure that you have provided your responses by that time.

Need Help?

Please contact Kate Rogers by email at kate.rogers@nshealth.ca, or by phone at 902-473-1677.

Continuing Professional Development

Certification/Accreditation

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Dalhousie University for up to **12.5** Mainpro+ credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Dalhousie University. You may claim a maximum of **12.5** (credits are automatically calculated).

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information can be found at www.ama-assn.org/go/internationalcme.

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers through an unrestricted educational grant.

This event is a WPATH Certified Course and counts as elective hours for those working on the WPATH GEI SOC7 Certification.

