

## LGBTQ+ Healthcare

# Resources & Recommended Reading

### Recommended Reading for Clinicians

American Psychological Association. (2011) Guidelines for psychological practice with lesbian, gay, and bisexual clients. *American Psychologist*, 67, 10–42. Retrieved from <https://www.apa.org/pubs/journals/features/amp-a0024659.pdf>

Butler, C. (2010). Sexual and gender minorities: Consideration for therapy and training. In C. Butler, A. O'Donovan, & E. Shaw (eds.), *Sex, Sexuality, and Therapeutic Practice: A Manual for therapists and trainers*. Routledge, New York, NY.

**Center of Excellence for Transgender Health, Department of Family and Community Medicine, University of California San Francisco. (2016). *Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People; 2nd edition*. Deutsch MB. Retrieved from: [www.transhealth.ucsf.edu/guidelines](http://www.transhealth.ucsf.edu/guidelines)**

Erickson-Schroth, L. (Ed.). (2014). *Trans bodies, trans selves: A resource for the transgender community*. Oxford University Press.

Fabbre, V. (2018). *To survive on this shore: Photographs and interviews with transgender and gender nonconforming older adults*. Consortium Books Sales & Dist.

**Gelpi, M. (2020, May). What's your pronoun? Strategies for Inclusion in the Workplace. Retrieved December 9, 2022, from <https://outandequal.org/wp-content/uploads/2020/05/Pronouns-Guide.pdf>**

Joshi, Y. (2012). Respectable queerness. *Columbia Human Rights Law Review* 43(2).

McNamara, M.C & Ng, H. (2016). Best practices in LGBT care: A guide for primary care physicians. *Cleveland Clinic Journal of Medicine* 83(7). Retrieved from [https://www.mdedge.com/sites/default/files/issues/articles/McNamara\\_LGBTCare.pdf](https://www.mdedge.com/sites/default/files/issues/articles/McNamara_LGBTCare.pdf)

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Mizock, L. & Lundquist, C. (2016). Missteps in psychotherapy with transgender clients: Promoting gender sensitivity in counselling and psychological practice. *Psychology of Sexual Orientation and Gender Diversity*, 3(2), 148-155.

Serano, J. (2016). *Whipping girl*. Da Capo Press, Boston, MA.

Sharman, Z. (Ed.). (2021). *The care we dream of: Liberatory and transformative approaches to LGBTQ+ health*. Arsenal Pulp Press.

**Singh, A., Change, S., & dickey, I. (Eds.). (2018). *The gender affirming clinician's guide*. New Harbinger Publications.**

**WPATH. (2022). Standards of Care for the Health of Transgender and Gender Diverse People, Version 8. *International Journal of Transgender Health*, 23(sup1), S1-S259. DOI: 10.1080/26895269.2022.2100644**

## Recommended Reading for Clients & Caregivers

The Transgender Teen: A handbook for Parents and Professionals by Stephanie Brill, Lisa Kenney

How To Understand Your Gender by Alex Iantaffi and Meg-John Barker

Queer & Transgender Resilience Workbook by Anneliese Singh

LGBTQ+ Youth: A Guided Workbook by Lee-Anne Gray

The Gender Identity Workbook for Kids by Kelly Storck

The Reflective Workbook for Parents and Families of Transgender and Non-binary Children by D.M. Maynard


The Reflective Workbook for Partners of Transgender People by D.M. Maynard

The Reflective Workbook for Teachers and Support Staff of Trans and Non-Binary Students by D.M. Maynard

## Online Resources

UCSF Provider Trans Healthcare Guidelines: <https://transcare.ucsf.edu/guidelines/mental-health>

National Center for Transgender Equality: <https://transequality.org/>



Fenway Health: <https://www.lgbtqiahealtheducation.org/> and <https://fenwayhealth.org/care/medical/transgender-health>

WPATH: <https://www.wpath.org/publications/soc8>

## Local Resources (St Louis)

### Local Healthcare:

- Southampton
- The Spot
- Transgender Center @ Children's Hospital
- Washington University Transgender Center
- Gender Affirming Program @ SLBMI
- SLU: The Family Clinic for Queer and Trans Youth

### Local Advocacy & Services:

- PROMO, Missouri's Statewide LGBTQ Advocacy Organization: [promoonline.org](http://promoonline.org)
- Metro Trans Umbrella Group: [stlmetrotrans.com](http://stlmetrotrans.com)
- Ben Greene, DEI consultant and parent coach: [bgtranstalks.com](http://bgtranstalks.com)
- Pride Center: [pridestl.org](http://pridestl.org)
- Growing American Youth: [growingamericanyouth.org](http://growingamericanyouth.org)
- St Louis Queer+ Support Helpline: 314-380-7774
  - Also available for organizational trainings

## National Resources

- National Center for Transgender Equality: [transequality.org](http://transequality.org)
- Transparent (for families of trans folks): [transparentusa.org](http://transparentusa.org)
- NAMI: [nami.org/find-support/lgbtq](http://nami.org/find-support/lgbtq)
- SAMHSA: [samhsa.gov/behavioral-health-equity/lgbt](http://samhsa.gov/behavioral-health-equity/lgbt)
- [mentalhealthamerica.net/lgbt-mental-health](http://mentalhealthamerica.net/lgbt-mental-health)
- Human Rights Campaign: [hrc.org](http://hrc.org)
- Gender Spectrum: [genderspectrum.org](http://genderspectrum.org)
- TransYouth Family Allies: [imatyfa.org](http://imatyfa.org)

### Helplines:

- Trans Lifeline: [translifeline.org](http://translifeline.org), 877-565-8860
- The Trevor Project: [thetrevorproject.org](http://thetrevorproject.org), 866-488-7386
- LGBT National Help Center [www.glbthotline.org](http://www.glbthotline.org)
- Hotline: 1-888-THE-GLNH (888-843-4564)
- Youth Talkline: 1-800-246-PRIDE (800-246-7743)
- SAGE LGBT Elder Hotline: 888-234-7243
- One-On-One Peer Support Chat: [LGBThotline.org/chat](http://LGBThotline.org/chat)
- Email Support: [help@glbthotline.org](mailto:help@glbthotline.org)

## Conferences

STITCH in Columbia MO - summit on trans healthcare put on by the medical school

TransSpec in St Louis - local conference combining experts in the field and community members

Midwest LGBTQ+ Rights Conference - hosted by OUTLaw at Washington University in St Louis

Advancing Excellence in Transgender Health Conference -

<https://fenwayhealth.org/events/7th-annual-advancing-excellence-in-transgender-health-conference/>

National LGBTQ Health Conference -

<https://isgmh.northwestern.edu/events/national-lgbtq-health-conference/>

## Selected References

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Center for American Progress (2023). CAP Survey Data on LGBTQI+ Experiences. Retrieved from <https://www.americanprogress.org/series/cap-survey-data-on-lgbtqi-experiences/>

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Familyequality.org

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Turban, J. L., Loo, S. S., Almazan, A. N., & Keuroghlian, A.S. (2021). Factors leading to “detransition” among transgender and gender diverse people in the United States: A mixed-methods analysis. *LGBT Health*: 273-280. <http://doi.org/10.1089/lgbt.2020.0437>

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