

High Plains Counseling Association Spring Growth Conference

Transgender Counseling WITH ROBYN BRAMMER, Ph.D.

Dean of Counseling and Social Sciences

Golden West College

MAY 8TH 9:00-12:00



CEUs
Provided



Amarillo College West Campus
Lecture Hall

\$35.00 in advance

\$40.00 at the door

May 8th 9am to noon

Space may be limited so RSVP
NOW!!

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Introduction: Heterosexual and cisgender values are deeply ingrained into our society, and they are essentially culturally-sanctioned norms. Early in their lives, children lack insight into these cultural beliefs, but hetero and cisnormative values become quickly understood. When the gender minority children become aware of the stereotypes, they are likely to dedicate mental and emotional energy to avoiding the appearance of being LGBTQQI. This process of not wanting to appear gay or trans creates a stereotype threat. The more energy marginalized students dedicate to appearing "normal," the less mental energy they can direct towards academics, clubs, sports, extracurricular activities, or student government. This process compounds over time. This is what led Helen Boyd (2007) to write, "almost nothing is more important than gender: not relationships, not children, not employment, not career goals or financial stability" (p. 33). Our sense of gender is the foundation of every facet of our life. If it is inconsistent with our sense of self, all other facets may feel artificial as well. Inconsistent gender identities may also lead to suicidality. Haas, Rodgers, Herman (January, 2014) reported suicide attempts of 46% among trans men and 42% among trans women. These are significantly higher than the national average (0.0046% for females and 0.021% for males). To put this another way, the suicide rate for those with gender dysphoria is approximately 3,000 times higher than the national average.

Learning objectives: Attendees of this workshop will understand 1) how stereotype threats create hostile environments that limit the social and academic growth of LGBTQQI children; 2) the unique challenges to young adults and the impact of hormones on a second puberty; 3) the challenges to older adults who transition, their families, their colleagues, and their friends. At each developmental stage, risks for internalizing (especially self-doubt, shame, and self-pathologizing) and externalizing (especially alcohol, drugs, and suicide) behaviors are above the national average.

Learning outcomes: By the conclusion of the workshop, attendees will be able to 1) articulate the ethical issues related to marginalization and stereotype threats; 2) demonstrate basic competencies in regards in gender-appropriate intakes, assessments, and counseling interventions for individuals, families, and couples; and 3) build an ALGBTQQI network without marginalizing clients.

Please contact Paula Abbott for more information:

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Or mail registration C/O of Paula Abbott at 110 North Rosemont, Amarillo, Tx. 79106

Name: _____ **Phone:** _____

Email: _____ **Credentials:** _____

Cash _____ **Check** _____ **Credit** _____ (1.00 fee added to cc payments)

V/MC/Dis _____ **Exp** _____ **Cvc:** _____ **Zip Code:** _____