**AGPA Connect 2023 Presenter Information**

**Course Code:** 303

**Course Title:** Beyond the Gender Binary: Group work with Trans and Gender Diverse Clients

**Course Times:** 10:00 AM - 12:30 PM

**Course Dates:** Thursday, March 9

**Instructors:** Natalie Haziza

Capi Landreneau

Ari Pehkonen

Charles Zeng

Kat Zwick

**Course Description:** As more clients/patients are presenting with issues relating to gender in mental health settings, there is a growing need for groups that openly discuss issues pertaining to gender identity and expression. The panel will examine considerations, challenges and clinical nuances of working with transgender and gender diverse (TGD) groups in various contexts. Topics will include group recruitment, group leader identities and disclosure, gender exploration in the group context, pronoun and name usage and clinical considerations when working with TGD populations.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Identify and prepare for inclusive practices within institutions and practices.‎
2. Discuss and apply the consideration of intersectionality when working with diverse clients in group.‎
3. Identify how previously adequate ideology is contributing to marginalization.‎
4. Identify ways that a group therapist can contribute to marginalization/cisnormativity.‎
5. Identify nuances in gender performance and presentation.‎
6. Identify the impact of assigned gender on therapeutic performance and client receptivity.‎

**Significant Articles:**

1. Darby, M. E., Bolland-Hillesheim, K., Cervantes, A., & Hitter, T. L. (2020). Ethical considerations in group ‎work with transgender/gender diverse clients. International Journal of Group Psychotherapy, 70(4), ‎‎579-598.‎
2. Dickey, L. M., & Loewy, M. I. (2010). Group work with transgender clients. The Journal for Specialists in ‎Group Work, 35(3), 236-245.‎
3. Heck, N. C. (2017). Group psychotherapy with transgender and gender nonconforming adults: ‎evidence-based practice applications. Psychiatric Clinics, 40(1), 157-175.‎
4. Hope, D. A., Holt, N. R., Woodruff, N., Mocarski, R., Meyer, H. M., Puckett, J. A., Eyer, J., Craig, S., ‎Feldman, J., Irwin, J., Pachankis, J., Rawson, K. J., Sevelius, J., & Butler, S. (2022). Bridging the gap ‎between practice guidelines and the therapy room: Community-derived practice adaptations for ‎psychological services with transgender and gender diverse adults in the central United States. ‎Professional Psychology: Research and Practice. Advance online publication. ‎https://doi.org/10.1037/pro0000448‎‎

**Agenda:**

1. Open Session - 150 minutes: Chair: Capi Landreneau, LCSW-BACS Presenters: Ari Pehkonen, LICSW; Natalie Haziza, PhD; Charles Zeng, LMFT, LPCC, CGP, Kat Zwick LPCC, CGP Chair introduction and setting the stage (10 min, Capi Landreneau, Obj 3) Presenter 1: Complexity of gender and starting a group for gender exploration (25 min, Obj 1, Ari, Pehkonen, case study/powerpoint/lecture) Presenter 2: The utility of group therapy for exploring gender identity (25 min, Obj 2&5, Natalie Haziza, powerpoint/lecture) Presenter 3: Decentralizing Cisheteronormativity in Group Narratives (25 min, Obj 4, Charley Zeng, powerpoint/lecture) Presenter 4: Radical Recovery: A 3-Year Closed Process Group with Predominantly Non-Binary and Trans Clients(25 min, Obj 2&6, Kat Zwick, case study/powerpoint/lecture) Discussion and Q&A (20 min) Moderator closing (15 min, Capi Landreneau) Participant Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

The three types of barriers transgender patients face in accessing health care are \_\_\_\_\_\_\_\_, structural, and anticipation barriers.

Correct Answer 1

Interpersonal

Question 2 (include possible answers)

Part of cultural humility in group therapy with gender diverse patients is the group leaders’ awareness of their own \_\_\_\_\_\_

Correct Answer 2

gender

Question 3 (include possible answers)

True or false: Questions of gender identity and gender expression are settled before middle adulthood

Correct Answer 3

false

Question 4 (include possible answers)

Hearing about other people’s experience of their gender identity and its development helps lessen the \_\_\_\_\_\_\_ of gender nonconformity.

Correct Answer 4

stigma

Question 5 (include possible answers)

It is important to include patients with both binary and \_\_\_\_\_\_\_\_\_\_\_ gender identities in therapy groups.

Correct Answer 5

non-binary

Question 6 (include possible answers)

In what part of the process of starting a group for gender diverse patients is it important to ask about prior experiences in trans-normative groups?

Correct Answer 6

Screening

Question 7 (include possible answers)

What type of care is considered to have the best outcome for transgender patients?

Correct Answer 7

gender affirming

Question 8 (include possible answers)

Sexual \_\_\_\_\_\_\_ and gender identity are often conflated with one another.

Correct Answer 8

orientation

Question 9 (include possible answers)

What DSM 5 diagnosis is associated with the distress of one’s felt gender not aligning with the body?

Correct Answer 9

gender dysphoria

Question 10 (include possible answers)

Increased rates of \_\_\_\_\_\_\_\_ is one of the most concerning psychiatric disparities faced by transgender individuals.

Correct Answer 10

suicide