

# 2023 INTERPROFESSIONAL TRANSGENDER HEALTH EDUCATION DAY (ITHED)



**TRANSGENDER HEALTH  
COLLABORATIVE @ SLU**

# CURRICULUM

## Description

The ITHED is designed to provide foundational knowledge on transgender health and gender-inclusive communication for students and current healthcare professionals.

## Intended Audience

College/university students enrolled in clinical education/training programs & current healthcare professionals.

## Methods of Instruction

The ITHED methods of instruction include lectures, a guided reflection, panel discussions, & interactive breakout sessions.

## Materials

Suggested resources include:

- [The World Professional Association for Transgender Health \(WPATH\) Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People, Version 8](#)
- [University of California San Francisco Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People, 2<sup>nd</sup> edition](#)
- [The Report of the 2015 U.S. Transgender Survey by the National Center for Transgender Equality](#)
- [Endocrine Society Clinical Practice Guidelines](#)

## Learning Objectives

After participating in the ITHED, students will be able to:

1. Identify prominent physical and mental health disparities that impact the transgender population.
2. Discuss the challenges transgender patients face within the healthcare system.
3. Describe aspects of gender-inclusive language and communication.
4. Articulate strategies to promote a gender-inclusive clinical environment.
5. Locate reputable resources to inform clinical practice within one's profession.
6. Identify the role of various health professionals in caring for a transgender patient.

## Description of Learning Activities

- **Trans 101:** Introduces fundamental concepts in transgender health and the history of transgender people. Addresses forms of transitioning, including social, legal, and medical interventions (learning objectives 1-4).
- **Trans 102:** Addresses best practices in gender-affirming communication and care with a focus on healthcare settings (learning objectives 3-4).
- **Trans 103:** Describes the social determinants of health impacting the transgender community, including discrimination within housing, employment, and education sectors (learning objectives 1-2).
- **Trans 104:** Provides discipline-specific considerations and details the role of various healthcare providers in the care of a transgender patient (learning objectives 5-6).
- **Guided Reflection on Gender Identity:** Invites students to reflect on their own gender identity and its context in society.
- **Panel Discussions:** Provide space for transgender and gender diverse community members and their families to share about their experiences in healthcare (learning objective 2).
- **Dynamic Breakout Sessions:** Allows students to explore greater depth of understanding on a variety of topics in small groups (learning objectives 1-6).

# OCTOBER 13, 2023 / SCHEDULE

Time	Content	Presenter(s)	Location
8:30 - 9:00 AM	<b>Opening Remarks: Understanding the Impact of Gender-Affirming Care</b>	Chelsea Trotter	LRC ABC
9:00 - 10:00 AM	<b>Trans 101: Introduction to Transgender Health and Forms of Transitioning</b>	Beth Gombos, Willow Rosen	LRC ABC
10:00 - 10:15 AM	<b>Guided Reflection on Gender Identity</b>	Katie Heiden-Rootes	LRC ABC
10:15 - 10:30 AM	<i>Break</i>		
10:30 - 11:00 AM	<b>Trans 102: Gender-Affirming Communication and Care</b>	Beth Gombos, Willow Rosen	LRC ABC
11:00 - 11:30 AM	<b>Trans 103: Unmasking Transgender Health Disparities</b>	Shelly Dalton	LRC ABC
11:30 - 12:30 PM	<b>Panel Discussion with Transgender Community Members</b>	Beth Gombos, Willow Rosen, & Colleagues	LRC ABC
12:30 - 1:15 PM	<i>Lunch</i>		
1:15 - 2:00 PM	<b>Trans 104: Discipline-Specific</b>		
	• Medicine, Physician Assistants, Nursing	Michael Donovan	LRC
	• Mental and Behavioral Health Disciplines	Katie Heiden-Rootes	LRC
	• Speech, Language, and Hearing Sciences	Emily Buxbaum	LRC
	• Nutrition and Dietetics	Rabia Rahman, Whitney Linsenmeyer	LRC
	• Occupational Therapy	Wendy Stav	LRC
	• Athletic Training	Katie Sniffen	LRC
• Dentistry	Olayinka Adekugbe	LRC	
2:10 - 2:55 PM	<b>Dynamic Breakout Sessions</b> ( <i>see next page for session descriptions</i> )		
	• Peer Support and Transformative Justice as Tools for Trans Liberation	Luka Cai	LRC
	• Sex Under the Gender Expansive Umbrella	Willow Rosen	LRC
	• Gender-Affirming Language and Communication: A Skills Workshop	Rabia Rahman, Emily Buxbaum	LRC
	• A Conversation with Nancy Corcoran, CSJ	Nancy Corcoran	LRC
• Restorative Space for Transgender and Gender Diverse Students		LRC	
3:05 - 3:45 PM	<b>TransParent-ing: A Panel Discussion with Families of Transgender Youth</b>	Susan Halla & Colleagues	LRC ABC
3:45 - 4:00 PM	<b>Closing Remarks &amp; Awards</b>	Katie Heiden-Rootes	LRC ABC

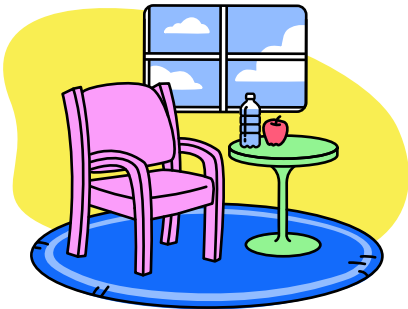
# BREAKOUT SESSION DESCRIPTIONS

## Peer Support and Transformative Justice as Tools for Trans Liberation

Trans liberation can feel like a lofty concept or unattainable dream in our lifetime, especially given the onslaught of systematic anti-trans attacks and legislation since 2020. Yet there are ways that we can transform the ways we individually and interpersonally approach community, harm, conflict, repair, peer support, and relationship-building that can bring us much closer to trans liberation. In this interactive session, Luka (they/them) from SQSH will be bringing their experience as a community organizer, facilitator, and peer counselor to facilitate direct, honest conversations about how we can build power and coalition within the St. Louis trans community – and how it all starts with trusting relationships. Trans St. Louisans will be centered and are particularly encouraged to attend.

## Sex Under the Gender Expansive Umbrella

A short session touching on some of the realities of sexual and reproductive health for gender expansive and transgender people. This will take into consideration some factors such as Gender Affirming Hormone Therapy (GAHT) / Hormone Replacement Therapy (HRT), surgery and adaptive wear. This session will be led by Mx. Willow Rosen, a sexual and reproductive health care educator with over a decade of experience helping transgender and queer individuals navigate this ever expanding landscape of care.

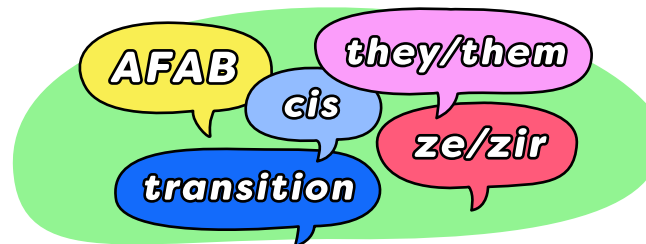


## Restorative Space for Transgender and Gender Diverse Students

This restorative space is reserved for students who identify as transgender or gender diverse. This will simply be a quiet opportunity to rest; no structured programming will be delivered. \*\*\*Advance sign-up is **not** required! Please utilize the quiet space as needed.

## Gender-Affirming Language and Communication: A Skills Workshop

This interactive workshop will provide students with the opportunity to practice gender-affirming language and communication, including use of names and pronouns, gender-neutral terminology, and how to handle communication mistakes. This session will be led by Emily Buxbaum, MS, CCC-SLP who provides voice therapy to gender diverse folks through the Speech-Language and Hearing Clinic, and Rabia Rahman, PhD, RD, LD, who publishes on the role of registered dietitians in the care of transgender clients.



## A Conversation with Nancy Corcoran, CSJ

Nancy Corcoran, CSJ defines her ministry as one of presence and accompaniment with the LGBTQIA population. She notes, "We [the Sisters of Saint Joseph of Carondelet] recognized the ignorance and intolerance surrounding humans who claim membership in the LGBTQIA communities. We promised to stand in solidarity and support, especially these folks in our quest for inclusion and justice, knowing that Jesus welcomed everyone to the table, respecting the dignity of every human person." For more information on her work, visit: <https://www.csjsl.org/news/a-ministry-of-accompaniment>

## SPEAKER BIOS

### **Chelsea Trotter, PhD (she/her)**

Chelsea Trotter earned a PhD in Theological Studies from Saint Louis University and specializes in understanding the intersection of LGBTQIA+ identities and religion. She has advocated for transgender rights on college campuses and has advised the Catholic Health Association on the potential benefits of introducing transgender-inclusive policies in Catholic hospitals. She also received the Missouri Speech-Language-Hearing Association Ambassador of the Year Award in 2022 for her work representing the social impact of gender affirming voice therapy.

### **Beth Gombos, BA (they/them)**

Beth Gombos, a transgender, non-binary, genderqueer individual, has focused on community development through research projects, volunteering, outreach, and employment. Beth has had the unique opportunity to develop and educate allies, businesses, universities, nonprofits, and other organizations about essential information that is crucial to understanding and supporting the transgender and gender non-conforming (TGNC) community.

### **Willow Rosen, BA (they/them)**

Willow Rosen has been working for well over a decade in the field of reproductive health care and advocacy with a focus on LGBTQIA+ populations. From patient advocacy to sex ed curricula creation, and directly training providers, their commitment to expanding available resources and education for the gender expansive community is what guides their work.

### **Michelle (Shelly) R. Dalton, PhD, LPC (they/them)**

Shelly Dalton (they/them) is an Assistant Professor of Medical Family Therapy in the Department of Family & Community Medicine at Saint Louis University. Their research centers on gender minority stressors for the gender identity minorities with an intersectional focus on race. Shelly's clinical practice focuses on health and neurodiversity within the TGNC community and training mental health clinicians to provide gender affirmative therapy.

### **Luka Cai, BA (they/them)**

Luka Cai, a trans-masculine, pansexual, Singaporean immigrant, co-founded SQSH to create a resource they wish they had. As Executive Director, Luka oversees program activities, resource development, and strategic planning at SQSH. With 10+ years of community organizing experience and 400+ hours spent learning, teaching, and applying peer counseling, they provide leadership for SQSH through their passion for queer liberation and transformative justice.

### **Nancy Corcoran, CSJ (she/her)**

Nancy Corcoran, CSJ, graduated from Harvard Divinity School in 1991 and began serving as a chaplain in Chicago & Boston until her retirement in 2015. Presently she defines her ministry as one of presence and accompaniment with Transgender, Intersex and Gender Fluid humans and their families. She's never boring and loves being in 'good trouble'!

### **Susan Halla, MS (she/her)**

Susan Halla is the board president of TransParent, a national nonprofit that brings compassionate support to parents and caregivers of transgender and gender expansive kids of all ages. She has her own trans child, who is now 22 but will forever and always be her kid.

## SPEAKER BIOS

### **Michael Donovan, MD (he/his)**

Dr. Michael Donovan is a physician at Southampton Healthcare and works with SLU's School of Medicine. He is passionate about providing primary care to the St. Louis community with a special interest in the LGBTQ community.

### **Katie Heiden-Rootes, PhD, LMFT (she/her)**

Katie Heiden-Rootes is an Associate Professor of Medical Family Therapy in the Department of Family & Community Medicine. Her research and clinical practice is with the queer and trans community seeking to improve family and healthcare relationships.

### **Wendy Stav PhD, OTR/L, FAOTA (she/her)**

Wendy Stav is a Full Professor and Chair of the Department of Occupational Science and Occupational Therapy at Saint Louis University. Her research interests include occupation-based practice, the relationship between occupation and health, and driving and community mobility.

### **Rabia Rahman, PhD, RD, LD (she/her)**

Rabia Rahman is an Associate Professor of Nutrition, Dietetic Internship Director, and Chair of the Department of Nutrition and Dietetics at Saint Louis University. Her research work and interests focus on training health care students to become competent, inclusive and gender-affirming providers.

### **Katie Sniffen, PhD, ATC (she/her)**

Dr. Sniffen is an Assistant Professor and Director of the Athletic Training Program at Saint Louis University. Her research interests lie in demonstrating the value of athletic training services on the health of populations through the application of health outcomes research, as well as in injury prevention and risk mitigation.

### **Emily Buxbaum, MS, CCC-SLP (she/her)**

Emily Buxbaum is a speech-language pathologist, Assistant Professor and Director of Clinical Education in the Department of Speech, Language & Hearing Sciences at Saint Louis University. Her work centers on clinical teaching and professional preparation of graduate students as well as providing gender-affirming voice and communication training in the SLU Reinert Speech-Language Clinic.

### **Olayinka Adekugbe, DMD, MPH, MSC (she/her)**

Dr. Olayinka Adekugbe is an Assistant Professor of Dental Public Health at A.T. Still University's Missouri School of Dentistry & Oral Health. She is the public health dentist on a HHS Health Resources & Services Administration grant entitled Addressing Social Determinants of Health and the Oral Health Needs of Vulnerable Populations: A Transformative Approach to Predoctoral Dental Education.

### **Whitney Linsenmeyer, PhD, RD, LD (she/her)**

Whitney Linsenmeyer is an Assistant Professor of Nutrition at Saint Louis University and a Spokesperson for the Academy of Nutrition and Dietetics. Her research centers nutrition care for the transgender and gender diverse population.