

MODULE 8 WORKSHEET: WORKING WITH TRANSGENDER CLIENTS

LGBTQIA-Affirmative Therapy:
A Compassionate and Inclusive Approach
with Clinton Power

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Take as much space as you need to complete this exercise.

Instructions: This worksheet is designed to help you develop a deeper understanding of working with transgender clients and to provide affirming and sensitive care.

1. Understanding Gender Identity

- Define the concept of gender identity and explain how it may differ from the sex assigned at birth.

- Why is it crucial for you to have a clear understanding of gender identity?

2. Respecting Pronouns and Names

- Discuss the importance of using correct pronouns and chosen names for transgender clients.

- How can you ensure you're consistently using the correct pronouns?

3. Gender-Affirming Care

- Explain the significance of offering gender-affirming care that validates and supports a client's self-identified gender.

- What steps can you take to create a gender-affirming therapeutic environment?

4. Mental Health and Gender Dysphoria

- What are some of the potential mental health concerns associated with gender dysphoria?

- What therapeutic interventions can help clients cope with and alleviate gender dysphoria?

5. Medical Transition

- Describe the basic process and elements of medical transition.

- How can you offer emotional support to clients undergoing these transitions?

6. Family and Social Support

- Discuss the importance of family and social support for transgender clients and your role in facilitating these connections.

- What resources and strategies can you provide to help clients gain support from loved ones?

7. Legal and Social Challenges

- What are some of the legal and social challenges that transgender individuals may face?

- How can you advocate for clients' rights and well-being in these areas?

8. What was your favorite takeaway from this module?

Note: By addressing the above questions, you can offer more empathetic, affirming, and informed care to transgender clients. It is vital to create a safe and understanding therapeutic space where clients can explore and express their gender identity.