

Trauma-Informed Therapy with Transgender Individuals

June 24, 2021 | 6:00 PM – 7:30 PM EST

Presenter: H.L. Himes, PsyD



Presenter Biography: Dr. H.L. "Lou" Himes (they/them/theirs) is a licensed clinical psychologist who specializes in gender and LGBTQIA experiences. Lou is among the first group of health professionals to be recognized by the World Professional Association for Transgender Health (WPATH) as a GEI-certified gender specialist in mental health. Lou maintains a private practice near NYC where they work nearly exclusively with transgender individuals and provide consultation and educational seminars related to transgender competency in mental health. Lou has several publications related to the impact of oppressive policies on LGBTQIA individuals in religiously-affiliated institutions of higher education; they will be presenting on trauma-informed work with transgender individuals at the 2021 World Congress on Intergenerational Trauma and a webinar through ISST-D on trauma-informed therapy with transgender individuals in 2021. They are currently working toward a certificate in complex trauma and dissociation through ISST-D and learn every day from their clients--the greatest teachers.

In their free time, Lou enjoys woodworking, gardening, and cooking for their spouse and son. Lou is the proud dog-parent of a very anxious chihuahua-miniature pinscher mix, Loki, who often serves as a test subject for Lou's trauma-informed therapeutic techniques.

Content Level: Beginning/Introductory

Potential to Distress: No

Abstract: This webinar explores the fundamental intersections between transgender identity and trauma. It will provide a culturally-competent framework for trauma-informed providers, discuss ethical issues specific to transition-related supportive care, and explore the unique role of dissociation among transgender folx.

Objectives

Upon Completion of this webinar, participants will be able to:

- Understand ethical concerns specific to transgender mental health
- Be able to utilize a culturally-competent framework with transgender individuals
- To identify the unique role of dissociation among transgender individuals
- To understand the potential relational and developmental trauma inherent in transgender experience

Can't Make it?

If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately two weeks after the live event. The recordings cost is \$25 for ISSTD members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

References

American Psychological Association (2015). Guidelines for psychological practice with transgender and gender nonconforming people. *American Psychologist*, 70(9), 832–864.
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McBee, C. (2013). Towards a more affirming perspective: contemporary psychodynamic practice with trans* and gender non-conforming individuals. *Advocates' Forum*, 12, 37–52.

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<https://whatweknow.inequality.cornell.edu/topics/lgbt-equality/what-does-the-scholarly-research-say-about-the-well-being-of-transgender-people>

World Professional Association for Transgender Health (WPATH). (in progress). Standards of care of the health of transsexual, transgender, and gender nonconforming people. 8th Ed.

Continuing Education

ASWB

The International Society for the Study of Trauma and Dissociation (ISSTD), #1744, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ISSTD maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive 1.5 continuing education credits.

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