

Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement

More than Hormones and Surgery: The Role of Mental Health in Gender-Affirming Care

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Wednesday, March 8th, 2023

11:00am – 12:30pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

*1.5 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

SPEAKER DISCLOSURE:

Dr. Bockting has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Walter Bockting is a Clinical Psychologist and Professor of Medical Psychology (in Psychiatry and Nursing) at Columbia University. He is an internationally known expert in gender-affirming care and gender identity development across the lifespan. He is the PI of several NIH grants, including Project AFFIRM: a longitudinal study of trans and nonbinary identity development, mental health and resilience, and The GAP Study (together with Miriam Ryvicker, VNS Health): a study on quality of life after gender-affirming surgery. Dr. Bockting served as President of the World Professional Association for Transgender Health from 2009-2011, and is currently the Director of the Columbia Gender Identity Program.

Abstract: The visibility in Society of trans and nonbinary youth and adults has dramatically increased, and with that, access to gender-affirming care has improved. Over the years, however, the role of mental health professionals in gender-affirming care has steadily declined, and gender-affirming care is often considered synonymous with the medical interventions of hormone therapy and surgery. This presentation will make the argument that mental health interventions are often a critical part of gender-affirming care, offer supporting evidence from a longitudinal study of trans and nonbinary identity development across the lifespan, and illustrate a wholistic approach to care with clinical vignettes.

Learning Objectives:

1. Identify mental health disparities found among trans and nonbinary populations
2. Determine resilience factors that buffer the negative impact of gender-related stigma on mental health
3. Describe how mental health professionals can facilitate gender identity development

References:

1. Valente, P. K., Dworkin, J. D., Dolezal, C., Singh, A. A., LeBlanc, A. J., & Bockting, W. O. (2022). Prospective relationships between stigma, mental health, and resilience in a multi-city cohort of transgender and nonbinary individuals in the United States, 2016–2019. *Social psychiatry and psychiatric epidemiology*, 1-12.
2. Jackman, K. B., Dolezal, C., Levin, B., Honig, J. C., & Bockting, W. O. (2018). Stigma, gender dysphoria, and nonsuicidal self-injury in a community sample of transgender individuals. *Psychiatry Research*, 269, 602-609.
3. Bockting, W. (2016). Vulnerability and resilience among gender nonconforming children and adolescents: Mental health professionals have a key role to play. *Journal of the American Academy of Child and Adolescent Psychiatry*, 55(6), 441-443.
4. Bockting, W. O. (2014). Transgender identity development. In D. L. Tolman & L. Diamond (Eds.), *American Psychological Association's Handbook of Sexuality and Psychology* (pp. 739-758). Washington, DC: American Psychological Association.
5. Bockting, W. O., Miner, M.H., Swinburne Romine, R.E., Hamilton, A., & Coleman, E. (2013). Stigma, mental health, and resilience among an online sample of the U.S. transgender population. *American Journal of Public Health*, 103(5), 943-951.