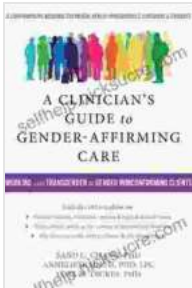


# Clinician Guide to Gender Affirming Care: A Comprehensive Overview



## A Clinician's Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients

by lore m. dickey

★★★★☆ 4.8 out of 5

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Gender affirming care is a type of healthcare that supports the gender identity of transgender and gender diverse individuals. This care can include a variety of services, such as hormone therapy, surgery, and mental health support. Gender affirming care can help transgender and gender diverse individuals feel more comfortable in their bodies and live more authentic lives.

## Definitions

The following are some key definitions related to gender affirming care:

- **Gender identity** is a person's internal sense of their gender. This can be different from the sex they were assigned at birth.

- **Gender expression** is the way a person expresses their gender through their appearance, behavior, and other means.
- **Transgender** is an umbrella term for people whose gender identity is different from the sex they were assigned at birth.
- **Gender diverse** is an umbrella term for people whose gender identity is not exclusively male or female.
- **Gender affirming care** is a type of healthcare that supports the gender identity of transgender and gender diverse individuals.

## Principles of Gender Affirming Care

The following are some of the key principles of gender affirming care:

- **Respect for patient autonomy:** Clinicians should respect the decisions of transgender and gender diverse individuals about their own care.
- **Individualized care:** Clinicians should tailor care to the individual needs of each patient.
- **Informed consent:** Clinicians should provide patients with clear and concise information about their care options before they make any decisions.
- **Cultural sensitivity:** Clinicians should be aware of the cultural context of gender identity and expression.
- **Interdisciplinary care:** Clinicians should work together with other healthcare professionals to provide comprehensive care to transgender and gender diverse individuals.

## Best Practices for Gender Affirming Care

The following are some best practices for providing gender affirming care:

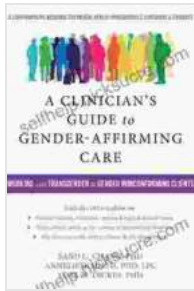
- **Use inclusive language:** Clinicians should use inclusive language that respects the gender identity of transgender and gender diverse individuals.
- **Create a welcoming environment:** Clinicians should create a welcoming environment for transgender and gender diverse individuals, including using gender-neutral bathrooms and providing gender-affirming materials.
- **Be aware of your own biases:** Clinicians should be aware of their own biases and how they might impact their care of transgender and gender diverse individuals.
- **Seek training:** Clinicians should seek training on gender affirming care to improve their knowledge and skills.
- **Collaborate with other healthcare professionals:** Clinicians should collaborate with other healthcare professionals to provide comprehensive care to transgender and gender diverse individuals.

Gender affirming care is an essential part of healthcare for transgender and gender diverse individuals. Clinicians should be familiar with the definitions, principles, and best practices of gender affirming care in order to provide competent and compassionate care to this population.

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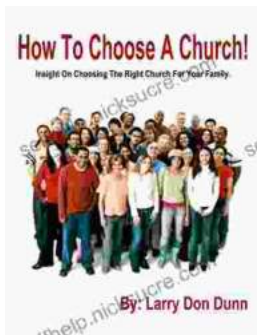
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