



Training for the Sensitive Treatment of Transgender Individuals: A Guide for Mental Health Professionals

Melissa Farrell

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In the field of psychology and psychological research one population that is often overlooked is the transgender population. Defined as those for whom gender identity, biological sex, and social presentation, may not be congruent, many mental health providers are not educated about this community and the issues that they face. This lack of knowledge is problematic given that this group of individuals is frequently the target of discrimination and harassment, which makes them susceptible to mental health concerns such as adjustment disorders, anxiety disorders, post traumatic stress disorder, depression and substance abuse. This book was developed with the purpose of educating mental health professionals about the transgender community thereby helping them provide better care to the transgender population. A thorough review of the literature available on transgender issues was undertaken and is presented as a fourteen hour course. Included here are all materials (syllabus, powerpoint slides, handouts, and outlines) that an instructor who is a mental health professional familiar with transgender issues would need to teach the fourteen hour course.

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