

# Better Assumptions in Transgender Care

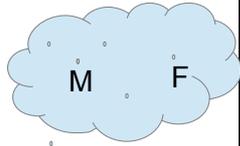
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Dutch clients of transgender healthcare regularly face incorrect assumptions from healthcare professionals. We offer you a better model, that gives people more room for implementing their gender in their own way. Using the Gender Cloud and implementing Informed Consent will help.

## 1. Gender Cloud

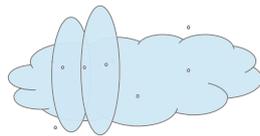
- Gender is not binary
- Gender is not a continuum<sup>(\*)</sup>
- Gender fluidity exists
- Is multi-dimensional
- Gender is personal
- Is not a complete model: some people do not want to be part of a cloud



<sup>(\*)</sup> Paul Vennix Travestie in Nederland en Vlaanderen, 1997

## 2. Subsets of the Gender Cloud

- For example: "Gender identity = male?" and "Need hormones?"
- Each combination of two questions make at least four groups of people.
- Example: what type of hormones? What brand?



## 3. Health model

Think about the subsets:

- How can specialists be sure that the criteria and assessments they use are right?
- How does the MHP know that what (s)he offers fits to what transgender people search for?
- Do we need a teacher or do we need a coach?
- Not all of us need a coach
- Nearly none of us need a teacher!



## 4. Current assessments and treatment...

...are based on two assumptions:

- 1) Gender Expression (how does one look) =  
Gender Role (how does one behave) =  
Gender Identity (how does one feel) =  
Desired Body Parts (shape of one's body)
- 2) Gender Dysphoria: does one suffer?

## 5. Better assumption: body parts do not have to be aligned with gender identity or -expression

Examples:

- Woman, born male, living as a female for more than 15 years, no need for hormones/surgery
- Man, born male, need for vagina (no need for hormones or Real Life Experience)

The assumptions of DSM5 and WPATH SoC are incorrect: people do not get the help they need.

## 6. Gender Dysphoria vs Being Transgender

The Free Dictionary<sup>(\*)</sup> about dysphoria:

- An emotional state characterized by anxiety, depression, or unease.
- (Psychiatry) a feeling of being ill at ease
- A state of anxiety or restlessness.
- A state or mood of dissatisfaction, restlessness, or anxiety
- Abnormal depression and discontent

<sup>(\*)</sup> <http://www.thefreedictionary.com/dysphoria>, 2015

See Gender Cloud: there are transgender people who do need care, but who are not dysphoric.

Conclusions:

- Dysphoria can arise when specialists wait too long before treatment starts.
- Waiting for visible dysphoria is cruel: people have to wait too long before they get help.

## 7. Response of specialists in the Netherlands

Many of us talked with their specialists about these ideas. The protocols of the gender teams in the Netherlands have not changed as far as we can see.

## 8. Full Prior Informed Consent

The only solution that allows for being different and being able to get the help that is needed is Full Prior Informed Consent.

Source: secret facebook-group "Verkeerde Aannames Transgender Zorg"

[www.BetterAssumptions.nl](http://www.BetterAssumptions.nl)