GEMS Gender Education DeMystification Symposium

GEMS Tentative Schedule

All events are located at All Souls Cathedral
Located in the Historic Biltmore Village
9 Swan Street Asheville, NC 28803

Wednesday, January 27, 2016

1pm - 4pm: Pre-Symposium Course: *Creating Safe Spaces*, Presented By: Laurie Pitts, MSW - *Youth Outright WNC*. Please note that the registration is on a separate link on the GEMS website. www.trailscarolina.com/gems

The pre-symposium course is $75 per attendee and all proceeds got to Youth Outright WNC (YO). This non-profit organization will be hosting the pre-symposium course. YO will also be providing our volunteers for the entire symposium. www.youthoutright.org This course will be addressing the A,B,C's and 1,2,3's regarding LGBTQ individuals. This informative course is designed as the perfect staff training. Handouts will be provided to each participant. These materials can then be duplicated and used to train staff at your program across the country. It's the perfect LGBTQ 101 Course before attending the symposium.

Course Syllabus:

- Defining basic LGBTQ terminology.
- Identifying common stereotypes associated with the LGBTQ population.
- Identifying symbols used within the LGBTQ community.
- Exploring heterocentrism, heterosexism, and homophobia in our communities.
- Discussing issues facing transgender youth and young adults.
- Explaining the coming out process and its significance to LGBTQ youth.
- Discussing issues that LGBTQ youth face in school.
- Discussing the importance of using inclusive language whenever possible.
- Discussing LGBTQ youth and the prevalence of suicide.
- Providing practical ways be visible and accessible to LGBTQ youth in professional settings
- Discussing the special challenges for LGBTQ and allied youth in small towns and rural communities

4:30pm: GEMS Symposium Volunteer Orientation

7pm: **VIP PARTY** - for Educational Consultants and GEMS Sponsors
During the VIP Party, participants will view the film: ***From This Day Forward***, while enjoying food and drinks.

The Chamberlain School and New Lifestyles are the sponsors of this event.

Thursday, January 28, 2016

8am - 9am: Registration Opens and Continental Breakfast

9am - 10:30am: Welcome and Keynote Speaker

Sanctuary:

Title: *FTM: Scouting the Unknown*

Description: Since 2005, Ryan's transition story, FTM: Scouting the Unknown has been captivating audiences worldwide. Through storytelling, Ryan allows the audience to enter into his life and transition from female to male. He begins with his childhood and the struggles he had with his body before moving into his adult life where he explores college, romantic relationships, family and his physical and emotional journey related to his transition and recovery from an eating disorder. He'll close with ways providers, family and friends can be supportive of transgender youth and adults.

Presenter: Ryan Sallans

10:30am – 10:45am: Break

10:45am – 11:45am: Breakout Sessions:

Sanctuary:

Title – *Complexities of the Transgender Adolescent in Residential Care*

Description – Fundamental concepts essential to working with transgender adolescents will be discussed including identifying and using appropriate and accepted terminology as well as identifying and addressing relevant psychological issues. Developing thoughtful and relevant residential programming will also be highlighted. Participants will also hear first-hand accounts including successes and challenges of treating transgender adolescents in residential care.

Presenters: Dr. Michael Connolly, Child and Adolescent Psychiatrist, Medical Director, Elevations RTC and The ViewPoint Center
Ryan Faust, CSW, Primary Therapist, Elevations RTC

Fellowship Hall:

Title: *Preparing to Serve LGBTQ Students in the Wilderness: Not a Light-hearted Decision or Endeavor*.

Description: This session will provide attendees with knowledge needed to serve LGBTQ students in a therapeutic wilderness program. Trails Carolina is on the path to certification and program protocols to serve LGBTQ students in the wilderness. Attendees will learn how making this decision impacts therapists, and field instructors through licensure and training.

1. Diversity Training for all Staff
2. Certification for Therapist on Gender Diversity or Transgender issues
3. Survey EC's and Clinical professionals for number of Transgender clients being seen.
4. Logistics and Admission's having appropriate questions to ask and be prepared to support these youth
5. Identify existing group or a specific group to work with Transgender youth allowing them to be with the group they identify with.
6. Work with community PFLAG and Youth Outright as resources

Presenters: Leigh Uhlenkott, LPCS, NCC, LMHC and Jeniveve Rollins, MSW, LCSW of Trails Carolina

Classroom 1:

Title: *Providing Culturally Competent Care for Rural Transgender Youth*

Description: This workshop is designed to provide professionals with information and resources needed to provide the best care possible to rural clients who identify as transgender. Information provided with include a comprehensive glossary of terminology, discussion around the differences between gender, sex and gender identity, basic issues that rural transgender youth face, and steps that service providers can take to be seen as allies for transgender youth.

Presenter: Laurie Pitts, MSW – Youth Outright WNC

Classroom 2:

Title: *In Our Own Words: A Panel of Trans-Identified Individuals*

Description: This session will begin with a brief introduction to the concepts of assigned sex, gender identity, gender expression, and sexual orientation. With this shared language for describing the experiences of transgender individuals, the remainder of the session will feature a moderated panel of trans-identified people discussing their lives, with particular attention to their experiences with therapy, school, and family.

Presenters: Heather Branham, LCSW, Elizabeth Gillette, LCSW, & Ariel Shumaker-Hammond, MPH/LCSW of Porch Light Counseling, Asheville, NC

11:45am – 12pm: Break

12pm – 12:45pm: Lunch in Fellowship Hall

12:45pm – 1:45pm: Keynote Speaker

Sanctuary:

Title: *What's Your Gender? Understanding and Supporting Our Gender-Nonconforming and Transgender Youth*

Description: In my journey from graduate student studying gender to developmental and clinical psychologist and professor to mother of a gender creative child to becoming a bona fide gender specialist, I am more clear than ever that "What's your gender?" is the most complicated of questions to answer but the most fascinating question to ask. It is what I have learned as I have witnessed gender morph from bedrock to moving boulders that I will be sharing with you as I talk about the gender web, the gender creative child, the true gender self, and the incredible diversity of gender mosaics that I have watched youth put together as each one of them puts the question to themselves, "What's my gender?" From this learning has come my contribution to the gender affirmative model for raising, supporting, and providing services to gender creative youth through networks of parents, professionals, and communities. Offering a window into my own work as a mental health professional, we will see what happens when we start from the premises that 1) variations in children's gender equal health, not pathology; 2) if there is any gender pathology to be found, it lies more in the culture than in the child; 3) the role of the professionals and the parents alike is to listen to the youth, find out what gender means to them, support them in

affirming their authentic gender selves, and build their gender resilience. Not to be forgotten is that parents need buttressing as well, as do siblings, and I will invite all of us to explore our gender ghosts--those parts of ourselves that get in the way of gender affirmation, and our gender angels--those parts of us that help our youth claim their true gender selves. And all the while we will need to re-learn gender as we ever knew it before.

Presenter: Diane Ehrensaft, PhD

1:45pm – 2:00pm: Break

2pm – 3pm: Breakout Sessions

Sanctuary:

Title: *The Connection Between Neurodiversity/Trauma and Gender Diversity?*

Description: Could the same neurological diversity that shows up as autism, and ADD/ADHD be related to the complexity of Gender? We want to explore the current studies about how trauma impacts development. We will discuss our observations of the prevalence of co-occurring neurodiversity and trauma in our local transgender community (Metro Atlanta, Georgia) and how this impacts treatment.

Presenters: Anna Lisa Derenthal, MS LPC, NCC, Melissa Dickinson, LPC, Anna Baxter, MA, LPCS, NCC, LMHC, and Thomas Query, M.Div., LCSW of wellspring Counseling Center, Atlanta, GA

Fellowship Hall:

Title: *Parent's of Transgender Youth: An Open Panel Discussion*

Description: The attendees of this presentation will experience each family's personal experience with accepting and affirming their child through the following steps:

1. The denial, anger, grief, and acceptance
2. The social transition-Name and Pronoun change as well as affirming your child's gender identity.
3. The support of a therapist and endocrinologist
4. Books as a resource to educate oneself and one's family and friends.

Presenters: Leigh Uhlenkott, LPCS, NCC, LMHC and Robert Baldy, Parent

Classroom 1: InnerChange Presentation TBA

Classroom 2:

Title: *Stories in the Sand: Using Sandtray Therapy to Explore Gender*

Description: This workshop provides an overview of sandtray therapy and how it can be used to create new ideas and new life stories for the gender creative child. Sandtray therapy offers children a nonverbal outlet to help heal the past, be open to the present, and construct the future in their imaginations. Sandtray therapy offers therapists a way to listen to what children are trying to tell us about their gender, as well as a way to translate these stories. With sandtray therapy, emotional issues and unconscious conflicts around gender may be accessed more thoroughly and rapidly and can be an effective method in addressing resistances and defenses. Through lecture, discussion and case vignettes

participants will learn how play through sandtray therapy offers a portal into the child's inner gender world and allows children to nonverbally weave together life stories from past, present and future experiences.

Presenter: Megan Smith-Sallans, MS, LIMHP, LIPC

3pm – 3:15pm: Break

3:15pm – 4:15pm: Keynote Speaker
Sanctuary:

Title: *Beyond the Schoolhouse Gates: The Need to Educate the School Community about Transgender Students*

Description: Each year, as the new school year begins, my social media feeds are filled with stories of families of transgender youth asking school and district administrators to respect and affirm their child's gender identity. Overwhelmingly, administrators and teachers are stepping up, educating themselves about how to meet the unique needs of transgender students in school. Some school systems have even devoted precious staff training time on this topic. Taking these steps fosters a safe and welcoming environment for *all* students, and ensures compliance with state and federal antidiscrimination laws.

Proactively educating the school community in advance of a student's transition and addressing misinformation about transgender children is also a very important part of the necessary planning that surrounds a student's gender transition. Overlooking or underestimating the community response to the transition can compromise a school's ability to maintain a safe and positive school environment for transgender students.

Presenter: Asaf Orr, Esq.

4:15pm – 5pm: Book Signing with Ryan and Diane

<u>Friday, January 29, 2016</u>

7:45am - 8:45am: – Continental Breakfast

8:45am: Welcome and Volunteer Recognition

9am -10am: Keynote Speaker
Sanctuary:

Title: *Psychological and medical care of gender nonconforming youth*

Description: Gender nonconforming (GN) children and adolescents, collectively referred to as GN youth, may seek care to understand their internal gender identities, socially transition to their affirmed genders, and/or physically transition to their affirmed genders. Because treatment providers are often the first point of contact for GN youth, familiarity with the psychological and medical approaches to providing care for this population is crucial. The objective of address is to provide an overview of existing clinical practice guidelines for GN youth. Such guidelines emphasize a multidisciplinary approach with collaboration of medical, mental health, and social services/advocacy providers.

Appropriate training needs to be provided to promote comprehensive, culturally competent care to GN youth, a population that has traditionally been underserved and at risk for negative psychosocial outcomes.

Presenter: Stephen Rosenthal, MD

10:15am – 10:30am: Break

10:30am – 12pm: Breakout Sessions

Sanctuary: (For Programs Only)

Title: *The Final Question for Programs: Are We Ready to Admit a Transgender Client?*

Description: This program only presentation is designed to be a guided, uninhibited and open dialogue between programs discussing the possibility and questions surrounding admitting transgender clients into your program. This safe and honest forum is designed to take the knowledge obtained from this conference and encourages attendees to discuss the tough questions, which will ultimately guide program development as they leave GEMS -- addressing fears, reluctance, training, communication and other relevant topics.

Presenters: Judi Jacques, MEd & John Singleton, EdD

Fellowship Hall: (For Educational Consultants Only)

Title: *Case Studies: A Look Into Complex Transgender Clients: How do Educational Consultant's Determine Appropriate Placement?*

Description: This Educational Consultant only presentation is designed to use case studies to help EC's learn how to analyze client cases and determine appropriate therapeutic placement for transgender clients. This safe and open environment is designed to encourage EC's to take the knowledge gained at GEMS and utilize it in their practices.

Presenter: Hilary A. French, Psy.D. - The Bodin Group

Classroom 1: (Clinicians and General Audience)

Title: *Down to the DNA: Biology and Gender Diversity – Transitioning from Binary Mythology to spectrum Reality*

Description: Our current model of education and mental health treatment is culturally bound with regards to gender. Poor data suggests that gender falls into categories, which is not supported by current scientific evidence. If our anatomical/physical/biological sex is not binary (either/or) in nature, then the dimensions of our being are much more complex. We need to know this data to be effective treatment providers.

Presenters: Anna Lisa Derenthal, MS LPC, NCC, Melissa Dickinson, LPC, Anna Baxter, MA, LPCS, NCC, LMHC, and Thomas Query, M.Div., LCSW of wellspring Counseling Center, Atlanta, GA

12pm - 1:00pm: Closing Address:
& Performance by Q.O.R.D.S! www.qords.org

1:00pm: Lunch