Transgender Health Symposium
November 1st
Berg Hall, LKSC

8:45-9:30 Check-in, breakfast

9:30-9:40: Inge Hansen, PsyD & Marcia Stefanick, PhD: Welcome and Introduction

9:40-11:05am: Concurrent sessions:

1. Mitchell Lunn, MD and Juno Obedin-Maliver, MD, MPH: “So...How Do I Ask That?”
   Asking patients about gender and sexual identities

2. Clothing exchange for gender expansive folks (organized by Kori Bennett, PsyD and Morgan Healis)

11:15-12:15 Concurrent Sessions:

1. Trans* Panel
2. Karisa Barrow, PsyD: Mental Health Needs

12:15-1:30 Lunch on-site

   Genderqueer Caucus (facilitated by Abby Hartzler, MD & Kori Bennett, PsyD) offered during lunch

1:30-2:30 Concurrent Sessions:

1. Elizabeth Sekera, RN: Trans* 101 in the Healthcare Setting
2. Lynn Westphal, MD: Transgender Fertility Options

2:30-2:45 Break

2:45-3:45 Concurrent Sessions:

1. Meredith Russell, AC-CPNP & Ilana Sherer, MD, FAAP: Puberty Blockers and Hormone Treatment for Clinicians
2. Thomas Satterwhite, MD: Surgical Options for Non-Clinicians

3:45-4:00pm Brief afternoon break with refreshments

4:00-5:00pm Concurrent Sessions:

1. Thomas Satterwhite, MD: Surgical Options for Clinicians
2. Meredith Russell, AC-CPNP & Ilana Sherer, MD, FAAP: Puberty Blockers and Hormone Treatment for Non-Clinicians

**Transgender Health Symposium: Detailed Program**

**Clinician Track**

All sessions are open to all interested attendees. This track is most appropriate for health providers (such as psychologists, MD’s, MFT’s, LCSW,’s and nurses) who wish to expand their understanding of transgender health care.

8:45-9:30: Check-in, breakfast

9:30-9:40: Welcome and Introduction
Inge Hansen, PsyD & Marcia Stefanick, PhD

9:40-11:05am: “So... How do I ask that?”
Juno Obedin-Maliver, MD, MPH & Mitchell R. Lunn, MD

Do you ask all your patients about their sexual orientation and gender identity? Do you teach your colleagues and other learners to ask? The 2011 Institute of Medicine report on the health of LGBT people recommends collecting sexual orientation and gender identity data on all patients. This clinically-focused lecture will review the data supporting the health benefits of discussing sexual orientation and gender identity with all patients and the importance of gathering this comprehensive history on every new patient. Special attention will be paid toward establishing cultural humility in disaggregating desire, behavior and identity of L, G, B, T and Q people and their various sub-populations and demographics (e.g., age, race, ethnicity). Whether you are a student learning how to do medical interviews or a senior clinician with years of LGBTQ health experience, you have something to share and gain from the workshop!

11:15-12:15: Mental Health Needs for Gender Diverse and Transgender Clients
Karisa L Barrow, PsyD

This talk will introduce providers to the essential components in “Doing No Harm” when working with gender nonconforming and transgender clients. We will consider a range of gender identities and their expressions as well as potential mental health conditions that warrant an appropriate gender affirmative assessment and treatment interventions. The role of the “gatekeeper” will be considered while we will look at our own sense of gendered self, beliefs and attitudes and how this interplays in our work with our clients.

12:15-1:30: Lunch on-site

1:30-2:30 Concurrent Sessions:

**Trans* 101 in the Healthcare Setting**
Elizabeth Sekera, RN
Transgender people face many barriers to healthcare, from a shortage of primary care providers who can provide competent, respectful care to a lack of health coverage due to high rates of unemployment and poverty. This talk will include an overview of definitions and terms used within the community, as well as discussion about social and medical transition within the primary care setting.

**Transgender Fertility Options**
Lynn Westphal, MD

This talk will discuss the reproductive options available for family building in the transgender community. Fertility is possible for both trans* men and women, and treatment may vary depending on the sex of the (future) partner. Advances in assisted reproductive technologies have made fertility preservation possible for most people.

**2:30-2:45 Break**

**2:45-3:45: Medical Treatment of Transgender Children & Adolescents: Puberty Blockers & Cross Sex Hormones (Clinician Session)**
Meredith Russell, AC-CPNP
Ilana Sherer, MD, FAAP

This talk addresses the evaluation, medical treatment, and monitoring of gender non-conforming children and adolescents. There is emerging evidence that gender dysphoria is alleviated and psychosocial functioning improved if transgender children receive gender affirming medical treatment such as pubertal blockers and cross-sex hormones. Providers and mental health professionals evaluate the eligibility for treatment by assessing the psychosocial readiness, pubertal status, and ability to make an informed decision. Medical treatment covered includes GnRH analogs, estrogen, testosterone, and alternative medications.

**3:45-4:00pm: Brief afternoon break with refreshments**

**4:00-5:00pm: Surgical Options for Transgender Patients (Clinician Session)**
Thomas Satterwhite, MD

This talk will focus on the surgical interventions currently used in order to provide transgender individuals with anatomy befitting their recognized gender. Topics covered will include male-to-female genital reconstruction, male-to-female breast augmentation, facial feminization, female-to-male chest surgery, and female-to-male genital reconstruction. Slides will be shown that illustrate the surgery process and results.

*Conclusion of Event!*

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**Community Member Track**
All sessions are open to all interested attendees. This track is most appropriate for transgender and gender-expansive people and their friends, family members and allies who wish to learn more about transgender healthcare and medical transition options.

**8:45-9:30:** Check-in, breakfast

**9:30-9:40: Welcome and Introduction**  
Inge Hansen, PsyD & Marcia Stefanick, PhD

**9:40-11:05am: “So... How do I ask that?”**  
Juno Obedin-Maliver, MD, MPH & Mitchell R. Lunn, MD

Do all your doctors and therapists ask questions about gender identity and sexual orientation? The 2011 Institute of Medicine report on the health of LGBT people recommends collecting sexual orientation and gender identity data on all patients. This lecture will review the data supporting the health benefits of discussing sexual orientation and gender identity with all patients and the importance of gathering this comprehensive history on every new patient. Special attention will be paid toward establishing cultural humility in disaggregating desire, behavior and identity of L, G, B, T and Q people and their various sub-populations and demographics (e.g., age, race, ethnicity). Whether you are a parent of a child who has newly come out as trans*, or a person who has been navigating medical transition for years, you have something to share and gain from the workshop!

**9:45-11:05am: Clothing Exchange**  
Organized by Kori Bennett, PsyD & Morgan Healis

This portion of the symposium will serve as a space in which transgender, gender expansive, and/or participants who are in the process of questioning gender identity can try on (and keep!) different clothing items. These items, donated by symposium attendees wishing to give up clothing items (either for gender-related reasons or simply to contribute to the clothing exchange), will be collected earlier in the symposium and made available to those attending the clothing exchange. The clothing exchange will also include an optional reflection area (in which attendees can reflect upon their experiences of clothing and what empowers them). In addition, those attendees who stop by the clothing exchange will have an opportunity to pick up a resource list of trans-friendly online and local clothing retailers. Please note that the Clothing Exchange is reserved for transgender, gender expansive, and/or questioning attendees and those who are accompanying and/or supporting them. Stanford University is not responsible for and makes no representations regarding the quality or condition of clothing.

**11:15-12:15: Trans* Panel**

This panel will include young people representing a diverse array of gender identities and expressions, who represent different choices and stages in terms of medical transition. They will candidly share their personal stories, and their experiences of navigating their identities and decisions in terms of health care and medical transition. Attendees will have the opportunity to ask the panelists questions.

**12:15-1:30: Lunch on-site**
Genderqueer Caucus
Facilitated by Abby Hartzler, MD, and Kori Bennett, PsyD

This caucus will serve as a community space reserved for people who identify beyond the binary (genderqueer, genderfluid, agender, bigender, etc) to engage in a discussion about experiences, feelings, resources....and pronouns!

1:30-2:30 Concurrent Sessions:

Trans* 101 in the Healthcare Setting
Elizabeth Sekera, RN

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and emotional readiness, pubertal status, and ability to make an informed decision. Medical treatment covered includes GnRH analogs, estrogen, testosterone, and alternative medications.

Conclusion of event!

Presenter Bios (in alphabetical order)

**Karisa Barrow, PsyD**, a clinical psychologist, is the founder and clinical director of inMind, which provides psychotherapy, assessment, and consultation for adults and children in the Bay Area and surrounding communities. Currently, she is Past-President for Alameda County Psychological Association (ACPA) and Chair of the Educational Committee for NCSPP. She is also an Adjunct Faculty member at The Wright Institute and Argosy University and is in private practice in Oakland and San Francisco, where she specializes in working with gender nonconforming, transgender, and GLBQ adults, children, and their families. Dr. Barrow provides psychoeducation and consultation to lay and professional audiences about the mental health needs for gender nonconforming and transgender children. She authored *Psychotherapy with Transgender and Gender Nonconforming Clients*, which was published in the July 2014 issue of psychotherapy.net. She actively participates in the Child and Adolescent Gender Center, and lends her support to the Mind the Gap collaborative in the Bay Area.

**Kori Bennett, PsyD** is a postdoctoral fellow at Stanford Counseling and Psychological Services in the Gender and Sexual Identities Track and a graduate of the University of Indianapolis’ doctoral program in Clinical Psychology. Kori has worked in multiple contexts, including college counseling, community mental health, and medical and private practice settings. As a genderqueer and transgender clinician, ze is particularly passionate about co-creating inclusive spaces in which trans*/gender expansive folks and those exploring gender identity can find community, share their stories, and access support. In addition, Kori is invested in educational opportunities that promote medical and mental health providers’ capacity for serving gender expansive individuals in a way that honors the interplay between their cultural and social identities and lived, embodied experiences.

**Inge Hansen, PsyD** is a clinical psychologist at Stanford University. She is the co-founder and manager of the Weiland Health Initiative, a program that promotes mental health and wellness across all genders and sexualities through education, collaboration, and training. Dr. Hansen is a lecturer for Stanford’s School of Medicine and has co-directed two courses with Dr. Stefanick (bio below): *Challenging Sex and Gender Dichotomies in Medicine*, and *Human Sexual Diversity in Medical Practice*.

**Abby Hartzler, MD** is a genderqueer integrative psychiatrist who relishes assisting people through transformations that support integration, embodiment, and aliveness. This work is informed by training and practice of many healing arts including psychopharmacology, psychotherapy, Traditional Chinese Medicine, movement and bodywork modalities, meditation practice, and Mindfulness-based interventions. Dr. Hartzler attended medical school at The University of Washington School of Medicine, psychiatry residency at California Pacific Medical Center, and received a Master of Acupuncture degree at the Northwest Institute of Acupuncture and Oriental Medicine.
**Mitchell (Mitch) R. Lunn, MD** is a Clinical Research Fellow in Division of Nephrology of the Department of Medicine at the University of California, San Francisco (UCSF). Mitch earned his Doctor of Medicine degree from Stanford University School of Medicine in 2010 before completing internal medicine residency training at Brigham and Women’s Hospital (Boston, MA) in 2013. He is a founding member of Lesbian, Gay, Bisexual, and Transgender Medical Education Research Group (LGBT MERG) at Stanford University School of Medicine. He is Co-Director of The PRIDE Study which aims to improve the health of sexual and gender minority individuals through a prospective cohort and serves on the Advisory Committee for the Medical School Campus Pride Index (Campus Pride; Charlotte, NC), Summit on Medical School Education in Sexual Health, and the UCSF Subcommittee on LGBT Issues in the Curriculum.

**Erika Lynn** is a queer, trans femme, disabled organism who enjoys frolicking in fields and splashing in the sea. An aspiring writer, she enjoys discussing how to improve queer, trans, and disabled accessibility in a variety of contexts and situations. Her politics are heavily informed by intersectional activism, and she hopes to be fluent in fourteen languages.

**Juno Obedin-Maliver, MD, MPH** is an Advanced Women’s Health Clinical and Research Fellow in a combined program at the San Francisco Veterans Affairs and UCSF. She went to medical school at Stanford, completed an MPH at UC Berkeley and then clinical residency at OBGYN at UCSF. Clinical and academic focus is on promoting the health of Veterans and sexual and gender minorities. She is a co-founder and current investigator of The Stanford Lesbian, Gay, Bisexual and Transgender Medical Education Research Group (LGBT MERG) and a Co-Director of The PRIDE Study, a prospective longitudinal cohort of sexual and gender minority individuals run out of UCSF. Juno was active in health policy through helping to legally redefine consideration of sexually intimate partner status and remove the Medicare Non-Coverage Determination ruling on “transsexual surgery.”

**David Patino**, who identifies as masculine-of-center/genderqueer, originally hails from Medellin, Colombia, where he lived until he immigrated to Boston at age 9. He graduated from Stanford as a Political Science major in June 2014. While at Stanford David was involved a variety of student groups, most of them associated with the LGBT Community Resource Center and El Centro Chicoano Latino. He studied abroad his senior year in Moscow, Russia just as he was beginning his HRT. Since graduation, he has been working in the Latin American sales department at Google and living in Oakland.

**Meredith Russell, MS, AC-PNP**, UCSF, Division of Pediatric Endocrinology, is a provider dedicated to designing and delivering high quality services for transgender children and adolescents. As part of a multidisciplinary team, Russell helped launch the UCSF Child and Adolescent Gender Center Clinic in 2012, and continues to provide medical care, advocacy, complex care coordination, research design, and development of best practices and treatment protocols. Russell is committed to supporting the healthy development and well-being of gender con-conforming children and adolescents as they explore their gender identity by removing barriers to care and offering a holistic approach that promotes psychosocial and physical health.

**Thomas Satterwhite, MD** completed college, medical school, and his plastic surgery residency at Stanford University, Palo Alto, CA. His expertise in facial surgery was further refined with the completion of a craniofacial fellowship under the tutelage of Dr. S. Anthony Wolfe, a world-renowned craniofacial surgeon. Dr. Satterwhite has extensively published and presented nationally and internationally in plastic, reconstructive, and aesthetic surgery. He has recently joined forces with Dr. Curtis Crane, and together their San Francisco practice is dedicated to providing excellent,
personal, and comprehensive care to the transgender community and the LGBT community at large. Their practice provides all aspects of surgical care to transgender men and women.

Elizabeth Sekera, RN, is the Clinic Director at Lyon-Martin Health Services. As a senior leader, she oversees all operations, ensuring that the clinic is accessible, respectful, compassionate, and cutting edge at all levels of patient care. She also manages ProjectHEALTH which seeks to improve access to transgender health care by educating healthcare workers and students, advocating for systemic change through policy, and training local activists to become leaders in their communities.

Ilana Sherer, MD, FAAP is a pediatrician in California. In addition to seeing patients at Palo Alto Medical Foundation and serving as the Medical Director of the Daly City Youth Health Center, Dr. Sherer is a founding member of the Child and Adolescent Gender Center and serves in a volunteer capacity as its Assistant Medical Director and Director of Primary Care. Dr. Sherer created a brochure for families entitled, “Finding a Pediatrician for Your Gender Variant Child” and works with families and youth on self-advocacy skills within the medical setting. She has also worked with the American Academy of Pediatrics to improve care for gender-expansive youth. She has written and contributed to numerous articles, blog posts, and news stories on the subject for both professional and lay media.

Marcia Stefanick, PhD, Professor of Medicine at the Stanford Prevention Research Center and of Obstetrics & Gynecology, and Director, Stanford Center for Health Research on Women & Sex Differences in Medicine (WSDM) in the Stanford School of Medicine, has conducted key research in women’s health for decades. Her primary academic interests and course offerings include the influence of sex & gender and sex hormones on human physiology, disease and health, as well as menopause, and the role of lifestyle (physical activity, diet, body composition), and more recently sexual function.

Nadia Stoufflet is a junior at Stanford University, majoring in Human Biology and Feminist, Gender, and Sexuality Studies. They are the president of Stanford Students for Queer Liberation, an on campus radical activist group which examines issues ranging from on the intersection of queer identity with race, class, and ability to mass incarceration. They also staff and are on teaching team for the Bridge, a 24 hour drop in peer counseling center and phone line for Stanford students and community members. In their spare time, they enjoy cuddling, drinking tea, playing guitar and mandolin, and productively procrastinating by having enlightening conversations with others.

Lynn Westphal, MD is an Associate Professor in the Department of Obstetrics and Gynecology at Stanford University School of Medicine. She is a reproductive endocrinologist and the Founder and Director of the Fertility Preservation and the Third Party Reproduction Programs. She has been providing clinical services to the transgender community for many years and is working with Stanford Hospital on improving transgender healthcare.

Lily Zheng is a sophomore at Stanford University majoring in Psychology, and president of the student group Kardinal Kink. She writes about gender identity, sexuality, intimacy, and consent culture for the Stanford Daily and is a frequent panelist with Safe and Open Spaces at Stanford (SOSAS), an organization that brings queer narratives and experiences to dorms, Greek Life, and organizations on campus. She strives to bring sex-positivity, consent culture, queer liberation, and intersectional conversation between race, gender, sexual identity, and class wherever she goes.