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Supporting trans* college students with gender transition within college counseling centers

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The number of trans* identified college students has increased dramatically in the past decade (ACHA Guidelines, 2015). Despite this trend, the number of college counseling centers, therapists trained and experienced to provide services to this population remains lacking. More specially, students who are seeking medical transitions require a referral from a mental health provider for these treatments. However, many students lack the resources to receive counseling services off campus and are unable to obtain the referrals necessary for medical transitions (i.e. hormones and/or surgical procedures). Additionally, many states require letters from mental health providers for legal changes of gender identification markers on legal documents, such as driver's licenses, birth certificates, passports, and social-security cards. This presentation introduces therapists to get an awareness about the Trans* community as well as the means for providing the proper referrals and documentation for gender transition and legal documentation changes. Review of an assessment tool regarding gender transition, as well as the existing literature regarding needs, personal experiences, and directions for future training will be provided. Additionally, examples of referral letters and WPATH (World Professional Association for Transgender Health) standards for composing these letters will be reviewed. Challenges, barriers, and consultation opportunities will also be discussed.

Biography

Carrie Lynn Brown completed her PhD in Counseling Psychology in 2012 from the University of Kentucky and Predoctoral internship requirements from Pennsylvania State University, Counseling & Psychology Services. She is a Staff Therapist at Syracuse University's Counseling Center, and also holds the titles of Group Counseling Coordinator, Sexual and Relationship Violence Advocate, and LGBTQ Liaison. She has published 10 papers in reputed journals and serves as an *ad hoc* reviewer for a number of peer reviewed journals.

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