



Working with LGBTQ+ patients: Clinical Considerations

Best practices in the clinic

- Language: identity, body and relationships
- Impact versus intent
- Difference between gender coding/expression, gender identity, and sexual orientation
- Accepting where the client is on their identity journey/follow their lead
- Intersectionality
- Be aware of internalized homophobia, transphobia, etc. in yourself and client
- Encourage the client to correct your mistakes and thank them for doing so
- Ask about marking and celebrating important dates e.g. date of starting HRT
- Awareness of common experiences of trauma and resilience
- Sitting in the challenge

Barriers: Internal versus External

Barriers to seeking treatment

- Coming out
- Insurance coverage/financial
- Family/Social
- Transportation
- Lack of resources of affirming providers
- Past experiences of discrimination
- Fear of increasing symptoms of dysphoria
- Decreased volition due to internalized shame
- Needing to receive a diagnosis/stigma
- Concerns about Covid

Barriers to receiving treatment

- Coming out
- Insurance coverage/financial
- Finding a physician (not all do hormone replacement therapy)
- Stigma
- Waitlists
- Need for multiple letters
- Need for self-injections
- Family/social