

Resources for transsexual, transgender, and gender questioning people and allies at MIT

## TRANS@MIT ALLIES TOOLKIT

### Recommended Reading List Addendum— Medical and Mental Health Providers

This addendum to our Trans Allies Recommended Reading List is especially for Medical and Mental Health providers. There is some overlap between the two lists where appropriate. For a very basic primer of transgender terms and issues, check out the other materials in the Allies Toolkit, including the “What is Transgender” brochure, “Useful Terminology about Trans and Gender Variant People,” and “Action Tips for Allies of Trans People.”

#### BOOKS

Bockting, Walter and Avery, Eric. *Transgender Health and HIV Prevention*. Haworth Press, 2005.

Brown, Mildred and Rounsley, Chloe Ann. *True Selves: Understanding Transsexualism for Family, Friends, Coworkers and Helping Professionals*. Jossey-Bass, 1996.

Gorton, R. Nick, Buth, Jamie, and Spade, Dean. *Medical Therapy and Health Maintenance for Transgender Men: A Guide For Health Care Providers*. Download free of charge at <http://www.nickgorton.org>

Israel, Gianna E., Tarver, Donald E., and Shaffer, Diane. *Transgender Care: Recommended Guidelines, Practical Information, and Personal Accounts*. Temple University Press, 1998.

Kirk, Sheila. *Feminizing Hormonal Therapy for the Transgendered, second edition*. Together Lifeworks, 1999.

Lev, Arelene Istar. *Transgender Emergence: Therapeutic Guidelines for Working With Gender-Variant People and Their Families*. Haworth Press, 2004.

Meyerowitz, Joanne. *How Sex Changed: A History of Transsexuality in the United States*. Harvard University Press, 2002.

Roughgarden, Joan. *Evolution's Rainbow: Diversity, Gender, and Sexuality in Nature and People*. University of California Press, 2004.

Rudacille, Deborah. *The Riddle of Gender*. Pantheon, 2005.

#### ONLINE RESOURCES

Trans Care Project, Vancouver BC  
<http://www.vch.ca/transhealth/resources/tcp.html>

Seven sets of clinical guidelines (adolescent health, clinical advocacy, hormone therapy, mental health, primary medical care, speech/voice change, and sex reassignment surgery.), four training frameworks, and seventeen consumer information booklets were created as part of the project, all free of charge in PDF.

Includes:

“Transgender Primary Medical Care: Suggested Guidelines for Clinicians in British Columbia”

“Counseling and Mental Health Care of Transgender Adults and Loved Ones”

“Endocrine Therapy for Transgender Adults in British Columbia: Suggested Guidelines” (Physical Aspects of Transgender Endocrine Therapy and Assessment of Hormone Eligibility and Readiness)

PDF Brochures are available on the following topics:

- Getting trans-competent care:
  - How to work with your nurse or doctor
- Trans people and cancer
- Trans people and cardiovascular health
- Trans people and diabetes
- Trans people and osteoporosis
- Trans people and vaccinations
- Fit or fatphobic? Trans people, weight, and health
- Hormones: A guide for FTMs
- Hormones: A guide for MTFs
- Speech/voice change
- Surgery: A guide for FTMs
- Surgery: A guide for MTFs

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# TRANS@MIT ALLIES TOOLKIT

## Recommended Reading List Addendum— Medical and Mental Health Providers, continued

<http://web.mit.edu/trans>

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### ONLINE RESOURCES, CONTINUED

#### Harry Benjamin International Gender Dysphoria Association

##### Standards of Care, Version 6

<http://www.hbigda.org/Documents2/socv6.pdf>

The Harry Benjamin International Gender Dysphoria Association's Standards of Care for Gender Identity Disorders articulate our organization's professional consensus about the psychiatric, psychological, medical, and surgical management of gender identity disorders. Professionals may use this document to understand the parameters within which they may offer assistance to those with these problems. This document may also assist you with your research and understanding of the current thinking of professionals.

#### Tom Waddell Clinic, San Francisco, CA

##### Protocols for Hormone Treatment in Trans Patients

<http://www.dph.sf.ca.us/chn/HlthCtrs/HlthCtrDocs/TransGendprotocols.pdf>

The Transgender Clinic of Tom Waddell Health Center has been in operation since November of 1993 and is committed to providing quality, integrated health care in an atmosphere of trust and respect.

#### Transgender Health Services at

##### Fenway Community Health Center, Boston MA

[http://www.fenwayhealth.org/site/PageServer?pagename=FCHC\\_srv\\_services\\_trans](http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_trans)

Fenway Community Health established its Transgender Health Program in 2004. Goals of the Program are to provide excellent, comprehensive medical and mental health care to transgender clients; provide a safe, comfortable and respectful clinic in which to receive care; collaborate with other clinics and organizations serving the transgender community; educate and train Fenway staff on transgender issues; provide training and education to other healthcare organizations; and conduct trans-related research through The Fenway Institute.

Callen Lorde Community Health Center, New York, NY  
<http://www.callen-lorde.org/services/trans.html>

To request hormonal treatment protocols:

[http://www.callen-lorde.org/documents/](http://www.callen-lorde.org/documents/TG_Protocol_Request_Form2.pdf)

[TG\\_Protocol\\_Request\\_Form2.pdf](http://www.callen-lorde.org/documents/TG_Protocol_Request_Form2.pdf)

Callen-Lorde provides a trans-affirmative environment where patients can receive hormone therapy, as well as engage in an ongoing relationship with a primary care provider and/or a mental health provider to address the entirety of their health and wellness needs.

#### International Journal of Transgenderism

<http://www.haworthpress.com/web/IJT/>

The journal is available in both print and online formats, and publishes peer-reviewed, original articles on a quarterly basis. In addition, they republish important and seminal articles in the Archives section. Many of the editorial board members have been longstanding members in the Harry Benjamin International Gender Dysphoria Association. The journal is committed to the advancement of knowledge in the areas of: gender dysphoria; improvement in the medical and psychological treatment of transgender individuals; social and legal acceptance of hormonal and surgical sex reassignment; and professional and public education on the phenomenon of transgenderism.

#### National Coalition for LBGT Health

“An Overview of U.S. Trans Health Priorities: A Report by the Eliminating Disparities Working Group; August 2004 Update”

<http://www.nctequality.org/HealthPriorities.pdf>

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### WHERE TO LEARN MORE AT MIT

Go the Trans@MIT web site

(<http://web.mit.edu/trans>) to download additional resources in our Allies Toolkit, or sign up for one of our workshops.