

Writing Gender Affirming Hormone and Surgery Letters through a Trauma-Informed Lens



AT A GLANCE

This workshop will explore various types of gender affirming medical treatments available for transgender and gender expansive folks. With this knowledge, the workshop will strive to teach writing gender affirming letters. During this work of writing letters we will utilize a trauma informed lens. There will be attention to the power differential between therapist/assessor and how to acknowledge and continue to be trauma informed. Another component addressed in the workshop is informed consent. Ensuring clients understand the procedures and can make an informed decision is key to this work and expected out of this type of assessment. The hope after the workshop is more understanding and confidence in writing letters.

OBJECTIVES

1. Develop understanding of gender affirming medical interventions available
2. Develop ability to compose gender affirming and hormone therapy
3. Explore and develop a trauma informed approach to letter writing
4. Develop understanding of what informed consent looks like when writing letters for the transgender/gender expansive population

INSTRUCTOR

Cari Dufel, MA, LMSW, CAADC is a Licensed Masters Social Worker and Certified Advanced Alcohol and Drug Counselor. Cari attended University of Chicago to obtain their Masters. They practiced in Chicago in various roles including therapist, crisis intervention supervisor, and integrated clinical assessor. Upon moving to Michigan in 2017, Cari has worked to develop skills and specialization to treat the LGBTQIA+ population. Currently, Cari is the Clinical Social Worker at Helen DeVos Children's Adolescent and Young Adult Medicine. In the clinic Cari provides support including assessments and therapy to the Multidisciplinary Gender Care Clinic. Cari also is an adjunct professor at Grand Valley State University. Cari's passion is assisting marginalized Queer folk with obtaining life saving gender affirming care.

COST: \$ 59
CE CREDITS: 3.0
COURSE LEVEL: Beginner



GVSU – Bicycle Factory
201 Front Ave SW
Grand Rapids, MI 49504



Friday, February 14, 2025
9:00 am - 12:00 pm