The Empire Conference Providers Day
Transgender Health and Wellness:
Providing Primary Care
and Mental Health Services
For Transgender People
and Their Families

Friday, April 26, 2013
8:00 am to 5:15 pm
Hotel Albany
40 Lodge Street
Albany, NY 12207

This program is sponsored by Albany Medical College’s Department of Endocrinology, and the Office of Continuing Medical Education, The Northeast Division NYS National Association of Social Workers, The Sexual Orientation/Gender Identity Project (SOGI) at the University at Albany School of Social Welfare, and The Empire Conference.

<table>
<thead>
<tr>
<th>Providers Day Only Option:</th>
<th>Tuition</th>
<th>Before March 1</th>
<th>March 1-April 15</th>
<th>After April 15</th>
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</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$150</td>
<td>$175</td>
<td>$200</td>
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<tr>
<td>Mental Health Providers</td>
<td>$75</td>
<td>$80</td>
<td>$85</td>
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<td>Other Health Professionals</td>
<td>$75</td>
<td>$80</td>
<td>$85</td>
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<tr>
<td>Students</td>
<td>$35</td>
<td>$40</td>
<td>$45</td>
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Tuition covers lectures, lunch and course syllabus

Two Day Conference Option:
Includes access to both Providers Day and Empire Conference workshops and luncheons on Friday and Saturday. For details of The Empire Conference see [www.transeventsusa.org/empire/](http://www.transeventsusa.org/empire/)

| All Providers | $190 | $225 | $250 |

(Please type or print clearly & register one person per form)

Name & Degree: __________________________________________________
(As to appear on name tag – up to two degrees only)

Specialty: ________________________________________________________

Organization: _____________________________________________________

Department: ______________________________________________________

Office Address: ___________________________________________________

City: _____________________ State: _________________ Zip: ____________

Office Phone: ________________________ Home Phone: _________________

Home Address: ___________________________________________________

City: _____________________________State: __________Zip: ___________

Email Address: __________________________________________________

Please check method of payment:
- My Check for $___________, payable to The Empire Conference
- Please charge my credit card for the amount of $___________
  (For credit card payment, complete information below.)
  MasterCard ___       Visa___       American Express___        Discover____
  Card Number: ________________________ Exp Date: _______________
  Name as it appears on Credit Card________________________________
  Signature____________________________________________________

Return this form with payment to TransEvents USA, Inc. PO Box 61, Easton, PA 18044, or Fax to 610-759-0223, Phone: 610-759-1761

Register online at [www.transeventsusa.org/empire/providers/](http://www.transeventsusa.org/empire/providers/)
The medical and mental health tracks will both stress the importance of cultural competence for transgender, and transsexual people. Participants will become familiar with the diversity of identities and expressions for those who are gender nonconforming, transgender, transsexual, and intersex, and will recognize the importance of language and community affiliation in the development of identity formation. The program will include review of the evolving roles of medical health clinicians in working with this population and discuss how to untangle gender variance from psychiatric issues. The medical and mental health tracks will both stress the importance of cultural competence for working with this population and will outline ways to make an office sensitive to the needs of transgender people. On completion of this course, participants should have the necessary skills to offer culturally competent services to transgender people in their own practices.

Objectives:
- Describe the components of sexual identity, including natal/biological sex, gender identity, gender role, gender expression, and sexual orientation and recognize how they are distinct as well as how they overlap and impact one another.
- Recognize evidence-based and experience-based recommendations for providing hormone therapy to transgender patients. This includes discussion of the most commonly prescribed feminizing and masculinizing hormone regimens, laboratory monitoring, and routine health maintenance for female-to-male and male-to-female patients.
- Describe the therapeutic guidelines outlined in the Seventh Edition of the World Professional Association for Transgender Health’s (WPATH) Standards of Care.
- Describe barriers to health care for transgender patients, the impact of transphobia and stigma on the mental health of transgender and gender diverse people.
- Describe the unique mental health concerns of transgender clients and their partners and families.
- Describe the care of gender nonconforming children and adolescents, and review principles of childhood gender development and “social transitioning” for children exploring their gender.
- Describe the WPATH Standards of Care guidelines for medical treatment of transgender adolescents with pubertal suppression drugs and cross-sex hormone therapy.
- Describe the surgical procedures performed during gender confirmation surgeries.
- Describe how care of the transgender patient can be incorporated into primary care practices.
- Describe optimal methods for coordinating care between medical and mental health providers when providing care for the transgender patient and families.
- Describe office protocols that demonstrate cultural competence in regard to transgender patients.
- Identify resources for ongoing training and support while caring for transgender patients.
- Recognize specific medical and mental health concerns of intersex people.
- Describe limitations regarding evidence-based guidelines for medical therapies due to ongoing need for research in this field.

Accreditation:
The Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACMCE) to provide continuing medical education for physicians. The Albany Medical College designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEUs:
The National Association of Social Work will provide continuing education units for social workers.

Directions to Hotel Albany:
From the South: Take the NYS Thruway (I-87) North to Exit 23. After the toll, follow to I-787 North. Take Exit 4 and follow the signs to Broadway by turning left at the 1st traffic light. Continue on Broadway and turn left on State Street. Continue up State Street to the 2nd traffic light and turn right on Lodge Street. The Hotel Albany is on the corner of 40 Lodge Street.

From the North: Take the ‘Northway’ (I-87) South to I-90 East. Follow I-90 East to I-787 South. Use Exit 4B (Clinton Avenue). At the light, turn left onto Broadway. At the 4th traffic light, turn right on State Street. Continue up State Street to the 2nd traffic light and turn right on Lodge Street. The Hotel Albany is on the corner of 40 Lodge Street.

From the West: Take the NYS Thruway (I-90) East to Exit 24. After the toll, continue to follow signs for I-90 East to I-787 South. Use Exit 4B (Clinton Avenue). At the light, turn left onto Broadway. At the 4th traffic light, turn right on State Street. Continue up State Street to the 2nd traffic light and turn right on Lodge Street. The Hotel Albany is on the corner of 40 Lodge Street.

From the Albany International Airport: Can call hotel for free shuttle. If driving, go straight out of the airport. Follow the Albany signs to I-87 South. Take I-87 South to I-90 East. Follow I-90 East to I-787 South. Use Exit 4B (Clinton Avenue). At the light, turn left onto Broadway. At the 4th traffic light, turn right on State Street. Continue up State Street to the 2nd traffic light and turn right on Lodge Street. The Hotel Albany is on the corner of 40 Lodge Street.

Accommodations: The Albany Hotel is located in the historic district of New York’s state capital, in easy walking distance to great restaurants, night clubs, government offices, and attractions.

The hotel features:
- Free high-speed Wi-Fi internet access, a 32 inch flat screen TV, two phone lines, an ironing board, hair dryer, and a coffee maker.
- Free shuttle service from the airport, train, and bus stations.
- A fitness center with state-of-the-art equipment, a large indoor pool, and a heated whirlpool.
- Webster’s Corner, a full service Restaurant; and Kelsey’s, an authentic Irish Pub serving lunch, dinner and cocktails.

Special Conference Rate: The special, discounted room rate for conference attendees will be $119 a night. You must call the hotel directly (518-462-6611) to get the conference discount. Mention you are with the Empire Conference.

Hotel Albany: Albany City Center 40 Lodge Street Albany, NY 12207 Phone: 518-462-6611 Fax: 518-462-2901 Parking: Free parking for all conference attendees in hotel garage. Bring parking ticket to desk for validation.

Course Directors: Arlene Istar Lev, LCSW-R, CASAC
Carolyn Wolf-Gould, MD

Transgender Health and Wellness: Providing Primary Care and Mental Health Services for Transgender People and Their Families

8:00-8:45 Registration
8:45-9:00 Welcome
9:00-10:30 Plenary Session (Medical and Mental Health Track):
Understanding the Transgender Experience and Learning Effective Ways to Address Health Care and Prevention Needs of Transgender People, Samuel Lurie, MEd, Director, Transgender Training and Advocacy

Transgender Medicine: From Margin to Mainstream, Wylie Hembree, MD

10:45-12:15 Medical Track:
Transgender Medicine -- What Every Provider Should Know, Joshua Safer, MD, Moderator: Matthew Leinung, MD
Cross Sex Hormone Therapy for Transgender Adults: Assessment, Treatment and Monitoring, Carolyn Wolf-Gould, MD, Moderator: Matthew Leinung, MD

10:45-12:15 Mental Health Track 1:
Demystifying the Transgender Experience: Building Competency Among Mental Health Providers, Panel Discussion: Samuel Lurie, MEd, Kit Rachelin, PhD, Elizabeth Riley PhD, Moderator: Arlene Istar Lev, LCSW, CASAC

10:45-12:15 Mental Health Track 2:
Identifying and Untangling the Impact of Transphobia, Gender Variance, and Psychiatric Issues in Working with Transgender Clients, Michelle Angelilo, PhD, Moderator: Erica Anderson, PhD

12:30-1:45 Keynote Address:
Transsexuality as an Interssex Condition, Milton Diamond, PhD

2:00-3:30 Medical Track:
Mental and Medical Health Care for Transgender Youth, Mandy Coles, MD, MPH, Elizabeth Riley, PhD, Moderator: Carolyn Wolf-Gould, MD

2:00-3:30 Mental Health Track 1:
Out of the Box: Therapeutic Interventions for Gender Nonconforming Clients, Acej Mercer, MSW, Moderator: Sativa Bigelow, MHC

2:00-3:30 Mental Health Track 2:
The Evolving Roles of the Medical Health Clinician in Working with Transgender Clients, Kit Rachelin, PhD, LLC, Moderator: Erica Anderson, PhD

3:45-5:15 Medical Track:
Endocrine Treatment of Transsexual Persons: Extensive Personal Experience, Matthew Leinung, MD, Moderator: Joshua Safer, MD

Surgical Options for Transgender Patients, Toby Meltzer, MD, Sherman Leis, DO, FACOS, Moderator: Joshua Safer, MD

3:45-5:15 Mental Health Track 1:
Issues in Working with Co-Trans Couples: Transition and Beyond, Maureen Osborne, PhD, Moderator: Erica Anderson, PhD

3:45-5:15 Mental Health or Medical Track:
The World Professional Association for Transgender Health: Standards of Care, Arlene Istar Lev, LCSW, Carolyn Wolf-Gould, MD, Moderator: Sativa Bigelow, MHC