

Medical Gender Affirmation Support at Melbourne Queer Psychologist

Values and Position Statement

The Melbourne Queer Psychologist supports trans and gender diverse clients in pursuing Medical Gender Affirmation through a collaborative, client-centered and strengths-based approach.

I take great inspiration from Equinox Gender Diverse Health Centre's Informed Consent guidelines, as well as noting the current healthcare landscape in Australia of pathways for accessing gender affirming hormones or surgery. I aim to balance maximizing benefits and minimizing risks with my clients according to WPATH and AusPATH guidelines, as well as community calls to action. I am fully qualified to make WPATH referrals, as per the current Standards of Care, as well as position statements from WPATH and AusPATH. I have regular referrals to local surgeons Andrew Ives, Cheng Lo, and Gideon Blecher, amongst others.

I acknowledge the history, and largely current situation of psychologists/psychiatrists as gatekeepers for medical care in this area. The mental health profession has had a role in pathologising trans and gender diverse people, and there is a great deal of damage to acknowledge and repair. While advocating for the Informed Consent model (removing need for a psychologist's 'assessment'), I aim to be a 'gate opener' alongside my clients. You're the captain of your ship, and I can help with navigation. My goal is to enable my trans and gender diverse clients to make good health decisions for themselves rather than deciding for them. I aim to provide support, expertise, and empowerment in such a way that any hormone or surgery letter is just one part of what you get out of these sessions.

My approach to trans rights is one of both individual assistance through this service, as well as continued advocacy and activism in community. This includes within AusPath, Australia's main health association for trans and gender diverse people, as well as within politics and legislature. I work towards a future where gender is without restriction, and where trans and gender diverse people are fully respected and accepted in all areas of life, and enabled to excel.