



Talking about identity

**A cultural
humility
approach**

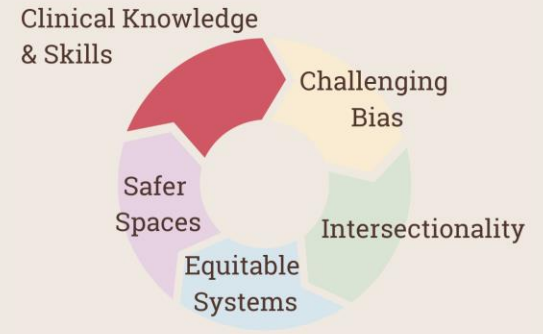
OANDCON OCTOBER 2023

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- Naturopathic doctor
- Co-founder of Heal All Consulting
- Guest lecturer at CCNM
- Queer femme



Goals



- Define biological sex, gender, and sexual orientation.
- Understand jurisprudence requirements regarding protected grounds of sex, gender, and sexual orientation.
- Be able to choose useful and respectful clinical questions to discuss LGBTQ2SIA+ identity with patients.
- Be able to differentiate between endocrinological or sexual pathologies and non-pathological experiences, bodies, and identities.

Legal obligations

Canadian Charter of Rights & Freedoms

Ontario Human Rights Code

Protected grounds:

- Race, colour, ancestry, place of origin, ethnic origin, citizenship, creed, religion, **marital status, family status, disability, sex, sexual orientation, gender identity and/or expression, age.**

Duty to provide services free of discrimination, and accommodate individuals who face barriers in accessing care.

Cultural humility

The ability to discuss gender and sexuality openly and respectfully as it pertains to the case.

Knowledge to
understand.

Wisdom to listen.



Basic concepts |



Biological Sex

is not binary



Sex



Sex assigned at birth



Chromosomes



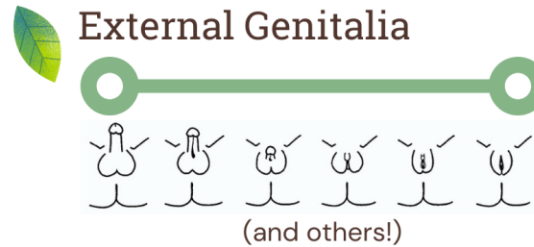
Secondary sex characteristics



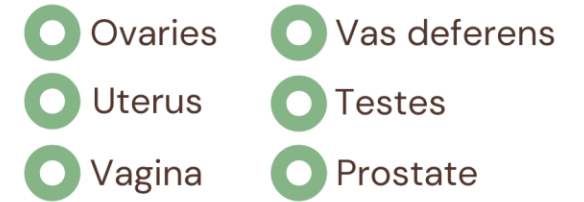
Hormone Levels



External Genitalia



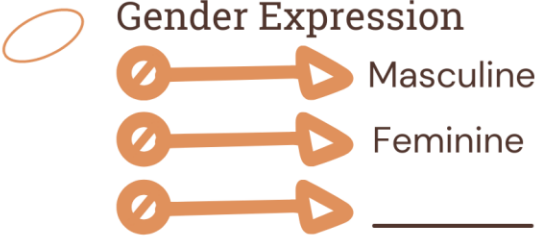
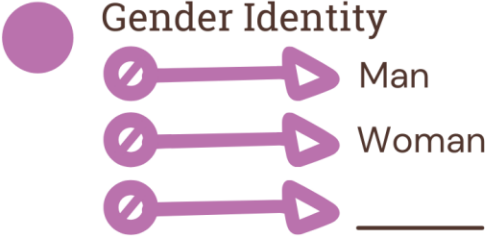
Internal pelvic anatomy





Gender
is not binary

Gender



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Identities |

LGB and orientation

Lesbian

Gay

Bisexual

Queer

Pansexual

Omnisexual

Androsexual/Androphilic

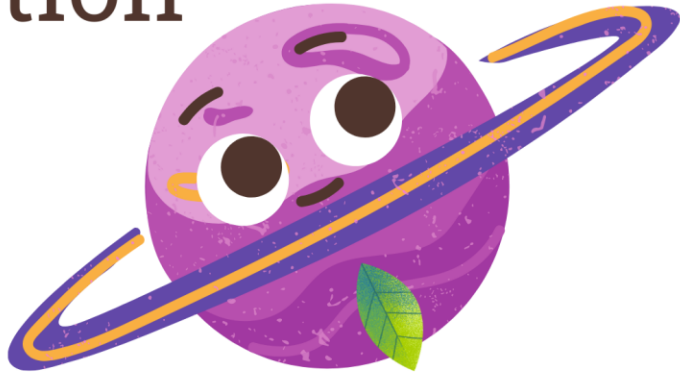
Sapphic

Same Gender Loving

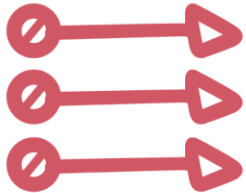
Skoliosexual

Not attracted to those of the same gender? → Straight / heterosexual

Attraction



Sexual Attraction



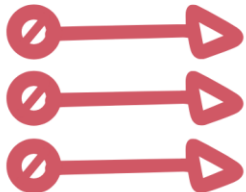
Men a/o Masculine a/o Male People

Women a/o Feminine a/o Female People

Other characteristics _____



Romantic Attraction



Men a/o Masculine a/o Male People

Women a/o Feminine a/o Female People

Other characteristics _____



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Activity!

- A new client presents with amenorrhea.
- During your intake, she mentions that she is a lesbian.
- How should you proceed with your assessment?
 - a) Run all the tests you were planning to run, including a pregnancy test.
 - b) Run all the tests you were planning to run, except for the pregnancy test.
 - c) Ask more questions before choosing whether to include a pregnancy test.

Community
& Identity

Behaviour &
Screening

Sexual Orientation

Attraction
& Joy



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Concept credit: Jessica Halem

Sexual orientation What does this mean for you?

- Orientation does not determine sexual behaviour.
- Assess effect of homophobia on health.
- Assess protective factors against harm of homophobia.
 - Positive self-image
 - Community involvement
 - Parental support
 - Positive local and political environments

A and sexual/romantic attraction

Asexual

Aromantic

Demisexual/demiromantic

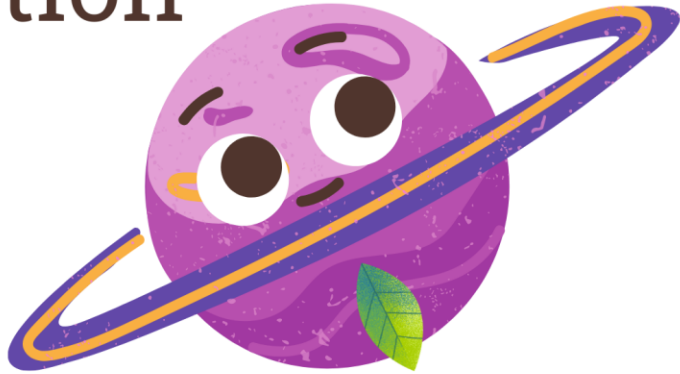
Fraysexual/frayromantic

Grey ace/greyromantic

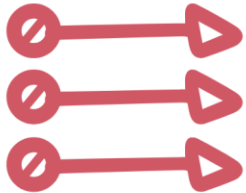
Aroace

Not on the ace spectrum? →
Allosexual/Alloromantic

Attraction



Sexual Attraction



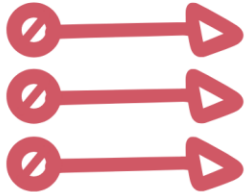
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Other characteristics _____



Romantic Attraction



Men a/o Masculine a/o Male People

Women a/o Feminine a/o Female People

Other characteristics _____



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Aspec

What does this mean for you?

- Remember, these orientations are NOT pathological.
 - There is no need to address low libido in your treatment plan if your client has no problem with their libido.
- You still need to ask about sexual behaviour if clinically relevant.
- You should still ask aromantic clients about important relationships.
- Consider discussing past experiences with healthcare.

T and gender identity

Transgender

A person whose gender is **different** from the gender they were **assigned at birth**.

NOT

- Born in the wrong body
- Born a boy/girl
- A female who “identifies” as a man or vice versa

- A transgender
- Transgendered

T and gender identity

Transgender

A person whose gender is **different** from the gender they were **assigned at birth**.

Cisgender

A person whose gender is the **same** as the gender they were **assigned at birth**.

T and gender identity

Nonbinary

Genderqueer

Demigirl/Demiboy

Agender

Genderfluid

Neutrois

Pangender

Third Gender

Bigender

Trans terminology

Gender Dysphoria

Intense negative emotions associated with being perceived or treated as a gender one does not identify with.

Body Dysphoria

Intense negative emotions associated with one's body not being congruent with how they see themselves.

Gender Affirming
Surgeries

Refers to a variety of “top” or “bottom” surgeries that help to reduce dysphoria.

Gender Affirming
Hormone Therapy

Masculinizing hormone therapy usually consists of testosterone. Feminizing hormone therapy may include estrogen, progesterone, and/or antiandrogen drugs.

Trans and nonbinary identity What does this mean for you?

- Learn the words they use to describe themselves.
 - Identity words
 - Relational words
 - Pronouns
 - Body parts
- Allow them to tell you their own relationship to their body.
- Assess effect of transphobia on health.
- Offer medical transition related support if warranted.

Other gender descriptors

Commonly used in queer communities

May be used by trans, cis, and/or nonbinary people

Butch

Femme

Stud

Boi

Androgynous

Gender descriptors

What does this mean for you?

- Nothing!!!
- Your patient may choose to share this information with you to help you understand them better as a person.

I and Sex

Intersex

Avoid using “Disorders of Sex Development”

NEVER use
“hermaphrodite”

Intersex folks can be any gender, and any sexuality

Sex

What does this mean for you?

- Remember, don't treat intersex conditions as pathological.
 - There is no need to address hormone levels unless you have been asked to by your patient.
- Learn about your patient's individual anatomy and physiology.
- Don't expect to be educated.
- Be mindful of a possible history of medical trauma.

2S and non-colonial identities

2-Spirit

Androgynos, Tumtum, Ay'lonit, Saris (classical Judaism)

Asog (Philippines)

Bissue (Bugis people of Indonesia)

Burrnesha (Albania)

Fa'affine (Samoa)

Hijra (South Asia)

Kathoey (Thailand)

Kipijuituq (Netsilik Inuit)

Māhū (Hawaiian and Tahitian)

Muxe (Zapotec)

Sistergirl and Brotherboy (Australian Aboriginal)

Non-colonial identities

What does this mean for you?

- Allow them to share what their identity means to them.
- Assess effect of discrimination (homophobia, transphobia, colonialism, racism) on health.

+ and everything else

- You will encounter people whose identities you have never heard of before
- Knowing the definition of an identity does not tell you much about the individual in front of you
- Lead with non-judgement
- Allow clients to tell you who they are

Cultural humility

- Acknowledge and challenge your own bias.
- Be open to hearing individual experiences that differ from your pre-conceived notions.
- Get clinical information instead of making assumptions.
- Understand that identity can be both all-encompassing and completely unimportant.

Activity – Know/Guess/Ask

New patient intake. You're taking a social history, and the patient says this:

“My partner and I have been living together for just over two years now and I love our little queer household. They cook most of our meals, which is great because I hate cooking.”

Activity – Know/Guess/Ask

New Patient Intake Form

Name: Emily Lahiri

Pronouns: she/her

CC: irregular periods

Lives with: my partner and our 4 year old

In the visit: she refers to “my husband”

Activity – Clinical or Curiosity

Clinical

CC: fine lines and skin ageing; ID: gay; Have you had any cosmetic procedures done?

CC: fatigue; ID: intersex; Can you have sex?

CC: Abdominal pain; ID: trans woman; Have you had any surgeries?

CC: recurrent yeast infections; ID: bisexual; How many sexual partners have you had in your life?

CC: IBS; ID: 2 spirit; Do you participate in ceremonies as community care?

CC: tension headaches; ID: queer; Do you experience discrimination based on your identity at all?

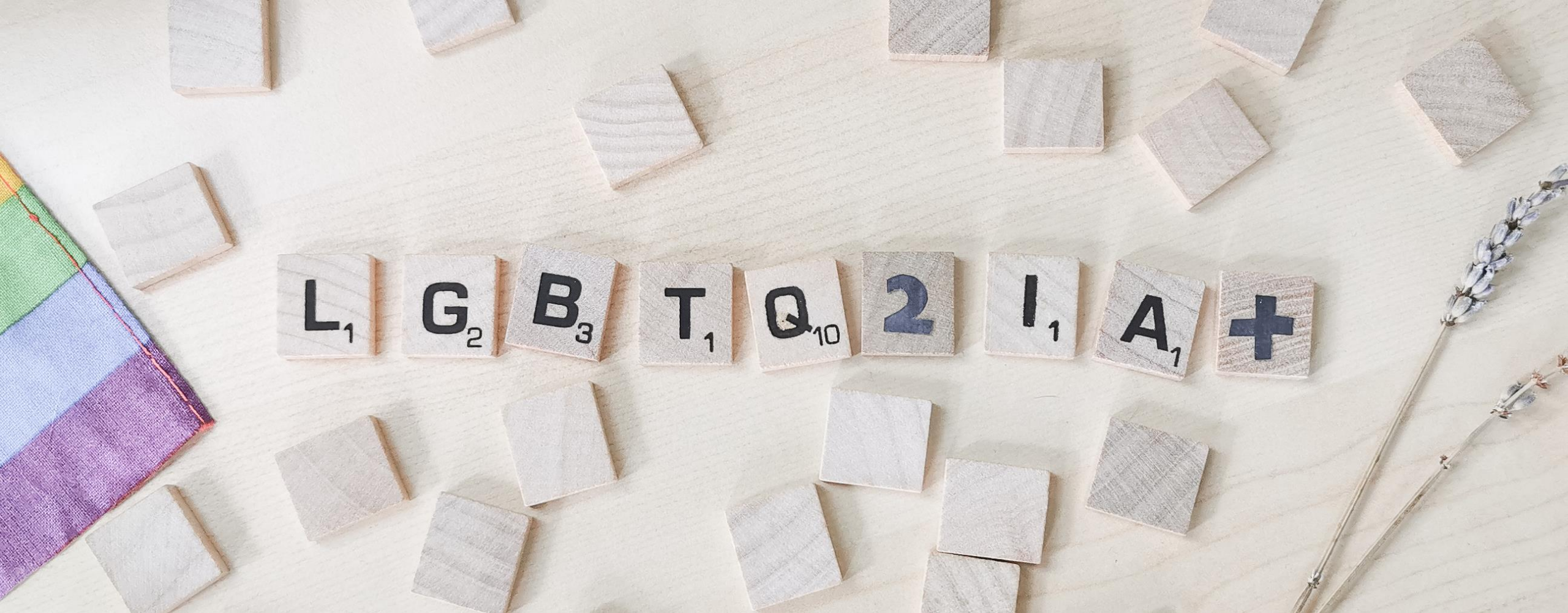
CC: pelvic pain; ID: lesbian; Have you ever been pregnant?

CC: dysmenorrhea ID: frayromantic; Do you ever have sex with the same person more than once?

Curiosity

Inclusive practices include





Questions |

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