

LGBTQIA+ Health Forum

Preliminary Schedule

[Final schedule](#) TBD & subject to change. Concurrent workshop sessions will be held 1-4pm.

8-8:30 am | **Breakfast**

Lobby
Medical Sciences Building

8:30-9:00 | **Registration (All day)**

Lobby
Medical Sciences Building

9:00-9:15 | **Welcome remarks**

Pardis Esmaeili-Firidouni, DPTc and Fion Ng, RN
Co-Chairs, 2019 LGBTQIA+ Health Forum

Cole Hall
Medical Sciences Building

9:30-10:30 | Plenary Session

Speaker: [Uchenna Ossai](#), PT, DPT, WCS, CSC

Assistant Professor, Department of Women's Health, University of Texas Dell Medical School & Founder, YouSeeLogic, LLC

Cole Hall
Medical Sciences Building

10:45-11:45 | **Patient Panel**

Caring for Queer Communities

Moderator: [Dulce Garcia](#)

Health Educator & Rape Crisis Counselor

Panelists:

[Niki Khanna MA, AMFT](#)

Therapist and Educator

Cole Hall
Medical Sciences Building

11:45-12:50 Lunch | **Art Exhibit**

Artists:

[Hushidar Mortezaie](#)

Fashion Designer and Visual Artist

Cole Hall

Medical Sciences Building

1:00-1:50 | **Concurrent Sessions I**

Trans 101/201

[Madeline Deutsch, MD](#)

Medical Director, UCSF Transgender Care, Associate Professor, Clinical Family & Community Medicine, UCSF

Room: TBD

Objectives:

1. Recognize specific steps to take to make electronic health records trans-inclusive and appropriate
 2. Insure clinic environments are trans-inclusive and shatter cisnormative expectations
 3. Consider ways that language could be used to include non-English speakers.
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BDSM Sexuality and Kink Health

[Anna M. Randall, DHS, MSW, MPH](#)

Executive Director, TASHRA

Room: TBD

Objectives:

1. List two common kink-related behaviors and injuries that present in the healthcare setting and why knowing their etiology is clinically relevant.
 2. Identify three clues to assist healthcare providers in discriminating between consensual sex-related injuries and ones that are a result of IPV/DV.
 3. Describe how issues of intersectionality particularly impact kink-identified patients and how this may pose greater risk for negative health outcomes.
 4. Practice ways to interact with patients about their kink sexuality that can create increased patient satisfaction in patient-provider relationships.
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Voguing for Self-Expression

[Shireen Rahimi](#) and [Jocquese Whitfield](#)

Co-founders, Bay Area Vogue Nights

Room: TBD

Anal Sex & Anal Health

[Gregory Barnell, MS, MA, NP-C](#)

Adult Care Nurse Practitioner, Kaiser Permanente Oakland Medical Center

Room: TBD

Objectives:

1. Understand the anatomy of the anorectum, the physiology of defecation, and relationship of these to anal sex
 2. Be able to advise patients on healthy bowel habits and hygiene for anal sex
 3. Be able to recognize common non-STD diseases of the anorectum, their impact on anal sex, and treatment options
 4. Know how and when to screen/test for anal STDs and anal cancer
 5. Understand epidemiology of HPV and natural history of anal cancer, and implication for demographic risk of anal cancer
 6. Know how and when to do a DARE, and to understand the difference between DARE and DRE
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PrEP, Youth at Risk, Mental Health Needs

[Chris Daly, MD](#)

Psychiatrist, Kaiser Permanente Medical Center, San Jose

Room: TBD

Objectives: TBD

Barriers to Health Care for Intersex Adults

[Suegee Tamar Mattis, DO](#)

Founder, Transgender Clinic at Santa Rosa Community Health Centers

Room: TBD

Objectives:

1. Attendees will be able to identify the barriers to care for intersex adults.
 2. Attendees will be able to describe the issues of PTSD and distrust of the medical providers experienced by intersex adults.
 3. Attendees will learn new strategies for working with the intersex community using the concepts of trauma informed care.
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2:00-2:50 | **Concurrent Sessions II**

Herbalism for Trans Care

[Lee Lemus](#)

Clinical herbalist, Medical Student, UC Berkeley-UCSF Joint Program

[Kara Sigler](#)

Registered Herbalist, a Registered Nurse, a Family Nurse Practitioner candidate

Room: TBD

Objectives:

1. Explore the scope of use of medicinal herbs in gender transition, from an evidence base and from a traditional wisdoms approach.
 2. Learn how to use several common medicinal herbs for transgender patients, including to assist in gender transition and to mitigate negative health risks from hormones.
 3. Describe how the inclusion of herbalism in western healthcare settings promotes accessibility and culturally-relevant care, particularly for transgender communities experiencing multiple intersections of vulnerabilities.
 4. Identify contraindications of medicinal herbs with HRT, and cases to refer to clinical herbalists.
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Structures and Self: Advancing Equity and Justice in Sexual and Reproductive Health

[Zoe Julian, MD, MPH](#) (she/her/hers)

Equity and Inclusion Chief Resident, Department of Obstetrics, Gynecology, and Reproductive Sciences, UCSF

Room: TBD

Objectives:

1. Learn the historical context for disparities in sexual and reproductive health of trans*/GNC communities.
 2. Recognize the societal structures and intersecting systems of oppression that impact health outcomes for trans*/GNC communities.
 3. Name your own bias related to gender and reflect on how those biases impact your clinical interactions.
 4. Identify three ways you can promote health equity for trans*/GNC communities through either personal, clinical, local, and/or systemic action.
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Asexual Health: Understanding and Supporting Ace Patients

[David Jay](#)

Founder, Asexuality.org

Room: TBD

Objectives:

1. Give participants a foundational understanding of what experiences lead people to identify as asexual, grey-a, demisexual and aromantic. (Using personal narrative)
 2. Give participants an understanding of how ace experience may intersect with experiences of race, religion, gender and ability.
 3. Give participants a basic understanding of medical research on the ace community.
 4. Discuss scenarios where ace identity or experience may be relevant in a clinical setting.
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Transference and Countertransference

[Erica Anderson, PhD](#)

Professor and Clinical Psychologist

Room: TBD

Objectives: TBD

Intersex Youth and Advocacy Projects

[Hans Lindahl](#)

Director of Communications and Outreach at InterACT, and InterACT Advocates for Intersex Youth

Room: TBD

Objectives:

1. Understand how intersex traits might present in bodies, in straightforward, non-stigmatizing terms
2. Contextualize intersex issues within the past century of North American medicine
3. Consider bias risks when an intersex diagnosis combines with other social factors
4. Come away with tips on where to get more information and help the community's fight for human rights

2:50-3:10 | **Break**

3:10-4:00 | **Concurrent Sessions III**

Trauma, Yoga and Personal Training: Navigating Healing in Colonized Healthcare Systems

[Brima Jah, MA, MFTi, E-RYT](#)

Psychotherapist, Yoga Instructor

Room: TBD

Objectives:

Intentions for my presentation include development of an understanding or strategies for overcoming the following:

1. Common themes of inequity in access to health care (ie. impact of immigration status on self-advocacy, medical necessity in managed care vs. self-identified levels of functioning)
2. Under-researched credibility of "alternative" health care practices vs. funding accessibility for evidenced-based conventional health care practices;
3. Definitions of health/healing specific to cultural context vs. definitions of health/healing defined by health care professionals; and,
4. Exploring options for lower cost (but not lower quality) health care options

Speak Up: Using Your Expertise as Voice to Advocate for Policies Affecting the LGBTQIA+ Community

[Larissa Maier, PhD](#)

Postdoctoral Fellow, UCSF Department of Psychiatry

[Thomas Pospiech, PhD candidate](#)

PhD candidate, University of Michigan and UCSF

Room: TBD

Objectives:

You are the health expert, but no one invited you to share your view on a policy that affects LGBTQIA+ communities? The goal of this workshop is to teach participants how to use their expertise as a voice to support or refute arguments put forth by institutional administrators, policymakers, and legislators. With the Supreme Court recently upholding the restrictions on transgender individuals from serving in the military, we will focus on the U.S. Department of Defense's memorandum to the President of the United States recommending that these policies be implemented. The objectives of this workshop are to:

1. Define the construct and structure of a memorandum
 2. Identify policy recommendations outlined in a memorandum
 3. Understand how these policy recommendations affect citizens
 4. Learn to write your own Op-Ed
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Gender Nonconforming Youth

[Stephen Rosenthal, MD](#)

Director of Pediatric Endocrinology, Director of the Child and Adolescent Gender Center

Room: TBD

Objectives: TBD

Trauma Informed Care

[Leigh Kimberg, MD](#)

Clinical Professor of Medicine, UCSF, Program in Medical Education for the Urban Underserved, Program Director

Room: TBD

Objectives:

Trauma-informed and resiliency-promoting care: Caring for ourselves while caring for others

1. Define trauma and resilience
 2. Review how trauma impacts health and how resilience mitigates the effects of trauma
 3. Define "trauma-informed care" and describe ways of addressing trauma and supporting resilience in health care
 4. Practice caring for yourself as you care for others
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Intersex Patient Advocate Panel

[Hans Lindahl](#)

Director of Communications and Outreach, InterACT and InterACT Advocates for Intersex Youth

Room: TBD

Objectives:

1. Recognize themes in challenges faced by all intersex people in navigating medical interactions
2. Recognize variety in intersex experiences based on race, ability, age, sexuality, gender, and other factors
3. Learn how providers can improve intersex sensitivity with actionable tips from panelists

4:10-5:20 | **A Conversation with Dominique Jackson**

Speaker: [Dominique Jackson](#)

Star of POSE & Author of The Transsexual from Tobago (Revised)

Moderator: TBD

Cole Hall

Medical Sciences Building

5:20-5:30 | **Closing Remarks**

Cole Hall

Medical Sciences Building