



Trans 101 for Providers:

Trans Culture, Trans Stories, Trans Lives

PRESENTED BY ANDY LEVITT, CPC & MIC LEVITT, CPC



DISCLAIMER

The ideas presented during this workshop are strictly the opinions of the presenters and do not reflect the beliefs, ideas, or opinions of their employer or its affiliate.

Before we get started...

- ▶ Intended audience of this workshop
- ▶ Our experiences are not every trans person's experience
- ▶ Content warning: discussions of violent transphobia and sexual assault



Dedication

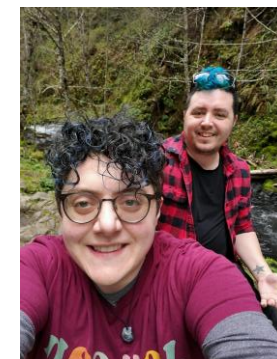
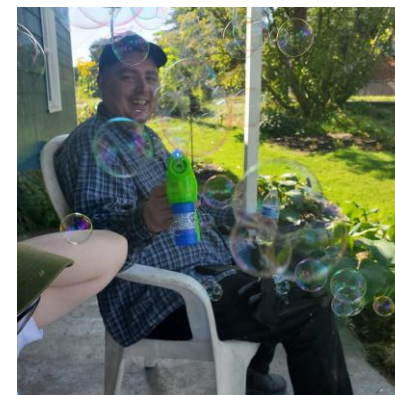
We dedicate this workshop to
the memory of our trans
ancestors and all those lost to
transphobic violence



A Little About Us



- ▶ Andy's story
- ▶ Mic's story
- ▶ What brings us to this work



Group Guidelines



- ▶ Assume good intentions
- ▶ This is a learning environment and it's okay to not know what you don't know
- ▶ What other group guidelines would help you feel safe in this space?

Goals for this Workshop

- ▶ Help cisgender providers better understand and empathize with the trans people they serve
- ▶ Provide language and tools to be better allies to the trans community
- ▶ Educate attendees about basic trans history
- ▶ Illustrate how peer support has always been a part of trans liberation

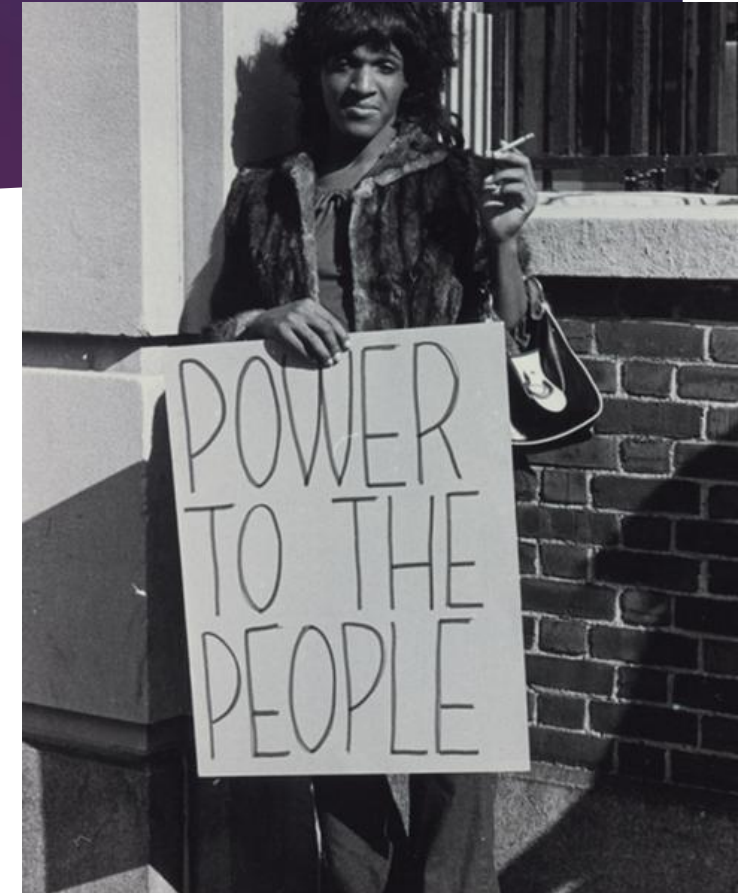


Trans Lives Celebrated: Marsha P. Johnson (1945 – 1992)



(0:15-1:50) (watch first)

<https://www.youtube.com/watch?v=BbWI1tsfRzw&t=172s> (0-2:23)



Trans Lives Celebrated: Sylvia Rivera (1951 – 2002)

- ▶ Condensed speech with subtitles:
<https://www.facebook.com/watch/?v=258463406485263>
- ▶ <https://www.youtube.com/watch?v=hl2bxUSRF7I> (interview)
- ▶ Thoughts?



Let's Talk About Pronouns

- ▶ A pronoun is a word used to reference a noun. For example, in the phrase “They left their keys on the table,” the words “they” and “their” are used to refer to the individual who left their keys on the table.
- ▶ When referring to a trans person, it's important to use pronouns that that person identifies with.
- ▶ Using correct pronouns affirms the humanity of the trans person being referenced. To do otherwise dehumanizes and diminishes the dignity of the trans person.
- ▶ When messing up on someone's pronouns, just correct yourself and move on



Exercise: Growing Empathy

- ▶ Empathy is more important than “correct language”
- ▶ We live in a culture that lacks empathy for trans people and we’re going to try to make a tiny chip in that today
- ▶ Scenario: A trans man (he/him) in his mid-20s comes to you for services and discloses that he was kicked out of his living situation after coming out as trans. He shares with you that his most urgent goal is to get gender-affirming top surgery, but he needs a stable place to recover before he can get scheduled. He shared that when he was a teenager, he lived in a home where his religious foster parents saw him as evil because of their beliefs. Because of this, he does not feel comfortable or safe accessing any resources that are church-based or have to do with religion. What are some ways you could support this individual?



Trans Lives Celebrated: Lou Sullivan (1951 – 1991)



- ▶ Lou Sullivan (he/him) was writer, peer supporter, and activist who helped petition for the American Psychiatric Association (APA) and the World Professional Association for Transgender Health (WPATH) to recognize the existence of gay trans men.
- ▶ Prior to the work that Lou did, trans men could not access gender affirming surgery if they were also gay. Before Lou's advocacy work, gender affirming surgery was only allowed if the individual would then enter into heterosexual relationships post-surgery.
- ▶ It is largely because of the work that Lou did that sexual orientation and gender identity are now seen as two separate and distinct categories
- ▶ Lou learned that he was HIV+ in 1986. He famously wrote, "[They] said I couldn't live as a gay man, but it looks like I'm going to die like one."

Trans Lives Celebrated: Mercury Stardust, aka the Trans Handy Ma'am (1987 -)



- ▶ Raised on a farm in northern Wisconsin, Mercury (she/they) came out as a trans woman in 2019 and has been working to support the trans community ever since
- ▶ Author, educator, speaker, advocate, and passionate DIY expert
- ▶ Her catch phrase is, “You’re worth the time it takes to learn a new skill”
- ▶ Beginning in 2022, Mercury has raised over \$4.5 million to date for Point of Pride, a nonprofit organization that helps trans people access gender affirming care



Trans Lives Celebrated: Laverne Cox (1972 -)

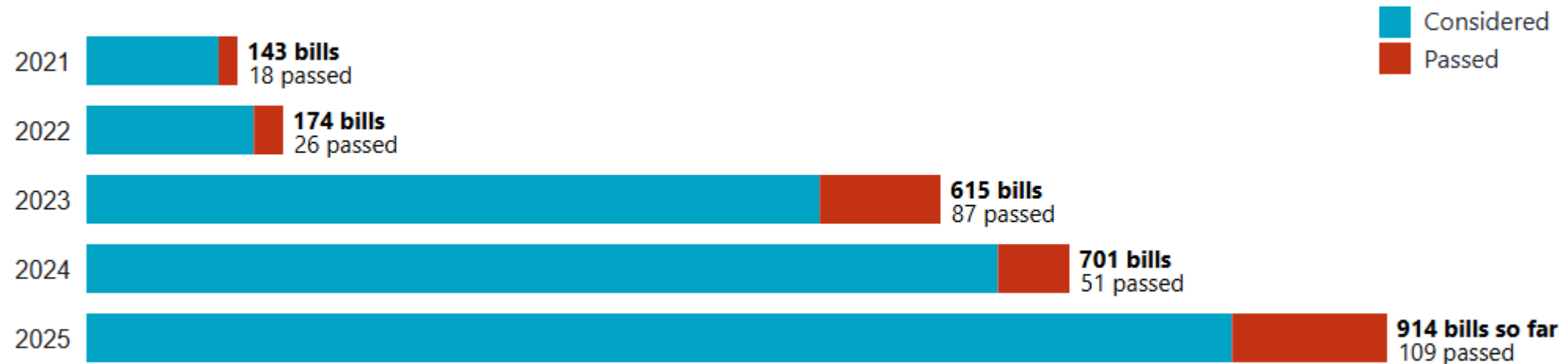


- ▶ American actress & LGBTQ+ advocate, Laverne Cox (she/her) first rose to prominence in the hit Netflix series *Orange is the New Black*
- ▶ First trans woman nominated for a Primetime Emmy Award
- ▶ First trans person to appear on the cover of Time magazine
- ▶ First trans woman to win a Daytime Emmy as an Executive Producer for *Laverne Cox Presents: The T Word*
- ▶ Laverne's impact and prominence in the media has led to a growing conversation around trans culture, particularly around the intersections of race and gender.



Anti-Trans Legislation

- ▶ As of June 2025, there have been 914 anti-trans bills introduced into state and federal legislature this year alone. 109 of these bills have passed so far.
 - ▶ These bills include criminalizing trans people's access to public restrooms, locker rooms, school services and sports, and gender affirming care, among others.



Anti-trans bills under consideration and passed, 2021-2025

Why it is important to fight for the trans community?

- ▶ Trans people are less than 1% of the population – we need as many allies as possible, now more than ever
- ▶ Increased hate & transphobia
- ▶ Erasure of trans identities enacted by the federal government
- ▶ Trans Day of Remembrance (TDOR)



Trans Allyship in Action

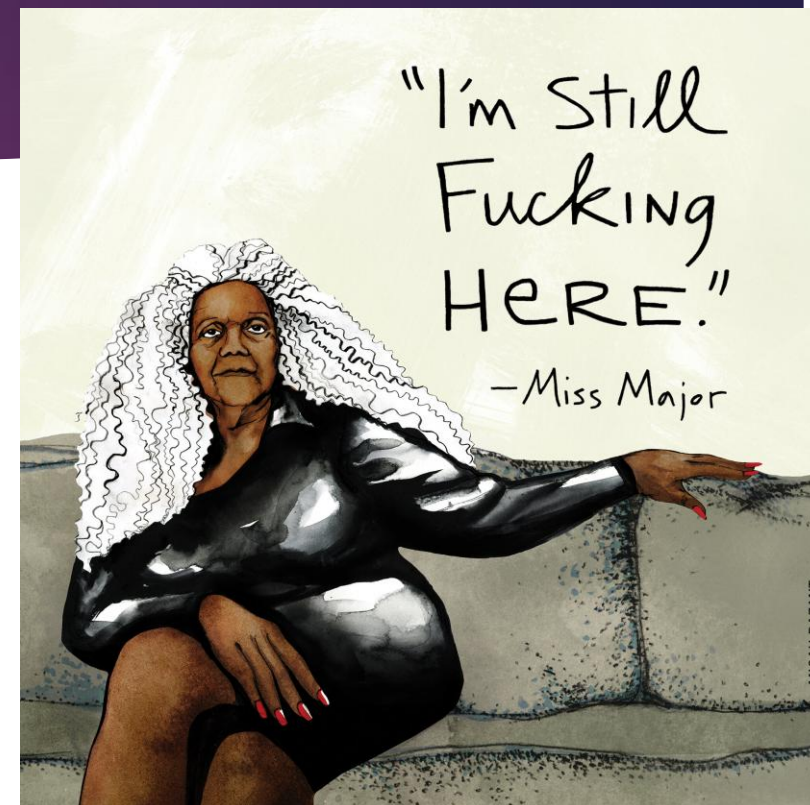


- When you see someone who may be trans in the bathroom, let them be!
- If you have a friend/coworker/client who needs to use a public bathroom, ask them how you can be a supportive person to help them stay safe
- Highlight the positives that trans people bring into the space
- Introduce yourself with pronouns to new clients – if able, include pronouns on your email signature and zoom name
- What are some other ways behavioral health providers can be allies to trans people?

Trans Lives Celebrated

Miss Major Griffin-Gracy (1946 –)

- ▶ Veteran of the Stonewall Riots
- ▶ Miss Major (she/they/he) is a Black transgender activist who has fought for over 50 years for the trans/gender non-conforming community
- ▶ She runs the House of GG in Little Rock, Arkansas - focuses on supporting and nurturing the leadership of trans women of color living in the U.S. South
- ▶ Works to uplift trans women of color, particularly those who have survived incarceration and police brutality



Interactive

Being Trans in Recovery Spaces



- ▶ When male and female are the only options
- ▶ Being the “other” in recovery spaces
- ▶ Voice and choice

Trans Lives Celebrated: Natasha Gray (1972 -)

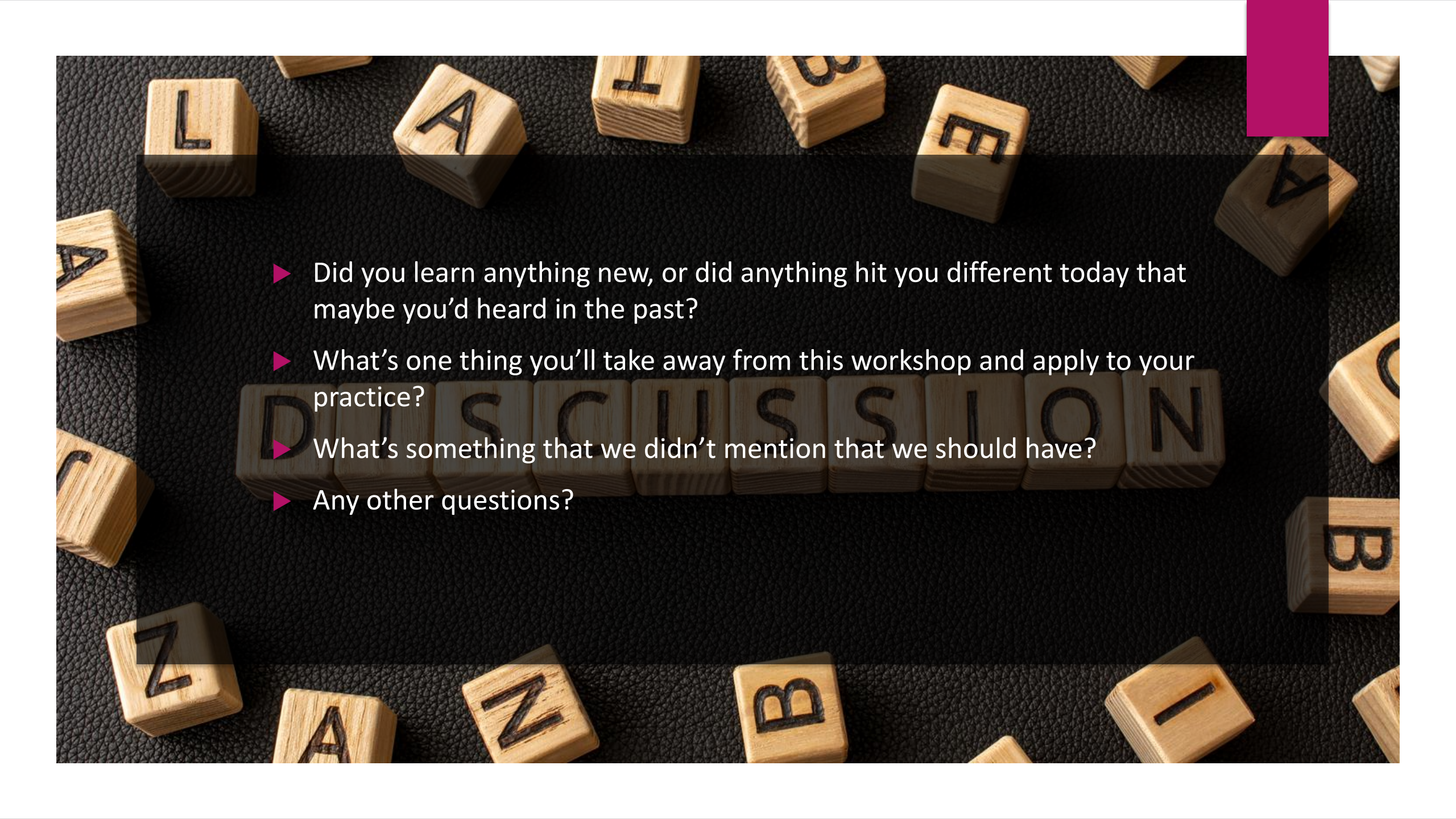
- ▶ Natasha (they/she) came out as nonbinary on stage with former band BoySetsFire
- ▶ Lead singer of the Iron Roses – east coast joyful punk band
- ▶ Uses her art to speak out on behalf of survivors of sexual assault
- ▶ Has been in punk and hardcore music scenes as a musician since they were a teenager
- ▶ <https://www.youtube.com/watch?v=18lCkFFiv7Y>



Exercise: Growing Empathy



- ▶ Divide into groups by counting off into threes
- ▶ We will bring you a scenario of a peer you've been assigned to work with
- ▶ Your job is to figure out the best way to support this peer with the knowledge you have now

- 
- The background of the slide features a top-down view of numerous wooden letter blocks scattered on a black, pebbled-texture surface. In the center, the word "DISCUSSION" is spelled out using a row of ten wooden blocks. Other blocks with various letters like 'L', 'A', 'T', 'W', 'E', 'V', 'Z', 'B', 'I', 'A', and 'C' are scattered around the central word. A solid magenta vertical bar is positioned on the right edge of the slide.
- ▶ Did you learn anything new, or did anything hit you different today that maybe you'd heard in the past?
 - ▶ What's one thing you'll take away from this workshop and apply to your practice?
 - ▶ What's something that we didn't mention that we should have?
 - ▶ Any other questions?

Contact Info

Mic Levitt, CPC

MoshPitMic@gmail.com

Andy Levitt, CPC


Alevitt2021@gmail.com



Additional Resources

- ▶ Trans 101: <https://lgbtqia.ucdavis.edu/trans-101>
- ▶ Pronouns 101: <https://lgbtresourcecenter.uccs.edu/pronouns-101>
- ▶ Anti-trans violence: <https://time.com/6131444/2021-anti-trans-violence/>
- ▶ Trans Day of Remembrance: <https://www.glaad.org/tdor>
- ▶ Trans Day of Visibility: <https://glaad.org/tdov/>
- ▶ Deadnaming: <https://health.clevelandclinic.org/deadnaming/>
- ▶ Supporting trans youth: <https://www.thetrevorproject.org/resources/guide/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/>
- ▶ PFLAG: <https://pflag.org/findachapter/>
- ▶ Anti-trans legislation tracker: <https://translegislation.com/>
- ▶ STARR: Strategic Trans Alliance for Radical Reform (formerly STAR, founded in 1969 by Marsha P. Johnson & Sylvia Rivera): <https://strategictransalliance.org/>
- ▶ Film: The Death and Life of Marsha P. Johnson, Netflix



A portrait of Laverne Cox, a transgender actress, with long blonde hair, wearing a red halter-neck top, smiling against a black background.

“It is revolutionary for any trans person to be seen and visible in a world that tells us we should not exist.”

— Laverne Cox, transgender actress

Thank you!