

Voice Therapy Group for Transgender Women

The Problem

There is a lack of equitable, safe, patient-centered care for women in the transgender community. Numerous communication needs of the transgender female patient cannot be covered within a typical course of care. Additionally, these women have expressed a desire to meet in a group format in which they can address their communication needs while receiving professional and peer feedback. It was decided that a co-lead format with a Speech-Language Pathologist (SLP) and a Social Worker (SW) would be optimal.

Aim/Goal

To develop and implement a group that provides a safe and supportive environment for patients to receive education, practice and feedback regarding voice / communication feminization.

The Team

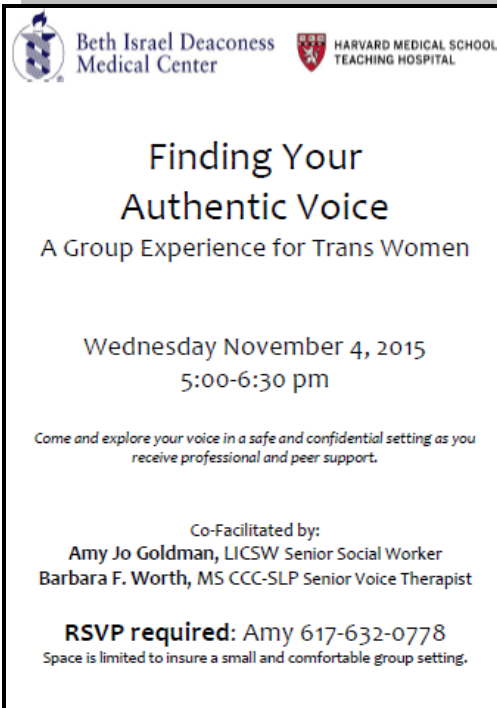
Barbara F. Worth, MS, CCC-SLP, *Senior Voice Therapist/Speech Language Pathologist*
Amy Jo Goldman, LICSW, *Senior Social Worker*

The Interventions

- Voice Therapist Identified BIDMC social worker with interest in this area
- Researched group therapy process with a social worker in the field
- Determined the ideal group size & format
- Surveyed current patients for needs / interest / availability
- Advertised within BIDMC / Fenway network
- Lead an initial pilot group

The Results/Progress to Date

- Completed pilot group November 4, 2015
- 10 transgender women initially RSVP'd
- 8 / 10 attended the first group



The flyer is a rectangular document with a black border. At the top left is the Beth Israel Deaconess Medical Center logo, and at the top right is the Harvard Medical School Teaching Hospital logo. The main title is 'Finding Your Authentic Voice' in a large, bold, black font, with the subtitle 'A Group Experience for Trans Women' below it. The date and time are 'Wednesday November 4, 2015' and '5:00-6:30 pm'. A line of text reads 'Come and explore your voice in a safe and confidential setting as you receive professional and peer support.' Below that, it says 'Co-Facilitated by: Amy Jo Goldman, LICSW Senior Social Worker' and 'Barbara F. Worth, MS CCC-SLP Senior Voice Therapist'. At the bottom, it says 'RSVP required: Amy 617-632-0778' and 'Space is limited to insure a small and comfortable group setting.'

Flyer for the group

Lessons Learned

- There is a great need and desire for this type of group!
- Co-facilitators requested written feedback
 - 5/8 provided written feedback
 - Feedback highly favorable and encouraging to schedule additional sessions

Next Steps/What Should Happen Next

- Scheduled a monthly group meeting February – June, 2016
- Determined topics and format
- Advertised within the BIDMC and Fenway networks
- Research potential funding sources