When Everything Inside You Tells You Otherwise: A Trans Narrative

Landon Martin, LCSW, CTSDP
October 23, 2018
Disclaimer

- There is no single, solitary trans-experience
- I self-identify as a man. I am on the binary.
- While many may relate to my story, it is important to note that it is my story and mine alone.
Gender Dysphoria

- GD is a very real and often debilitating experience
- Difficult concept to talk about as there are few commonly held human experiences that compare to it
Definitions

• Clinically, the APA defines GD as “a conflict between a person’s physical or assigned gender and the gender with which he/she/they identify.”

• Israel & Tarver (1997) and Lev (2004) describe GD as “excessive discomfort, confusion, pain and anguish” that results from feeling an incongruity with the gender they were assigned at birth.
My Understanding

- Birth Defects vs. Birth Variations
- GD as a chronic pain condition
- Oppression is relative: medical condition and cultural subgroup
Guiding Principles

• Do for myself what I ask of clients
• Use every personal & professional experience to inform my practice
• Love is naturally corrective
• Everything you say and do matters
What we need...

- To be seen
- To be heard
- To know that our presence matters
My Intention

To humanize the trans-EXPERIENCE, To make it relatable and to highlight the immense courage it takes to walk out one’s truth, hoping that this will inspire others to live in theirs.
My Story

- Only child
- Parents married 6 months before I was born, separated at age 5 and divorced at 6
- Custody & Visitation
- Clothing
- Toys & Interests
TOMBOY
Ages 8-12

• Michael: drag car racing, auto mechanics, four-wheelin’, roughin’ it

• Mountains: hiking, waterfalls, salamanders, & tadpoles

• And an occasional dress...like for a wedding
Gender Dysphoria

(Looks like this)
Love and Gender Identity

- 16
- 21
- 27
- 29
- 34
Road to Transition

• Forensic SW-Transgender Consultant
• Investment-Gender Specialist
• Here’s my chance
18 Months

- HRT
- Top Surgery
- Hysto
- Bottom Surgery
Treasures in the Trauma: The Gifts of My Trans-Experience

• The Power in Choosing One’s Own Name

• Taking Off the Costume

• Most Violent and Most Self-Affirming Thing Ever