

Gender Diverse & Eating Disorders resources

Resources supporting gender diverse, transgender & LGBTQIA+ individuals and clinicians in the complex journey of eating disorder recovery.

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Support

Company/Title:	Details:	Link:
Eating Disorders Victoria Bloom Program	Eating disorder support: Free online support group for LGBTQIA+ members (18+ yo)	http://rainbownetwork.com.au/directory/bloom-online-support-group Eventbrite page to secure (free) tickets

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		Support page for LGBTQI with multiple resources
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Webinars/Videos

Company/Title:	Details:	Time:	Link:
EDRDPRO: "What is Trans-Centred Nutrition?"	-Myths & misunderstandings - How gender dysphoria is often over-simplified - Considerations for clients - The trans experience - Guidelines for medical care - Addressing weight stigma	1hr 20min	Trans-centred nutrition care
	Matching slides to webinar		Matching slides to webinar
EDRDPRO: Trans & ED recovery	(Upcoming - June 15th 2021) -Presented by FEDUP - Modifying therapeutic approaches for trans community - Create inclusive & accessible treatment	~2hrs	EDRDPRO June 2021 webinar
Butterfly foundation	Hear Quinn, a trans masc non-binary queer explore eating disorders journey & recovery	5mins	Youtube Link

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Education in nutrition: Working with trans & gender diverse people	Dr. Nate Reid shares information on terminology, hormones, health issues and accessing health services for trans & gender diverse people	50 mins	Dr. Nate Reid webinar Matching slide notes
North Western Melbourne Primary Health Network (NWMPHN)	(NWMPHN) asked LGBTIQ+ people to talk about their experiences accessing health care.	5 mins	Youtube Link
(NWMPHN): Trans, Gender diverse, Non Binary mental health training module	This module is designed for a range of mental health professionals to become familiar with and sensitive to the diverse terminology, experiences, issues, standards, and referral pathways with respect to trans, gender diverse, and non-binary (TGDNB) clients. The overarching purpose is to promote more inclusive and responsive service provision for TGDNB people in mental health care settings.	Part 1: 35 mins Part 3: 12 mins	Youtube link part 1 Youtube link part 3

Articles

Company/Title:	Details:	Link:
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Journal article	Eating Disorders and Disordered Weight and Shape Control Behaviors in Sexual Minority Populations.	https://europepmc.org/article/med/28660475
Minus18 “How to Challenging Crappy Language When You Hear It”	Supportive language and how to speak up when hearing disrespectful language	Challenging crappy language info sheet
Gender Dysphoria and Eating Disorders	Data & evidence of eating disorders in gender dysphoria	Evidence of ED in gender dysphoria
Gender Identity & ED	Anorexia Nervosa in the Transgender Community	AN within the trans community

Useful Documents

Company/Title:	Details:	Link:
Telethon Kids Institution “Mental Health & Care Pathways of Trans Young People”	Great document overall - page 120+ is “positive aspects of being trans”	https://www.telethonkids.org.au/globalassets/media/documents/bain-behaviour/trans-pathways-report.pdf

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Minus18	Language guide for addressing trans people	Language guide
Minus18 & YGender "Trans101"	Trans101 support covering: <ul style="list-style-type: none">- The basics- Family & friends- How to be an ally- Relationships & sex- Neurodiversity- People of colour	https://www.trans101.org.au/pdf/Trans101-PDF-Web.pdf
Equinox: "Protocols for the Initiation of Hormone Therapy for Trans and Gender Diverse Patients"	These guidelines are designed to reduce barriers and improve health outcomes for trans, gender diverse and non binary people accessing hormone therapy to affirm their gender.	Document

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Websites

Details:	Link:
AusPATH actively promotes communication and collaboration among professionals and community members involved in the health, rights and well-being of trans, gender diverse and non-binary people.	Website link