

Gender Diverse & Eating Disorders resources

Resources supporting transgender & LGBTQI individuals and clinicians in the complex journey of transitioning and/or 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
		Support page for LGBTQI with multiple resources

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 transmasculine non-binary queer explore eating disorders journey & recovery	5mins	Youtube Link
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	This module is designed for a range of mental health professionals to become familiar	Part 1: 35 mins Part 3:	Youtube link part 1 Youtube link part 3

<p>Binary mental health training module</p>	<p>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.</p>	<p>12 mins</p>	
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Articles

Company/Title:	Details:	Link:
<p>Journal article</p>	<p>Eating Disorders and Disordered Weight and Shape Control Behaviors in Sexual Minority Populations.</p>	<p>https://europepmc.org/article/med/28660475</p>
<p>Minus18 “How to Challenging Crappy Language When You Hear It”</p>	<p>Supportive language and how to speak up when hearing disrespectful language</p>	<p>Challenging crappy language info sheet</p>

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/brian--behaviour/trans-pathways-report.pdf
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

<p>Equinox:</p> <p>“Protocols for the Initiation of Hormone Therapy for Trans and Gender Diverse Patients”</p>	<p>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.</p>	<p>Document</p>
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Websites

Company/Title:	Details:	Link:
<p>AusPath</p>	<p>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.</p>	<p>Website link</p>

