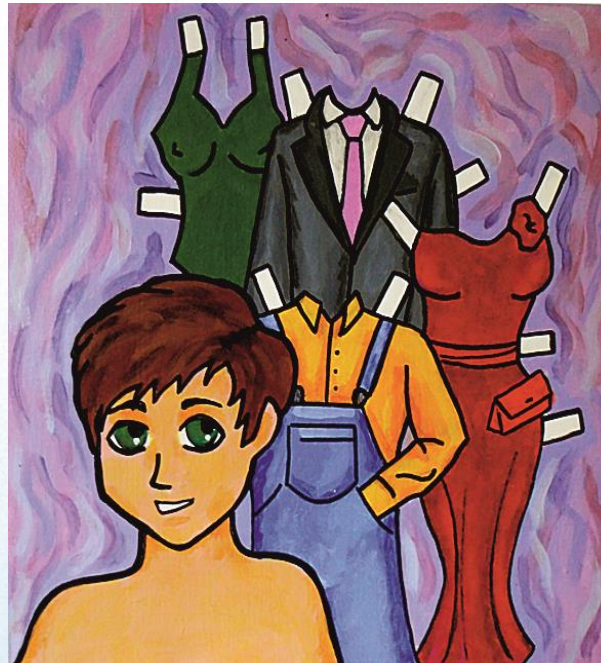




Occupational Transitions in Young Transgender Adults



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Knowledge gap

- 2 existing research articles in OS/OT about transgender identity (Beagan et al., 2012, 2013)
- Beagan et al. (2012) presented examples of occupations which may indicate occupational transitions during different stages of transgender individuals' lives



- The relations between transgender identity and occupations are largely unstudied

Theoretical background

- Transgender adults → Transsexuality (ICD-10 F64.0) (WHO, 2010)
- Gender identity has an impact on the occupational development and consequently on the occupational repertoire (Davis & Polatajko, 2010; Polatajko et al., 2007)
- Transgender identity and occupational transitions → micro-, meso-, and macro-level (Polatajko et al., 2007)

Research question

How have young transgender adults
between the ages of 18 to 25
experienced changes in their occupations
during the process of developing their gender identity
from early childhood to early adulthood?

Methodology

- Narrative multiple case study
 - ↳ Narrative approach (Polkinghorne, 1995a/b; Riessman, 1993, 2008)
- Single narrative interviews (Riessman, 1993, 2008; Küsters, 2009; Kvale, 1996; Kvale & Brinkmann, 2009; Polkinghorne, 2005)
- Narrative data analyses (Molineux & Rickard, 2003), based on Polkinghorne (1995a)

Sampling & Participants

- Purposeful sampling method (Luborsky & Rubinstein, 1995)
- Five main ethical standards (Reichel et al., 2009)

Dean	Chrissy	Kim	Michaela
25 years old	19 years old	24 years old	21 years old
Transgender man	Transgender woman	Transgender woman	Transgender woman
RLE ✓ Hormonal treatment ✓ SRS ~	RLE ~	RLE ~ Hormonal treatment ~	Hormonal treatment ✓ SRS ✓

Participants' stories

- ***Dean's story:*** *Getting my driver's license to be a man*
- ***Chrissy's story:*** *Going my way in the right body*
- ***Kim's story:*** *Jumps towards being a woman*
- ***Michaela's story:***
Performing like a girl as one of the most natural things in the world

Participants' stories

- All participants described how their occupations and the meaning of these occupations changed



- These included changes in several areas of occupation on different levels (micro-, meso-, and macro-) (Polatajko et al., 2007)

Discussion / Conclusion

- Occupational transitions started in the earliest childhood
 - ↳ Participants acted like members of the opposite sex
- During transgender development the occupations changed to specific occupations of gender transition and resulted in the occupational life of their felt gender

Strengths & limitations

Strengths	Limitations
Completely performed from an occupational perspective	Narratives dealt mostly with key occupations & major occupational transitions
Trained in this kind of data gathering & in analysis methods	Serious diseases of two participants influenced their occupations
Reflexive diary & field notes were used	Did not have any working experiences in transgender clients & had no personal contact
Independent Review & Peer Review	
Translation was verified by a native speaker	

Implications for OT interventions

- No specific methods or concepts for OT interventions exist to date
- Several main areas of occupational performance problems have been identified
- Effective intervention strategies could be based on three pillars: advocating, coordinating, and coaching (c.f. Townsend et al., 2007)
- The aim is to empower transgender individuals
 - ✓ occupational participation
 - ✓ social inclusion
 - ✓ social justice
 - ✓ well-being

Implications for OT education

- Including the following topics in OT education:
 - ✓ gender & gender identity from an OS perspective
 - ✓ reflecting on the impact of gender on occupation
 - ✓ integrating issues of transgender individuals
 - ✓ inviting transgender individuals for training in skills labs
 - ✓ performing community based intervention projects with transgender individuals



Preparing OT students in working with marginalized populations like transgender individuals!!!

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Thank you for your
attention!!!

Do you have any
questions???

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