

**Academic Discipline of Psychology
and Counselling.
MArts/BA Humanistic Counselling
Practice**

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The Provision of Therapeutic Intervention to The Transgender Community in The UK

“Transgender, putting the T back into Therapy”.

RESEARCH QUESTION

“What Therapeutic Interventions are available for transgender people living in the United Kingdom” ?

Historical Background

1. Pink Therapy (1999)
2. Goodwin VS United Kingdom (2002).
3. Gender Recognition Act (2004).
4. Equality Act (2010)

Pink Therapy (1999)

Founder: Dominic Davies.

Purpose: To cater to the needs of the LGBT+ community by providing services such as Psychological interventions and education on gender identity and sexual diversity.

Year Established: (1999), (Pink Therapy, 2019).

Goodwin VS United Kingdom (2002)

- A Transgender woman felt that their private life was being impeded as birth certificates were not permitted to be amended which had a knock on effect in terms of professional life.
- Case was Brought before the human rights court whereby it was found that not allowing the amendment of birth certificates breached the rights of those who are transgender.
- Law is changed so that amendments are permitted.
- Other historical cases are reassessed by the courts and dismissed.
- The Gender Recognition Act is established in (2004), (Women's LINK Worldwide, 2001).

Gender Recognition Act (2004)

- Permits people who are transgender to apply for a Gender recognition Certificate.
- Sets out criteria in order to determine whether someone is entitled to have a certificate of recognition.
- Applications require medical backing, (Gender Recognition Act, 2004).

Equality Act (2010)

- Sets out a legal structure whereby it prevents discrimination people may come across within society.
- Provides protected characteristics such as to those who have had gender reassignment surgery, within the characteristics it sets out to prevent discrimination e.g. workplace, (Equality Act, 2010).

Introduction

It can be seen historically that transgender people have experienced discrimination and lack of sufficient understanding which can lead to psychological distress. This proposal is set out to build a structure whereby research can be carried out to determine through literature, whether there is a sufficient provision of therapeutic intervention to transgender people living in the UK.

Aim Of Research

The aim of the research is to examine whether there is a sufficient provision of therapeutic intervention to transgender people living in the UK.

Objectives

- To examine literature relevant to the research question in order to outline any gaps in knowledge or therapeutic provision.
- Identify any key stakeholders within the research.
- To identify any trends in previous research in terms of what worked and what didn't work for the target group of the research which will provide an idea of what is necessary and sufficient in therapeutic provision.
- Provide a timescale in which to work within so as to narrow down the literature of which the research will compile e.g. only using literature/research carried out within the last decade.
- To compile the literature in order to review the findings.

Methodology

How Will Research Will Be Recorded ?

- Literature research will be done in order to deduce the main pieces of research relevant to the study.
- This research will then be compiled into a literature review in order to provide a broad outline of research that has been done on the chosen topic.

Target Groups

Primary: Transgender people

Secondary: Counsellors/Therapists/Psychotherapists

How Will The Research Be Carried Out ?

Primary: Using relevant peer reviewed Journals and articles.

Secondary: Using reliable internet databases with relevant and up to date research.

How will The Research Material Be Obtained ?

The research materials will be obtained using:

- Library Databases such as: PsychEd and Ebscow.
- Internet Databases such as: Google Scholar (Only if there are key research resources).
- Relevant articles in Newspapers or magazines e.g. Therapy Today.

Ethical Considerations

Referencing

- As the type of research is a literature review there is an ethical imperative that all literature and research content used within the study is correctly referenced within the universities referencing handbook e.g. Harvard.

Offensive Language

- Due to the target group of the research being transgender people it is important to consider what language is used within research publishing's in order to address up to date phrases and diction e.g. Gender pronouns.

Data Protection

- Within the research study it must be ensured that all work to be completed is done in accordance with the Data protection act in order to protect personal data, (Data Protection Act, 1998).

University Code of Ethics

- As a university student it is important that all work done adheres to the UWTSD code of ethics in order to maintain an ethical frame of work within study.

Personal Risk Factors

- Fatigue: due to the nature of the research computers will be used to study which could trigger fatigue which is why it is important to take breaks when needed .
- Physical issues: it is important that when work is being done that the computer is at the proper eye level to prevent strain and that a suitable chair is used in order to maintain good posture and ergonomics.
- Emotional issues: when conducting research it is important to conduct personal safeguarding as there could be pieces of research that carry distressing content.

Significance

Why is The Research Important ?

- The research to be carried out is important as it provides a compilation of literature concerning the therapeutic provision to transgender people in the UK, which could point out any gaps within current research or it could highlight a significant historical transition between the sufficiency of how transgender people are treated now in comparison to the past.

What Will it Provide?

- This piece of research would provide an up to date account of the current state of therapeutic intervention for transgender people which could open up more research based exploration depending on the outcome.

Expected outcome

- The outcome of the research is expected to unearth issues surrounding transgender people seeking therapy and what is required when working with transgender clients, leading from this the research should set a precedent that distinguishes where current research is and what needs to be done to further develop it.

Where Will research Be carried Out?

- Research will be carried out within the university library in order to provide a space that has on hand resources and archives where previous research articles and journals could be stored. The library also delivers a safe and quiet space of which to focus when conducting research.

Evaluation

Strengths

- As the Research is a literature review there are less risk factors.
- The research could provide an up to date insight into therapeutic provision for transgender people.
- Having a literature review could outline any gaps in knowledge or biases.
- The literature review could inspire other people to do further research which would broaden the topic area.
- The review could highlight how transgender people experience therapy and what is pivotal in training therapists to receive transgender clients.

Weaknesses

- Due to the research being a literature review the literature available may hold biases and personal angle's of which may only provide a certain amount of data.
- the literature review might lack the originality that research carried out in field work may hold.
- some of the literature may use outdated gender pronouns which may offend the transgender community.
- There could be a lack of literature surrounding the chosen topic area which in turn could make it difficult to construct a substantial literature review.
- The research question may not have the desired outcome which could make it harder to come to a conclusion.

Timeframe

- **January:** Conduct research on topic area in order to establish how much literature there is on the topic.
- **February:** Identify key stakeholders in research topic and deduce literature to key pieces of research relevant to main review.
- **March:** construct layout of literature review and begin writing (3000 words) by end of march.
- **April:** complete literature review (remaining 3000 words) in order to leave time to read through final piece.
- **May 5th:** Submit final literature Review.

Conclusion

This project proposal sets out a background and structure that aims to examine the provision of therapy to the transgender community in the UK, the proposal outlines issues and considerations that may come into play when constructing the literature review as well as a timeframe of which work will be completed within. The work itself may open up discussion on the current state of therapeutic provision to transgender people which in turn may lead to further research and improvement within the topic area.

Any Questions ?

References

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