

# Transgender Psychological Evaluations and Gender-Affirming Care

April 14, 2023  
Live via Zoom



**Jerry Walker, III, Ph.D.,  
ABPP, MSCP, CMPE**



**Allison DeLizza, Ph.D.**



**Sean Figy, M.D.**



**Leslie Dvorak, APRN-NP**



Transgender adults are increasingly seeking gender-affirming medical care, to include hormonal and surgical treatment. Given the significant physical, social, occupational, behavioral, and mental health implications of gender transition, most surgeons and insurance companies require a pre-procedural psychological evaluation. This conference will include:

- a snapshot of Nebraska and Iowa patients who have sought gender-affirming surgical treatment in the past 2 years;
- a review of key components of psychological assessment and evaluation for suitability for gender-affirming surgical procedures;
- an outline for how to incorporate this information into an acceptable letter of support;
- data on the need for affirming care for gender diverse youth, with a specific lens to those living in Nebraska;
- a discussion on how to apply best practices and the most up to date guidelines for affirming care and comprehensive psychological evaluations for youth seeking medical transition;
- a review of pharmacological interventions such as puberty blockers, hormone blockers, and hormonal treatments;
- a review of surgical interventions such as facial feminization, “top” surgery, and “bottom” surgery;
- special attention to the qualifying conditions for these surgeries, as well as behavioral considerations and restrictions for post-surgical recovery.
- a discussion on how staff and providers can provide a safe and affirming space for transgender or gender diverse patients;
- a review of examples of neutral language, using the TRANSCARE approach, and health disparities;
- a brief introduction to intersex and what special medical care maybe needed.



April 14, 2023



9:00 am – 4:30 pm Central



Live via Zoom



NPA endorses The Trust and its insurance programs.



**\*Continuing Education: 6**  
(six) CEs for psychologists and approved for mental health practice. See last page for additional information.

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## Presenters

**Jerry Walker, III, Ph.D. ABPP, MSCP, CMPE.** is a board-certified counseling psychologist who serves as the Psychology Services Manager for Nebraska Medicine, overseeing the Psychology Department, the Chronic Pain Management Program, integrated primary care behavioral health operations, regional disaster behavioral health planning, and institutional peer support program. Dr. Walker received his undergraduate training from the University of Texas and his PhD in Counseling Psychology & Human Systems from Florida State University. He then served 8 years as a psychologist in the United States Air Force, holding multiple leadership positions in both clinical and operational psychology. In addition to his roles at Nebraska Medicine, Dr. Walker is active in various committees and as a board member with the Nebraska Psychological Association, has completed a Postdoctoral Master's degree in Clinical Psychopharmacology, is board-certified in Counseling Psychology, and is a certified Medical Practice Executive. His areas of expertise include trauma and resilience, disaster behavioral health, organizational psychology, and LGBTQ issues.



**Allison DeLizza, Ph.D.** (she/her/hers) is an Assistant Professor and Clinical Psychologist at the University of Nebraska Medical Center. She completed her PhD at Western Michigan University in Kalamazoo, MI and her doctoral internship at the Munroe Meyer Institute. She specializes in treating adolescents with anxiety and depression using behavioral interventions and working with LGBTQ youth and families. She serves as the child psychologist for the Nebraska Medicine Gender Care Clinic, where she advocates for youth seeking affirming medical care. Dr. DeLizza also specializes in applying contextual behavioral principles into systemic practices and interventions to improve equity and wellbeing in healthcare systems. She is the Chair of Diversity, Equity, and Inclusion for the Behavioral Health Education Center of Nebraska, a role in which she promotes initiatives to improve equity for the behavioral health workforce in Nebraska. She is active in justice and equity initiatives across UNMC, Nebraska, and various professional organizations.

**Leslie Dvorak, APRN-NP**, (She/Her) is a board-certified Women's Health Nurse Practitioner with over 27 yrs of nursing experience. She completed her master's Science of Nursing at the University of Nebraska Medical Center in 2002. During her time in the Air Force, she taught many courses as well as precept Residents, Nurse Practitioner and PA students. One of her proudest moments was being named PA Preceptor of the year – the first NP to be awarded this title. After serving 21 years in the Air Force, she and her family of six children decided to stay in Omaha.



After retirement Ms. Dvorak started working at Charles Drew Health Center as the sole Reproductive NP. Seeing the need to provide early OB Ultrasounds, she worked with her Medical Director and to provide 1st trimester dating scans for every OB patient.

In 2020 Ms. Dvorak began working at the Gender Care Clinic at Nebraska Medicine, where her passion to advocate for the LGBTQIA2S+ community really grew. She just opened her own clinic called Pride Health Clinic located in Bellevue where she provides healthcare to the LGBTQIA2S+ community, BIPOC Folxs, and people with non-conventional sexual or lifestyle practices including polyamory, kink and BDSM in a safe, non-judgmental and affirming space.

She is very passionate about her work and helping her patients. Still very active in teaching students in the classroom, she also enjoys precepting medical students and Nurse Practitioner students.



**Sean Figy, M.D.** is a board-certified plastic surgeon and an Assistant Professor in the UNMC Department of Surgery—Plastics and Reconstructive. He graduated from the University of Toledo College of Medicine and attended his residency in Plastics and Reconstructive Surgery at UMass Medical. He then completed a fellowship in Reconstructive Surgery at Ohio State University. Dr. Figy joined UNMC in 2019 and works closely with the Nebraska Medicine Gender Clinic in providing integrated care for transgender patients, performing a variety of gender-affirming surgeries.

# Transgender Psychological Evaluations and Gender-Affirming Care Agenda

**9:00 Transgender mental health and psychological evaluations (adults) – Jerry Walker, III, Ph.D., ABPP, MSCP, CMPE , 1.5 hours**

Transgender adults are increasingly seeking gender-affirming medical care, to include hormonal and surgical treatment. Given the significant physical, social, occupational, behavioral, and mental health implications of gender transition, most surgeons and insurance companies require a pre-procedural psychological evaluation. This presentation will provide a snapshot of Nebraska and Iowa patients who have sought gender-affirming surgical treatment in the past 2 years, review key components of psychological assessment and evaluation for suitability for gender-affirming surgical procedures, and provide an outline for how to incorporate this information into an acceptable letter of support.

### Learning Objectives

1. Identify the most common comorbid psychiatric conditions associated with gender dysphoria.
2. Articulate the key components of an adult psychological evaluation and letter of support for individuals seeking gender-affirming medical treatment.

10:30 Break

**10:45 Transgender mental health and psychological evaluations (children/adolescents, working with family members) – Dr. Ali DeLizza, 1.5 hours**

In this talk, Dr. DeLizza will provide data on the need for affirming care for gender diverse youth, with a specific lens to those living in Nebraska. How to apply best practices and the most up to date guidelines for affirming care and comprehensive psychological evaluations for youth seeking medical transition will be discussed.

### Learning Objectives

1. Describe updated WPATH Guidelines for psychologists supporting transition for youth, including necessary components of evaluation and letters of support.
2. Illustrate important considerations for creating an affirming environment in treatment with gender diverse youth.

12:15 LUNCH

**1:15 Medical and surgical treatment options for transgender youth and adults – Sean Figy, MD 1 hour**

There are a wide range of medical treatment options for transgender youth and adults pursuing gender-affirming transitional treatment. We will briefly review pharmacological interventions such as puberty blockers, hormone blockers, and hormonal treatments as well as surgical interventions such as facial feminization, “top” surgery, and “bottom” surgery. Special attention will be given to the qualifying conditions for these surgeries, as well as behavioral considerations and restrictions for post-surgical recovery.

### Learning Objectives

1. Articulate the various medical treatments for transgender individuals pursuing gender transition.
2. Identify maladaptive behavioral patterns which might contraindicate gender-affirming surgery.

**2:15 Transgender experience in primary care/OBGYN and how to provide gender-affirming care – Leslie Dvorak, APRN-NP, 1 hour**

This presentation will discuss how staff and providers can provide a safe and affirming space for transgender or gender diverse patients. Examples of neutral language, using the TRANSCARE approach, and health disparities will be reviewed. Resources to help better care for the patient. A brief introduction to intersex and what special medical care maybe needed.

### Learning Objectives

1. Give examples of how your space can be a welcoming environment.
2. Identify 2 examples of neutral language to refer body parts.

3:15 Break

**3:30 – 4:30 Panel discussion – Walker, DeLizza, Figy and Dvorak, 1 hour**

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## Live Attendance Zoom Connection

After registering, you will receive a confirmation email with a link to finalize your registration with Zoom. **You need to complete this last step in order to finalize your registration and receive your personal link to join the webinar.**

## Continuing Education

The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending the live webinar can receive **6 CEs for psychologists as well as master's level clinicians**, with full attendance required. No partial credit is awarded; late arrival or early departure will preclude awarding of CE credits for psychologists attending the live webinar. Those arriving more than 15 minutes after the scheduled start time or leaving before the workshop is completed will not receive CE credits.

This program meets the criteria of an approved continuing education program for mental health practice.

Written notification is required on or before April 10, 2023, for complete refund of registration fee. All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or [npa@nebpsych.org](mailto:npa@nebpsych.org).



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