Developmental Sexuality Review

• Things do go wrong!
  – Chromosomal
  – Hormonal
Gender Identity & Sexual Orientation are **Different**!

- Every individual has a
  - biological sex
  - a gender identity
  - a sexual orientation.
  - *(All can be considered fluid!)*

- Being transgender does not mean you’re gay and being gay does not mean you’re transgender.
  - There is overlap, in part because gender variance is often seen in gay context.
  - Masculine females and feminine males are often assumed to be gay;
  - “Anti-gay” discrimination and violence often targets gender expression, not sexuality
Anatomy does not determine sexual orientation

Homophobia is different than Transphobia

Case: Ego Dystonic Bisexual Transgender

Male becoming a female
Has both a male and female partner
Parts: heterosexual
Identity: homosexual
Gender Identity & Sexual Orientation are **Different**!

- Coming out as gay is different than coming out as transexual
- Trans people are often marginalized in G/L context.
  - How do we apply cultural competency lessons that apply around heterosexism to gender variance?
  - CDC categorizes MTFs and partners as MSM;
    - neither partner self-identifies as MSM
- Power relationship between HCP and client is intensified; provider as gate-keeper who must give ongoing “approval”
Development of Sexual Orientation and Gender Identity
Etiological Models

- **Biological/Medical**
  - Neuro physiological
  - Fetal development
  - Hormonal variables
  - Genetic determinants
  - Chromosomal uniqueness
Intrapsychic or Psychodynamic

• Infancy and early childhood developmental issue
• Close symbiotic motherly relationship
• Failed Oedipal Complex

Developmental or Learning

• Socialization and learning
• Conditioning and modeling, imitation
As Nature Made Him

- 1965 twin boys Bruce and Brian Reimer
- Circumcision gone terribly wrong
- John Money - psychologist
- Castration of Bruce--- Now Brenda
- Sexual reassignment - Raised as a girl
- Poor school interactions
- Age 15 - disclosure - returned to be David and male identity
- Married father of 3 adopted children
- Committed suicide age 38 in 2004
The Gay Gene

• Science (1993)
  – Gay gene on chromosome X inherited from the mothers side
  – Dean Hamer from NIH used gene markers, family pedigrees and DNA replication techniques to identify a small group of genes Xq28, at the long arm of the X chromosome in gay men as the cause of homosexuality in some men
  – Caution: at least one subtype of male sexual orientation is genetically influenced.
• Twin Studies
  – Variable concordance
  – Heritability on maternal side
  – Selection bias
  – Maybe explained by chorionicity and amniocity and variable intrauterine hormone exposure
Considerable Evidence that Human Sexual Orientation is Genetically Influenced:

• Gay men and straight women have equally proportioned brains
• Gay men have consistently longer and thicker penises than straight men
  – Intrauterine androgen exposure
• Pleasure center brain areas different brain sizes
• Gay and non gay brain response to sex pheromones
  – (testosterone derivative in male armpits and estrogen in female urine)
• Finger length ratio between the index and ring finger are different in non gay and lesbian women
• Gay men and lesbian are more likely to be left handed or ambidextrous
• Gay men have increased ridge density in the fingerprints on their left thumbs and pinkies
• Gay men and lesbian are more verbally fluent than heterosexuals
• Gay men score higher than no gay men on object location memory
Penis Size

- Flaccid and erect penis measurements
- 80 normal men
  - 3.5 inches +/- 0.9 inches flaccid
  - 5.1 inches +/- 1.1 inches erect

- Another study:
  - Homosexual penis size: 6.32 inches circumference 4.95
  - Heterosexual penis size: 5.99 inches circumference 4.80
Simon LaVay: Salk Institute

- Autopsied brains
- Identified a neural circuit in the brain that he suggested may trigger attraction to women.
- INAH-3 center in the hypothalamus appears well developed in heterosexual men, and relatively absent in heterosexual women.
- The INAH-3 in gay men and presumed heterosexual women are similar.
**Sexual Orientation**

**Sexual Attraction:**
To whom are you sexually (erotically) attracted?

**Sexual Behaviour:**
With whom have you actually had sex?

**Sexual Fantasies:**
About whom are your sexual fantasies? (They may occur during masturbation, daydreaming, as part of real life, or purely in your imagination.)
**Emotional Preference:** Emotions influence, if not define, the actual physical act of love. Do you love and like only members of the same sex, only members of the other sex, or members of both sexes?

**Social Preference:** Social Preference is closely allied with, but often different from emotional preference. With members of which sex do you socialize?

**Self Identification:** Identity and behavior do not always align (one example is men “on the down low,” who identify as heterosexual but engage in homosexual behavior).

**Lifestyle:** Sometimes one’s sexual orientation affects or defines their lifestyle; for others it does not.
# SEXUAL ORIENTATION

**Klein Orientation Scale**

<table>
<thead>
<tr>
<th></th>
<th>Past (entire life up until a year ago)</th>
<th>Present (last 12 months)</th>
<th>Ideal (what would you like?)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Sexual Attraction: To whom are you sexually attracted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Sexual Behaviour: With whom have you actually had sex?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>Sexual Fantasies: About whom are your sexual fantasies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>Emotional preference: Who do you feel more drawn to or close to emotionally?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>E</td>
<td>Social preference: Which gender do you socialize with?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>Lifestyle preference: In which community do you like to spend your time? In which do you feel most comfortable?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>G</td>
<td>Self-identification: How do you label or identify yourself?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sexual Orientation

Each of the 21 boxes should contain a value from 1 to 7, categorizing the individual's answers to the questions.

For variables A to E
1=Other sex only to 7=Same sex only.

For variables F and G
Range 1=Heterosexual only to 7=Homosexual only.

HENCE:
Sexual Orientation

• That was replaced with the diagnosis of **Ego-Dystonic Homosexuality** in the DSM-III in 1980, but then was removed in 1987 with the release of the DSM-III-R.

• “Sexual disorder not otherwise specified "continues in DSM-IV-TR, which may include "persistent and marked distress about one’s sexual orientation.”

• In 2001, re-emerged controversy over so-called “reparative therapy.”
Transgender

Refers to a person who is born with the genetic traits of one gender but has the internalized identity of another gender

The goal of treatment:
Transgender people is to improve their quality of life facilitating their transition to a physical state that more closely represents their sense of themselves,

“Biological Congruity.”
Talking about Transgender

Transgender describes a person whose internal sense of gender doesn't match the gender identity that society expects of them based on their genitals.

The transgender community is in the process of defining itself, so transgender is also used as a general term to describe the many different gender identities that exist, like transsexuals and people who feel conflict or fluidity between internal gender identity and physical sex.

-- Maureen Kelly, PP of Tompkins Co.
• A strong and persistent cross-gender identification

• Manifested by symptoms such as the desire to be and be treated as the other sex, frequent passing as the other sex, the conviction that he or she has the typical feelings and reactions of the other sex

• Persistent discomfort with his or her sex or sense of inappropriateness in the gender role
• The disturbance is not concurrent with a physical inter sex condition

• The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning
Children with Gender Dysphoria may manifest coexisting:
  - Separation Anxiety Disorder
  - Generalized Anxiety Disorder
  - Symptoms of depression

Adolescents are particularly at risk for:
  - Depression, suicidal ideation, suicide attempts

In Adults:
  - Anxiety and depressive symptoms may be present
  - May have history of Transvestic Fetishism or other paraphilias
  - Associated Personality Disorders are more common among males than females evaluated at adult gender clinics.
"I think any measure of my erectile pressure under particular stimuli would give a pitifully incomplete—and thus, if taken as definitive, profoundly inaccurate—indication of my sexual orientation."
Orientation & Gender Identity Continuums

**GENDER**
- Female
- Male

**SEXUAL ORIENTATION**
- Lesbian/Gay
- Straight

**GENDER Identity**
- Male
- Female

**SEXUAL IDENTITY**
- Dominant
- Submissive

**AESTHETIC**
- Feminine
- Masculine
- Butch
- Fem

**SOCIAL CONDUCT**
- Monogamous
- Unbridled

**SEXUAL ACTIVITY**
- Straight
Related Therapy Concerns

• Social isolation
• Low self esteem
• School aversion
• Suicidality and Depression
• Obsessive focus on appearance
• Strained family relationships
M→F??
Transgender *versus* Transvestism
Transvestism

• Clinical Dx = Paraphilia
  • side question: should it be???
• Dx dependent on *primary gratification*
  (also relates to *motive*)
• Patient may or may not identify with both genders
• Cross-dresses on regular basis
• Usually does NOT involve gender dysphoria
Some Issues Relevant to Transvestism

• Differences between male and female

• Sexual orientation of male TV’s
  – 96% heterosexual (Kinsey, 1979)
  – 4% of gay community (Weinberg, 1973)

• Reasons
  – Sexual prelude
  – Comfort
  – Satisfying female identity components
  – Tension relief

• Cross-dressing experiences
  – Occasional full or partial dress
  – Experimentation or lifestyle
  – Partner’s awareness
  – Etc.
Other Terminology

- MTF, FTM, transman, transwoman, bi-gendered, gender-blender, phallic woman, passing man, she-male, femme queen, non-op, boi, two-spirit, new man, new woman, tranny, etc.

- Not sure? Confused about pronouns? Afraid to offend? **ASK!!!**

- “Chicks with dicks” or “she-males” are usually NOT seeking sex-reassignment, but rather are “porn stars,” or “escorts.”
Primary Care for Transgender Patients
Thank you for your kind attention

Michael Krychman
Mkrychman@aol.com