

COMMUNITY DAY WORKSHOP DESCRIPTIONS

SATURDAY, MAY 15, 2010

(Draft as of May 2, 2010)

Session One 9:00-10:30 a.m.

Trans Masculine Chest Surgery Show and Tell

Workshop Room A – Library 302 “Ecolab” Room

Many factors go into choosing a surgeon: location, cost, incisions, nipples, revisions, and more! Individuals assigned female at birth will share experiences with trans masculine chest/top surgery – live chests plus some before and after photos! All identities are welcome. Surgeons represented will include: Buckley, Brownstein, Garramone, Medalie, and Tholen.

Facilitator:

Remy Corso is queer, fabulous, trans masculine, and genderqueer with a femme sensibility. They are Board Co-Chair of the MN Transgender Health Coalition and an undergraduate in Gender, Women, and Sexuality Studies at the University of Minnesota. Remy is also part of the Transgender Commission and Twin Cities Trans March.

Facial Feminization Surgery: Maximizing Results

Workshop Room B – Library 307

Dr. Spiegel will review the goals and methods of facial feminization surgery. Post-operative photos will be shown. The discussion will include what procedures are available, how to maximize results, risks, and how new technologies have allowed for improving results. Since 2004 Dr. Spiegel has performed over 500 FFS procedures!

Dr. Jeffrey Spiegel is Chief of the Division of Facial Plastic and Reconstructive Surgery at the Boston University Medical Center. His practice specializes in Facial Feminization Surgery. He sees head and neck surgery and facial cosmetic surgery patients at Boston Medical Center in Boston's historic and vibrant South End.

This Workshop Could Save Your Life! Health Care Directives

Workshop Room C – Library 308

Who's going to make your personal decisions if you're incapacitated? Come discuss the importance of Health Care Directives for trans people and actually complete a Health Care Directive with the assistance of trained law students, attorneys, and notaries. You can create a valid HCD, or simply gather information.

Micah Ludeke is a law student, legal worker, and research assistant at Hamline Law School. He has two years experience doing legal work with transgender clients.

Partners: Panel and Small Group Discussion

Workshop Room D – Library 310

A panel to spark ideas, conversation, and support around partnering with trans, genderqueer, and gender variant people - we'll tell some stories, talk about themes in partnering, share tips from the road. Small group discussions will follow with topics that come up during the panel portion.

Facilitator and Panelist:

Sarah James loves the "we're in the same club" look when she greets a dyke, and hopes one day to live in a world where the look stays when her partner shows up. She may work in IT but would rather play the game "Bananagram" than "Discovering Decimal Pathways."

Panelists:

Rachel Syverson, M.Div., M.A., is the former spouse and current life partner of a transwoman. She started a support group for heterosexual spouses of transgender individuals, which has been in existence for over 5 years. Rachel does life purpose and spiritual counseling thru her business Inner Journeys.

Robby Yaeger is/has been, to various members of the FTM/transmen/genderqueer community: acquaintance, friend, ally, organizer, partner, Daddy, boy, fuck buddy and/or trick. He is not now nor has ever been a "tranny chaser" and thinks that term is icky.

C is the wife of a M-F transsexual. They have been married for many years, are empty nesters with two grown children and one grandbaby. She has been active in the trans/partner community ever since she found out her husband's 'secret' 5 years ago. She has sung in a local GLBTA chorus since 2005.

Pat Sampson is: MN native – BA Psych U of M – washed out of convent – met Sam in support group (how lesbian) – original anniversary 2-1-85 – his transition 5-05 – am I straight now? – wedding 2-1-06 (we're too old to remember a different date) – gardening – garage sales – theater – favorite vacation: Tasmania. I'm content.

Nurturing Your Spiritual Connections

Workshop Room E – New Main L214

Our pursuit for wholeness and health includes our spiritual connections to one another, our inner being and the Divine. We will be exploring different practices that help nurture the spirit, build community and feel more connected to our world.

Rev. Laurie Creilly is an openly queer ordained minister in the United Church of Christ serving the Twin City Queer/ LGBTQIA community through Wilde Spirit Ministries and faith-based advocacy work as an organizer, public speaker and educator.

Rev. L.T. Richardson will share his own faith journey to coming out as a trans man. He is a 28 year old native Minnesotan ordained in the Pentecostal tradition and now seeking standing in the United Church of Christ. L's mission is to help others grow in wholeness and healing.

Coming Out: Redefining Relationships

Workshop Room F – New Main L213

This workshop will explore relationships and how they are impacted by an individual coming out as transgender, transsexual, or gender queer. Partners, families, friends, and co-workers will go through many emotions on their way to acceptance. Understanding and normalizing the various emotions will help the process.

Connie Studer MA, LMFT Licensed Marriage and Family Therapist, is in private practice at Heteroflexible Therapy Ltd. Connie has spoken frequently on issues of ambiguous loss as it relates to the coming out process for LGBTQ individuals, families, and friends. www.heteroflexibletherapy.com, 612-275-1657

Disability in Trans Communities

Workshop Room G – New Main L215

Multi-media presentation highlighting disability in trans communities and how ableism (disability prejudice/discrimination) contributes to discrimination against both disabled and non-disabled transgender people. Discussion and activities are aimed to focus on how trans communities can work against ableism within and outside our communities toward more full participation for all people.

Jay Wilson, MSW/MDiv is happy to return to MN after serving with people in poverty in San Francisco. Jay has worked for 12 years in empowering disability communities, in roles of independent living skills trainer, personal assistant, advocate, information & referral specialist, chaplain, and clinical social worker.

Even Trannies Grow Old: What's Ahead as We Age

Workshop Room H – New Main L211

Growing old is a fact of life for all and the challenges it presents confront us all. Trans old people will face significant difficulties when we begin to look to others to help us. We will discuss ways to prepare ourselves and others for that time.

Barbara Satin is a transgender activist in local and national gay, lesbian, bisexual and transgender communities. She works with the Institute for Welcoming Resources, is founder of GLBT Generations, and serves on the Executive Council of the United Church of Christ, the first transgender woman in that national leadership role.

Trans Ally Foundations

Workshop Room I – New Main L210

[Description forthcoming]

Haven Herrin is a queer, gender-nonconforming activist in Minneapolis. Their first loves are justice, equity over equality, and growing things. Their first likes are biking, painting, wordplay and good beer. Haven has focused on youth empowerment, religious/queer dialog, arts as activism, and foreclosure issues as an activist.

Ross Neely is learning to use his white privilege to create anti-racist action and facilitates dialogues around race, gender, and sexuality. Ross works for the GLBTA Programs Office at the University of Minnesota, co-coordinates the Transgender Commission, and serves on the board Color CoordinATIOn. Ross has a red beard.

Open Workshop Room – space for new or continuing discussions

Workshop Room J – New Main L212

Session Two 10:45 a.m. -12:15 p.m.

MTF and FTM Surgery Options (Upper and Lower), Facial Feminization and Body Contouring

Workshop Room A – Library 302 “Ecolab” Room

MTF GRS and Breast Augmentation; MTF Facial Feminization and Body Contouring; FTM Lower GRS and Chest Reconstruction – Time permitting: PowerPoint Presentation on the above three topics showing before and after photos, discussing current techniques and answering questions.

Dr. Toby Meltzer graduated from LSU Medical School, Residency at UofM. Started practice 1990 in Oregon, now in Arizona. Board certified in General and Plastic Surgery. Member of American Society of Plastic and Reconstructive Surgeons. Performs both MTF and FTM (upper and lower) surgery to feminize the face and contour the body.

Trans Inclusive Health Care

Workshop Room B – Library 307

There will be a fast-paced overview of employers and institutions that have implemented trans-inclusive insurance plans, followed by discussion of key roles activists and health advocates play. Learn about insurance structures, strategies for overcoming common barriers and myths, and join in building shared knowledge and strategy specific to the Minnesota context.

André Wilson is a transgender health access expert and Michigan Pride’s 2008 “Unity Award” recipient who consults with advocates, health professionals and employers. André serves on Ann Arbor’s Human Rights Commission, MDCH’s Family Planning Advisory Council and MDE’s Sexual Minority Youth Working Group.

André’s travel expenses have been generously donated by a community member who wishes to remain anonymous.

Feminizing Your Voice

Workshop Room C – Library 308

This session will focus on basic strategies for changing the speaking voice to be more feminine, care of the singing voice, and the role of self-talk in voice rehabilitation.

Dr. Anita L. Kozan is a speech and language pathologist with nearly 40 years of experience. She has worked with for female-to-male and male-to-female transgendered adults, caring for the speaking voice and the singing voice. She has lectured internationally and has written a chapter on singing voice for transgendered adults.

Chosen Families

Workshop Room D – Library 310

This program is designed to help participants articulate their own cultural understanding of family, expand ideas about chosen family, and share experiences in building and sustaining chosen families. Participants will discuss ways to create family structures that allow and encourage us to express our identities most fully.

Kim Jorgensen is a doctoral student in Counseling Psychology at the University of North Dakota. She works part time as GLBTA Programs Coordinator at the University of Minnesota, Crookston. Kim served as co-chair of the 2009 Bisexual Empowerment Conference and has facilitated workshops spanning cultural and social identities and movements.

Daniel Walinsky is a doctoral student in Counseling Psychology at the University of North Dakota. Daniel's research focuses on well-being within Queer communities and the training of researchers conducting Queer research. Daniel's counseling work focuses on increasing adaptive intersubjective and communal narratives.

Pre and Post Surgery Care

Workshop Room E – New Main L214

Get the maximum results from surgery and hormone therapy through easy to follow diet and exercise regimens. In this session Dr. Preston will provide important nutritional factors to expedite the healing process. Through demonstration and interaction, easy to follow exercise routines will help you prepare for your new body!

Dr. Rhys Preston has been a practicing Chiropractor and nutritional expert for the past 19 years. In his Uptown clinic, Dr. Preston has created a safe space for the transgender community to have access to holistic and individualized care. In addition, Dr. Preston is now offering his expertise as a certified personal trainer.

Sexual Pleasure & Sexual Safety Go Hand in Hand... and Other Body Parts Too

Workshop Room F – New Main L213

A safe, healthy and happy sex life is our birthright. Let's talk about pleasing your partner and yourself, having a sexually satisfying relationship and safe fun ranging from vanilla to kink. The latest on safer sex, HIV & STD transmission, testing, etc. will be shared and your questions answered.

Rob Yaeger has been an HIV & STD prevention professional for 16 years. He has conducted extensive research of sex and sexuality on an amateur basis for far longer. As a result, he is very tired.

Ilon Preston [bio forthcoming]

Exploring Femme and Feminine Spectrum Gender Identities

Workshop Room G – New Main L215

This program is designed to help participants explore, expand, and understand femme and feminine spectrum gender identities. Cisgendered female bodied femmes, cisgendered male bodied femmes, transgendered femmes, and all feminine spectrum identified people will be represented and encouraged to participate in this interactive panel focused workshop.

Facilitator:

Katie Spencer, PhD is a queer cisgendered femme invested in sex and gender empowerment for all people. She works as a sex and gender therapist at the Center for Sexual Health. She currently serves as the Transition Chair for the 2010 Femme Conference, to be held in August in Oakland, CA.

Panelists:

Barbara Satin is a transgender activist in local and national gay, lesbian, bisexual and transgender communities. She works with the Institute for Welcoming Resources, is founder of GLBT Generations, and serves on the Executive Council of the United Church of Christ, the first transgender woman in that national leadership role.

Katie Darling Burgess is one hot mess of a tranny girl living in south mpls where she makes theatre, juggles, and works her ass off doing youth work, health care direct services, and tranny activism. She'll get it right some day.

Cesar A. Gonzalez, PhD, LP is a licensed psychologist and postdoctoral fellow at PHS. He is part of an NIH-funded study exploring the sexual health of non-transgender men who have sex with transgender individuals and assists in the development of an online sexual health intervention for transgender people.

Marieke van Eijk, MA is a PhD candidate at the University of Amsterdam. Her doctoral project addresses how different healthcare funding and delivery mechanisms affect transgender care and outcomes of care in terms of transgender identity and body modification.

Transgender Aging: What's Known, What's Needed?

Workshop Room H – New Main L211

This interactive workshop builds an understanding of the lived experience of old transgender people in the U.S., including distinctions based on race, gender, class, and sexual orientation; shares what's known about this population based on research and individual stories; and identifies needs of the population and potential local resources.

Kelly Abel Knochel has eighteen years' experience as an organizer, educator, and researcher, including local and national studies on LGBT aging at the University of Minnesota. Kelly wrote the curriculum for *Training to Serve*, which educates service providers about LGBT aging, developed the program's trainers, and serves on the Board.

Speed Friendship Connection

Workshop Room I – New Main L210

What is Speed Friendship Connection? Think: less formal than speed networking, and less awkward than speed dating. Come meet some cool folks like you who get it. If you've been feeling isolated, or just want someone new to hang out with, come make a connection and leave with new friends.

Cheyenne Johnson is an undergraduate pre-med senior at the University of Minnesota working to bring a broader understanding of trans and genderqueer to the world of medicine. A board member of MTHC, she has been an advocate, student leader, and organizer in Southern Minnesota and the Twin Cities.

Open Workshop Room – space for new or continuing discussions

Workshop Room J

Session Three 2:30-3:30 p.m.

Electrolysis is the Wisest Choice for Permanent Hair Removal

Workshop Room A – Library 302 “Ecolab” Room

Come and discover: what electrolysis is, how it works, the next step, techniques of electrolysis, causes of unwanted or excessive hair, hereditary, normal physiological changes, medical conditions, medications, and after treatment care. There will be time after the workshop for 5 minute private consultations.

Diane C. Christofferson, CPE is a Board Certified Electrologist who graduated from St. Cloud Electrology School in 1990. She has a private practice in New Brighton, and prides herself in keeping up with the latest techniques and sterilization procedures. Diane believes in the professional confidentiality of every client. Website: www.aarkelectrolysis.com

DSM-V: What is in Store?

Workshop Room B – Library 307

The American Psychiatric Association is in the midst of revising the document that mental health providers rely on to make these diagnoses. This session will provide an update on that process and encourage participants to take action against further pathologization of the transgender community. Let our voices be heard!

lore m. dickey is a 48 year old FTM. He is a 5th year doctoral student at the University of North Dakota and is working on a PhD in Counseling Psychology. He is originally from Phoenix, AZ but transitioned in Seattle where he lived for nearly 30 years.

Masculinizing Your Voice

Workshop Room C – Library 308

This session will focus on basic strategies for changing the speaking voice to be more masculine, care of the singing voice, and the role of self-talk in voice rehabilitation.

Dr. Anita L. Kozan is a speech and language pathologist with nearly 40 years of experience. She has worked with for female-to-male and male-to-female transgendered adults, caring for the speaking voice and the singing voice. She has lectured internationally and has written a chapter on singing voice for transgendered adults.

Trans Attraction

Workshop Room D – Library 310

What does it mean when we are attracted to the queering of gender? How do we understand our attractions and desires for trans or genderqueer people? Participants will name and understand gender-based attractions, explore the role of gender in romantic and sexual relationships, and practice skills for continued community dialogue.

Kim Jorgensen is a doctoral student in Counseling Psychology at the University of North Dakota. She works part time as GLBTA Programs Coordinator at the University of Minnesota, Crookston. Kim served as co-chair of the 2009 Bisexual Empowerment Conference and has facilitated workshops spanning cultural and social identities and movements.

Jessica Rosenberg is an organizer in the Twin Cities. She works at the Whittier Alliance, Fireroast Mountain Café, and with the GLBTA Leadership Year at the University of Minnesota. She volunteers with the Trans Youth Support Network, the MN GLBTA Campus Alliance, and at anything else with food and queers.

Katie Darling Burgess is one hot mess of a tranny girl living in south mpls where she makes theatre, juggles, and works her ass off doing youth work, health care direct services, and tranny activism. She'll get it right some day.

Sex Positive Self Defense: Practical Tools

Workshop Room E – New Main L214

In this interactive workshop, you'll learn self-defense basics: identifying and communicating personal preferences, defining physical and emotional boundaries and using your voice. Greater sensory awareness helps manage fear and anxiety. The same techniques used to say "No" can be used to say "Yes" to what you want in your life.

Diane Long has been teaching sex-positive self-defense for 20 years. She has taught LGBTQ youth support groups, survivor groups, in schools, on campuses and at national conferences like Forge Forward, The Institute for 21st Century Relationships and NWMAF Self-Defense Instructor Conferences. Diane is trained as a Somatic Therapist and Bodyworker

Consent is Sexy

Workshop Room F – New Main L213

Consent is an important piece of healthy, affirming, safe sexuality that remains unexplored in many LGBTQ communities. We incorporate safer sex practices but don't hold ourselves accountable to ensure every sexual encounter is consensual. Talking about and practicing consent is a vital part of undoing shame and silence around sex.

The Twin Cities Avengers is an all-inclusive queer direct action group committed to dismantling all forms of oppression. We are a manifestation of the Lesbian Avengers. The Twin Cities Avengers resists systems of domination in ways that relate to the needs of constantly changing queer and transgender communities.

Ethan Turcotte, he/him: Ethan is a local activist who escaped life on both coasts to ride his bike in the best lil city in the midwest. He enjoys movies in the park and judging the New York Times.

Karina Jay, they/them, is a queer bike delivery person in Minneapolis. They enjoy cooking vegan food, building bikes, organizing, directing videos and consent.

*In no particular order, here are some things **Dylan Flunker** (he/him) loves: growing vegetables, parks, reading books, activism, poodles, and the Midwest.*

***Garrett Hoffman**, he/him, is the gayest gay that ever gayed. He volunteers at the Sexual Violence Center, likes running a lot and luvs his princess femme kitty cat. He hopes to someday spread the culture of radical consent around the entire world.*

Politics of Passing While Black

Workshop Room G – New Main L215

We will discuss unique struggles trans people of color face, and explore what the “privilege” of “passing” means as a trans person of color. The program is designed for trans people of color to talk about their experiences. All attendees will become aware of complexities of intersections and power dynamics.

***Enzi Tanner** is a Black American openly transgender spoken word artist. He is currently in school working on his Masters of Divinity. He works as a street based outreach worker with Lutheran Social Services. Enzi has committed his life to community organizing for communities of color, low-income and queer communities.*

How's it Going? Discussing Our "Normal" Daily Lives

Workshop Room H – New Main L211

Living our "Normal" Lives - a facilitated open discussion of where you are going, and why. Transition is a difficult and emotional time, but there is life after transition. What is important for your entire life, not just during transition. What is it like to live normally in a normal world?

***Leigh Smythe** has been active in the Trans and GLBT culture for several years. She is involved with many of the Local (Minnesota) and national GLBT organizations, does gender presentations upon request and has worked with many individuals on trans issues.*

What Box Do I Check?

Workshop Room I – New Main L210

Historically, health data collection efforts have excluded LGBTQ's. Omissions translate into exclusion from healthcare priority setting, and nonprofit funding, programming, services. When considering transgender data collection and consequential programming and services, the lack is staggering. Presentation/open discussion to explore this, including the personal issue of “what box do I check”.

***Loretta Worthington, MA, MSP** is the Executive Director of Rainbow Health Initiative, and is interested in reducing health disparities through systemic change. Past endeavors include policy development, data collection, and prevention efforts with L.A. Gay & Lesbian Center, CA LGBT Constituent Committee, and LA County Department of Health.*

***Rob Yaeger** has been an HIV & STD prevention professional for 16 years. He has worked to increase trans inclusion in forms, records and prevention programming locally and nationally.*

Open Workshop Room – space for new or continuing discussions

Workshop Room J – New Main L212

Session Four 3:45-4:45 p.m.

Non-Genital Surgery for MTF and FTM Transgender Patients

Workshop Room A – Library 302 “Ecolab” Room

This session will introduce some surgical options available (other than genital reassignment surgery), including mastectomy for FtM patients, breast augmentation for MtoF patients, and other gender-enhancing surgeries. Prospective

patients can see before and after photographs, gain a realistic view of what may be accomplished, and understand potential risks or complications.

Richard Tholen, MD received his BS in Math/Physics from Fort Hays Kansas University, his MD from the University of Kansas School of Medicine, and complete general surgery and plastic/reconstructive surgery training at the Mayo Clinic. He has over 20 years' experience with transgender surgery at Minneapolis Plastic Surgery.

Cutting to Cope

Workshop Room B – Library 307

This session will report the results of my major research project that examines how trans people use self-injury to cope. Attention will be given to when self-injury is more likely to happen and the use of a screening tool that might be used to help determine who is at risk.

Iore m. dickey is a 48 year old FTM. He is a 5th year doctoral student at the University of North Dakota and is working on a PhD in Counseling Psychology. He is originally from Phoenix, AZ but transitioned in Seattle where he lived for nearly 30 years.

Proposed Changes to the WPATH Standards of Care

Workshop Room C – Library 308

The influence that the World Professional Association for Transgender Health (WPATH) Standard of Care (SOC) have in our lives as trans men and women is profound. This session will review and discuss the proposed revisions impact to insurance, treatment options and legislation.

Michelle Hoffman is a certified project manager for a major health company in MN with over 11 years of insurance experience and is a non-voting member of WPATH. Michelle transitioned in 2008 and actively researches and advises her current employer on trans issues.

Trans in Recovery

Workshop Room D – Library 310

This program will help participants understand the benefits of healthier living in recovery, and increase awareness of the necessity for sobriety through transition. There will be a short meeting so people can discover what happens at one, and will provides an example of a trans in recovery safe space.

Katie Darling Burgess is one hot mess of a tranny girl living in south mpls where she makes theatre, juggles, and works her ass off doing youth work, health care direct services, and tranny activism. She'll get it right some day.

Arin McNeese is a community activist and volunteer who supports numerous GLBT organizations and events including the Aliveness Project, Rainbow Health Initiative, and Minnesota Transgender Health Coalition. Arin is Office Manager at BioScrip Pharmacy in Minneapolis.

Guided Meditation: The Sacred Journey of Surgery

Workshop Room E – New Main L214

Come for a deeply relaxing guided meditation that will bring profound peace to the surgical process. Gently inform and prepare your body, emotions, and mind for the experience, the recovery, and the lasting changes. You will leave feeling more confident and at ease as you prepare to have surgery.

Saren Lightsong, spiritual intuitive and life long healer, provides deep relaxation and spontaneous transformations through profoundly beautiful healing meditations. She offers this work to individuals and groups in her private practice: HealingWise. She and her partner of 14 years mindfully journeyed together through his transition (FTM) which began 4 years ago.

The Privilege of Passing

Workshop Room F – New Main L213

This session will explore gender identity and expression against the backdrop of the mainstream gender binary system. Share your thoughts, feelings, stories, and ideas on how gender is questioned, accepted, shaped, and challenged in our community and in our society.

***Shawyn Lee** is the Assistant Director of the GLBTA Programs Office at the University of Minnesota. Having received a Master's degree in Social Work, Shawyn has extensive experience working in and with GLBT communities on such topics as gender identities and expressions, anti-racism, and leadership development.*

***Anne Hodson** works at Metropolitan State University in the Office for University Advancement and is a graduate of Metro State in LGBT Studies. Anne is a lead trainer with the MN GLBTA Campus Alliance and has trained at many colleges and universities. Anne also volunteers for several local LGBT organizations.*

Kink, Queer and Communities of Color: A Discussion

Workshop Room G – New Main L215

How do sexual orientation, racial and gender identity play into your kink? Do you have to leave any of your identities at home? Are play parties safe and accessible to you? This informal discussion will explore identities and intersections of race, gender and the sexual expression of kink.

***Roxanne Anderson's** work addresses issues of marginalized people. She serves as Board Chair for the Hughes Foundation and in advisory roles with RECLAIM for Youth and the GLBT Host Home Program. She is Consultant and Program Director for the MN Transgender Health Coalition. She is Co-Founder/Co-Director of RARE Productions.*

Trans Youth and Dating

Workshop Room H – New Main L211

[description forthcoming]

MeeMee Green and Julian Siwek

[Bios forthcoming]

Ending the Body Police: Trans Liberation and Wholeness Depends on Ending White Supremacy (Part 1)

Workshop Room I – New Main L210

This workshop is for white people with an understanding of white privilege and white supremacy who want to learn more about how to dismantle WP/WS through embodiment work, education, visioning and practical action within the frame of gender queerness and gender liberation. This is one workshop in two parts.

***Susan Raffo** is a writer, community organizer, parent and bodyworker. She is, as always, honored to work with Heather Hackman and to work in community with you.*

***Dr. Heather Hackman** is an Associate Professor in the Department of Human Relations and Multicultural Education at St. Cloud State University. She teaches courses in social justice and multicultural education, heterosexism and homophobia in the US, race and racism in the US, and oppression and social change.*

Open Workshop Room – space for new or continuing discussions

Workshop Room J – New Main L212

Session Five 5:00-6:00 p.m.

A Work in Progress: Legal Developments Affecting Trans People

Workshop Room A – Library 302 “Ecolab” Room

This session will review recent developments, and preview resources currently becoming available, related to the legal rights and protections for transgender individuals.

Phil Duran is the Legal Director of OutFront Minnesota, and a member of the Minnesota Supreme Court Gender Fairness Implementation Committee and the University of Minnesota Transgender Commission.

Lauren Beach is a third year J.D./Ph.D. student in the University of Minnesota's Joint Degree Program in Law, Health and the Life Sciences. Lauren chaired the Committee whose report resulted in the inclusion of gender identity in Michigan State University's anti-discrimination policy. Lauren is Chairperson of the Bisexual Organizing Project.

Micah Ludeke is a law student, legal worker, and research assistant at Hamline Law School. He has two years experience doing legal work with transgender clients.

Trans Masculine Lower Surgery Options: Conversation and Sharing

Workshop Room B – Library 307

We will discuss lower surgeries including vaginectomy, urethral lengthening, scrotoplasty, metoidioplasty and phalloplasty. While open to everyone, the purpose of this workshop is for trans masculine spectrum people who have had or are considering having lower surgery to share information and discuss options, to assist people in making informed decisions.

George Halbert is a Duluth, MN transplant and transman, living in St Paul. He is happily employed by a local institution that allows him to learn and grow as a science nerd.

André Wilson is a transgender health access expert and Michigan Pride's 2008 "Unity Award" recipient who consults with advocates, health professionals and employers. André serves on Ann Arbor's Human Rights Commission, MDCH's Family Planning Advisory Council and MDE's Sexual Minority Youth Working Group.

Trans Feminine Surgery Options: Conversation and Sharing

Workshop Room C – Library 308

This workshop will be a discussion and question session on feminizing surgeries from a patient's viewpoint. Erica and Michelle will describe their experiences and then open the floor to questions and discussion. Michelle recently had full Female Facial Surgery and Erica recently had bottom surgery.

Michelle Hoffman is a certified project manager for a major health company in MN with over 11 years of insurance experience and is a non-voting member of WPATH. Michelle transitioned in 2008 and actively researches and advises her current employer on trans issues.

Erica Fields [Bio forthcoming]

Headaches to Hormones: Acupressure for Health and Balance

Workshop Room D – Library 310

From headaches to hormones, learn about ways to stay balanced and healthy by activating specific acupressure points on your body. Practice what you learn and "feel the Qi!"

Since beginning the "medically-prescribed" phase of her transition in 2001, Connie Kauppi has been a trans-community activist, a GLBT-community activist with OutFront Minnesota and is now setting out on a new career path as a bodyworker, practicing the Asian modalities of Shiatsu and Thai Massage.

Beyond the Binary: More than M or F

Workshop Room F – New Main L213

Genderqueer and gender non-conforming individuals will discuss identifying as non binary in a binary reinforced world. Panelists will discuss different ways to transition, identify, and operate. Workshop will feature both time to hear from panelists as well as opportunity for community discussion in small groups.

Facilitator:

JL Mohnkern has a BA in Gender, Women and Sexuality Studies and is completing a Master's degree in Social Work at the University of Minnesota. JL plans to become a Trans/Gender and Sexuality Psychotherapist, is an activist in queer community, a member of MTHC, and has a ruggedly handsome partner.

Panelists:

Kelly Abel Knochel has eighteen years' experience as an organizer, educator, and researcher, including local and national studies on LGBT aging at the University of Minnesota. Kelly wrote the curriculum for *Training to Serve*, which educates service providers about LGBT aging, developed the program's trainers, and serves on the Board.

Remy Corso is queer, fabulous, trans masculine, and genderqueer with a femme sensibility. They are Board Co-Chair of the MN Transgender Health Coalition and an undergraduate in Gender, Women, and Sexuality Studies at the University of Minnesota. Remy is also part of the Transgender Commission and Twin Cities Trans March.

[more Panelist names and bios to come]

I'm Polyamorous... Well I'm Non-Monogamous... Well I'm Poly-sexual... Um, I'm Poly-Confused!

Workshop Room G – New Main L215

Come to a highly interactive discussion about "Poly" and how it fits--or doesn't fit--into your life. Bring your questions, your statements, your passion. Leave your judgments! Learn something new, share information, make a friend! This workshop has something for all levels of interest in Poly thought/behavior.

Yoseñio Lewis is a dark skinned Latino of African descent female to male transsexual who has been a social justice activist since he was 13 years old. A health educator, speaker, writer, performer, trainer, facilitator and spiritual hugger, Yoseñio is on the Board of the Woodhull Freedom Foundation and Unid@s.

Telling Your Story: Performing Our Trans (and Allied) Lives

Workshop Room H – New Main L211

Creating art from personal experience can work toward healing both individuals and communities. Join us for conversation about the process of crafting experience into art and exercises designed to spark ideas for future exploration.

Lane McKiernan is a trans disabled artist, writer, performer and activist. He has presented work in various Twin Cities venues, including the full length show *Food Shelf Follies* at the 2009 Minnesota Fringe Festival. He also teaches workshops for artists/performers on developing art from personal experience.

Ari Edes is passionate about writing and community health care. He has worked as a writer and editor on *NEED* magazine. Current freelance projects include editing a children's book series. He serves as a peer counselor at the Sexual Violence Center and conducts outreach for the Sexual Health Empowerment Clinic.

Ending the Body Police... (Part 2)

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This workshop is for white people with an understanding of white privilege and white supremacy who want to learn more about how to dismantle WP/WS through embodiment work, education, visioning and practical action within the frame of gender queerness and gender liberation. This is one workshop in two parts.

Susan Raffo is a writer, community organizer, parent and bodyworker. She is, as always, honored to work with Heather Hackman and to work in community with you.

Dr. Heather Hackman is an Associate Professor in the Department of Human Relations and Multicultural Education at St. Cloud State University. She teaches courses in social justice and multicultural education, heterosexism and homophobia in the US, race and racism in the US, and oppression and social change.

Open Workshop Room – space for new or continuing discussions

Workshop Room J – New Main L212