



**MONTANA**

**TRANS HEALTH GUIDE**

**INCLUSIVE, FRIENDLY HEALTHCARE PROVIDERS THROUGHOUT MONTANA**

# Billings Specific Resources

## Therapists

Ashlee Owens, LCSW  
Transformative Counseling, LLC  
512 N 29<sup>th</sup> St, Suite 101, 202  
Billings, MT 59101  
(406) 697-2952  
<http://trcounsel.com>  
[info@trcounsel.com](mailto:info@trcounsel.com)

Donna Juhl, MA LCPC  
704 N 30<sup>th</sup> Street  
Billings, MT 59102  
(406) 255-7727

Sicily Morris, LCPC, LAC, MAC, SAP  
110 Grand Ave  
Billings, MT 59101  
(406) 850-3085  
<http://kaleidocounseling.net>  
[kaleidoscopecounseling505@gmail.com](mailto:kaleidoscopecounseling505@gmail.com)

Tiffany Garner, MS LCPC  
South Central Treatment Associates  
Grand Ave Professional Building  
304 Grand Ave.  
Billings, MT 59101  
(406) 259-1602  
(406) 246-4566

Ginny Prior  
2475 Village Ln, #102  
Billings, MT 59101  
(406) 259-7288

## Medical Doctors and Endocrinology

Planned Parenthood of Montana  
1844 Broadwater #4  
Billings, MT 59102  
(406)656-9980  
<http://plannedparenthood.org>

Jennell Duey MD  
Billings Clinic West / Family Medicine  
2675 Central Ave Lamplighter Square U14  
Billings, MT 59102  
(406) 238-2900

Brian Schnitzer, MD  
Family Practice/Family Medicine  
3419 N Central Ave  
Billings, MT 59102  
(406) 245-6336

## Laser Hair Removal / Electrolysis

Rose Ellen Paris  
(406) 672-6729

Shilo Medical Clinic  
1655 Shiloh Rd. Suite E  
Billings, MT 59102  
(406) 252-0022

# Bozeman Specific Resources

## Therapists

Belgrade Counseling Services  
129 Village Dr #303  
Belgrade, MT 59714  
(406) 388-1607

Caitlin Brandl, PCLC  
Bridger Peaks Counseling  
676 S. Ferguson Ave #6  
Bozeman, MT 59718  
(406) 813-1566  
<https://bozemancounseling.org/>  
[caitlin@bridgerpeakscounseling.com](mailto:caitlin@bridgerpeakscounseling.com)

D Gregory Smith MA, LMHC, LCPC, STL  
202 S Black Street, Suite 502  
Bozeman, MT 59715  
(406) 578-0222  
<http://dgsmith.org>

Erin Clark MSW, LCSW  
Advanced Counseling of Bozeman  
300 N Wilson Ave, Suite 3005-10  
Bozeman, MT 59715  
(406) 660-3166

Glee Dunbar, MSW, LCSW, MHPP  
108 West Main St, Suite 202  
Manhattan, MT 59741  
(252) 945-3122

Hannah Wilson, MS, LCPC  
Community Health Partners  
214 E Mendenhall St  
Bozeman, MT 59715  
(406) 522-5328

Jana Lehman, MS, LCPC, LAC  
Lehman Counseling Services, LLC  
1934 Stadium Drive, Suite C  
Bozeman, MT 59714  
(406) 600-1872

Jennifer Goldman, LCPC, LLC  
2023 Stadium Drive, Suite 1C  
Bozeman, MT 59715  
(406) 570-3188

Jenny Fiebig, LCPC  
Gallatin Psychotherapy  
1902 W Dickerson St  
Bozeman, MT 59718  
(406) 582-0500  
<http://gallatinpsychotherapy.com>

Kael Fry, MS, MFT  
Transitions Counseling, LLC  
5 West Olive Street  
Bozeman, MT 59715  
(608) 644-5142

## **Bozeman (Con't) Therapists**

Laura Bailey, MS, LCPC  
301 N Wilson Ave  
Bozeman, MT 59715  
(406) 522-7357

Phronsie Sprenger LCSW, CST  
Big Sky Sex Therapy  
416 N 7<sup>th</sup> Ave  
Bozeman, MT 59715  
<https://phronsiesprengertherapy.com/>

Shaun Phoenix, LCPC  
17 S 5<sup>th</sup> Ave  
Bozeman, MT 59715  
(406) 580-0562

Stasia Owen, MS, NCC, LCPC, SEP  
Metta Counseling Services  
2415 West Main Street, Ste 2  
Bozeman, MT 59718  
(406) 565-4640

### **The Help Center**

*Sexual assault counseling, suicide intervention,  
appropriate referrals. Walk-in counseling*

421 E Peach St  
Bozeman, MT 59715  
406-586-3333  
1-800-273- TALK – 24 hour crisis line  
<http://bozemanhelpcenter.org>

### **Human Development Clinic**

*Sliding fee scale with services ranging from \$5 to \$30 per  
appointment and offer evening hours for appointments.*

1501 S 3<sup>rd</sup> Ave  
Bozeman, MT 59715  
(406) 994-4113  
<http://montana.edu/hhd/humandevelopmentclinic.html>

## **Medical Doctors and Endocrinology**

Bridgercare  
1288 N 14<sup>th</sup> Ave, Suite 201  
Bozeman, MT 59715  
(406) 587-0681  
<http://bridgercare.org/>  
[bridgercare@bridgercare.org](mailto:bridgercare@bridgercare.org)

Dr. Angie Ostrowski  
Bozeman Health Pediatrics  
937 Highland Blvd #5320  
Bozeman, MT 59715  
(406) 414-4900

Dr. Andrea Cady  
Dr. Katherine Mistretta  
Bozeman Creek Health  
316 E Babcock St  
Bozeman, MT 59715  
(406) 585-0022

Dr. Rebecca Hintze  
Community Health Partners  
214 E Mendenhall St  
Bozeman, MT 59715  
(406) 585-1360

## **Pharmacies**

Price Rite Pharmacy and Medical Supply  
910 N 7<sup>th</sup> Ave  
Bozeman, MT 59715  
(406) 587-0608

## **Laser Hair Removal / Electrolysis**

Jess Brown  
Egzsact Electrolysis  
1127 Harmon Stream Blvd, Suite 205  
Bozeman, MT 59715  
(406) 585-4635  
<http://mthairremoval.com>  
[info@mthairremoval.com](mailto:info@mthairremoval.com)

Wendy Peters  
Pure Dermatology  
1188 North 15<sup>th</sup> Ave, Suite 1 & 2  
Bozeman, MT 59715  
(406) 586-7873

## **Other Resources**

Montana Gender Alliance Bozeman  
*A support, discussion and activism group for individuals of  
trans\* identity.*  
Contact Kael Fry at (608) 234-8763 for location and  
details

AIDS Outreach  
*Provides HIV testing, direct outreach, support and  
assistance for HIV+ persons and their families, caregivers.  
Support group for HIV+ persons.*

601 Nikles Drive, Suite 2C  
Bozeman, MT 59718  
(406) 451-5718  
<http://aidsoutreachmt.org>  
[info@aidsoutreachmt.org](mailto:info@aidsoutreachmt.org)

Montana State University Queer-Straight Alliance  
*Student-led organization at Montana State University that  
focuses on developing community, fostering education,  
and empowering actions from and regarding LGBT+  
persons. Open to all.*

Meetings on Mondays at 7pm in SUB 235 at MSU during  
the fall and spring semesters.  
<http://montana.edu/qs/>  
[qsamsubozeman@gmail.com](mailto:qsamsubozeman@gmail.com)

MSU LGBTQ Mentoring Program  
*Pairs upperclassmen, faculty, and staff who are secure in  
their LGBTQ identity with LGBTQ students needing  
support.*

[http://montana.edu/diversity/programs\\_events/lgbtq\\_mentoring.html](http://montana.edu/diversity/programs_events/lgbtq_mentoring.html)  
[lgbtq@montana.edu](mailto:lgbtq@montana.edu)

## Bozeman (Con't)

### Other Resources

#### PFLAG

*A group of parents, families, friends, and allies united with people who are lesbian, gay, bisexual, transgender, or queer in the Gallatin Valley.*

*Meets 3rd Thursday of each month at 7pm at Christus Collegium.*

25 Bridger Peak Rd  
Belgrade, MT  
(406) 579-9102  
<http://pflagbozeman.org/>  
[info@pflagbozeman.org](mailto:info@pflagbozeman.org)

## Great Falls Specific Resources

### Therapists

Center for Mental Health  
915 First Avenue South  
Great Falls, MT 59403  
(406)761-2100

Shirley Cayko, LCSW  
Tim Dallacqua, LCSW  
Great Falls LGBTQ Center  
600 Central Ave, Ste 323  
Great Falls, MT 59401  
(406) 290-7338  
(406) 453-0589  
[gflgbtq@gmail.com](mailto:gflgbtq@gmail.com)

Vonnie R. Brown, LCSW  
1321 8<sup>th</sup> Avenue North, Ste #105  
Great Falls, MT 59403  
(406)452-2662

### Medical Doctors and Endocrinology

Dr. Barry Cohan, Endocrinology  
Great Falls Clinic  
1400 29<sup>th</sup> Street South  
Great Falls, MT 59405  
(406) 454-2171

Dr. Emilia Plyoplys, MD  
Great Falls Plastic Surgery  
*Performs FTM top surgery & MTF breast augmentation, FFS and body recontouring surgery*

400 13<sup>th</sup> Ave S, Ste 205  
Great Falls, MT 59405  
406-455-2821  
<http://montanaplastics.com/>

Planned Parenthood of Montana  
211 9<sup>th</sup> Street S.  
Great Falls, MT 59401  
(406)454-3431  
<http://plannedparenthood.org>

## Other Resources

### Great Falls LGBTQ+ Center

*Their mission is to enhance and sustain the health and well-being of the LGBTQ+ community by providing activities, programs and services that will empower our community to embrace and support our cultural diversity.*

*Free Counseling / Trans\* Support Group / Rapid HIV Testing / LGBTQ+ Resources*

600 Central Ave, Ste 323  
Great Falls, MT 59401  
(406) 290-7338  
<http://greatfallslgbtqcenter.org>  
[gflgbtq@gmail.com](mailto:gflgbtq@gmail.com)

## Helena Specific Resources

### Therapists

Richard Emery, Ph. D, LCP  
535 Saddle Dr.  
Helena, MT 59601  
(406) 449-8813

### Medical Doctors and Endocrinology

David A. Krainacker, MD  
Helena Physicians' Clinic Family Practice  
3330 Ptarmigan Lane  
Helena, MT 59601  
(406) 442-3570  
<https://sphealth.org>

Planned Parenthood of Montana  
1500 Cannon  
Helena, MT 59601  
(406)443-7676  
<http://plannedparenthood.org>

### Laser Hair Removal / Electrolysis

Latha S. Vellanki, MD  
Helena Dermatology & Laser Clinic P C  
1 Medical Park Dr  
Helena, MT 59601  
(406) 443-7200

Bitterroot Electrology  
25 S Ewing St Ste 212  
Helena, MT 59601  
(406) 227-7026

### Other Resources

Montana Gender Alliance Helena  
*A support, discussion and activism group for individuals of trans\* identity.*  
Contact Kael Fry at (608) 234-8763 for location and details

# Kalispell / Whitefish

## Therapists

Brad Nelson, LCSW  
723 5<sup>th</sup> Ave E Ste 110C  
Kalispell, MT 59901  
(406) 261-6447  
bradleynelsonlcsw@gmail.com

J. Sky Cove  
Intermountain Kalispell Community Clinic  
322 2<sup>nd</sup> Ave W., Ste A  
Kalispell, MT 59901  
<http://intermountain.org>  
jsky@intermountain.org

Lauren Priddy-Beck, LCPC  
22 2<sup>nd</sup> Ave W #3100  
Kalispell, MT 59901  
(406) 781-8321  
<http://flatheadcounseling.com>

Rhea Simonson, MA, LCPC  
2165 9<sup>th</sup> Street W, Ste 5  
Columbia Falls, MT 59912  
(406) 662-8331  
<https://snowyowltherapy.com>  
snowyowltherapy@gmail.com

## Medical Doctors and Endocrinology

Alan Rice, MD – Pediatric Endocrinology  
Pediatric Endocrinology and Diabetes Center  
Kalispell Regional Hospital  
430 Windward Way, Suite 101  
Kalispell, MT 59901  
(406) 758-7888

Helen Weems, MSN, RN, APRN  
All Families Healthcare  
737 Spokane Ave  
Whitefish, MT 59937  
(406) 730-8682  
<http://allfamilieshealth.org>  
info@allfamilieshealth.org

Steven Gordon, MD  
The Bridge Medical Center  
5938 US Highway 93 South  
Whitefish, MT 59937  
(406)863-9300  
<http://bridgemedicalcenter.com>  
info@bridgemedicalcenter.com

## Other Resources

Glacier Queer Alliance  
*GQA is focused on providing positive, safe, community resources, events and spaces for people of all gender identities and sexual orientations in the Flathead Valley.*

Columbia Falls, MT 59912  
(628) 245-4287  
<http://glacierqueeralliance.org>  
info@glacierqueeralliance.org

Love Lives Here Flathead

*Love Lives Here hosts events that promote education and increase equality for communities that face discrimination.*

Whitefish, MT 59937-0204  
(406) 309-5678  
<http://loveliveshereflathead.org>

## Livingston Specific Resources

### Medical Doctors and Endocrinology

Dr. Rebecca Hintze  
Community Health Partners  
126 South Main St.  
Livingston, MT 59047  
(406) 222-1111  
<http://chphealth.org/rebhintze@gmail.com>

### Laser Hair Removal / Electrolysis

Kay Bergsing, CPE  
124 East Callender  
Livingston, MT 59047  
(406) 222-5583

## Missoula Specific Resources

### Therapists

Anna Peterson, LCPC Ed.D.  
*Anna Peterson has experience in counseling trans\* and gender diverse youth and adults.*

129 West Kent Ave  
Missoula, MT 59801  
(406) 531-0659  
annalogology@protonmail.com

Anne R. Harris, LCPC  
*Anne Harris has experience in counseling trans\* and gender diverse youth and adults.*

127 N Higgins, Suite 301  
Missoula, MT 59802  
Email: annerharris@gmail.com  
(406) 240-9057

Brie Shulman, LCPC  
734 S 1st St West  
Missoula, MT 59801  
(585) 330-0780  
bshulmanlcpc@outlook.com

Cory Davis, PhD  
2307 Stephens Ave  
Missoula, MT 59801  
(406) 829-2725

Debby Florence, LCSW  
725 W Alder, Suite 18  
Missoula, MT 59802  
(406) 412-6556

## **Missoula (Con't)**

### **Therapists**

Heidi Elwood, LCSW

Convergence Counseling  
1001 SW Higgins Ave, Suite 207  
Missoula, MT 59803  
(406) 274-0971

Jennifer S. Robohm, Ph.D.

Director, Clinical Psychology Center  
Dept. of Psychology  
The University of Montana  
1444 Mansfield Ave.  
Missoula, MT 59812  
(406) 243-6890

Jenny Vaile, LCSW

16840 Beckwith, Suite 11  
Frenchtown, MT 59834  
(406) 241-6564  
jennifervailelcsw@gmail.com

### **Medical Doctors and Endocrinology**

Jean Baumgardner, NP

Caitlin Blau, MD

Partnership Health Center  
401 Railroad St W  
Missoula, MT 59802  
(406) 258-4789  
<http://missoulacounty.us/community/partnership-health-center>

*Partnership Health Center has a sliding scale fee for all patients based upon income. Partnership also has an on-site pharmacy that utilizes the sliding scale fee.*

Dr. Jeff Adams

Curry Health Center  
The University of Montana  
634 Eddy Ave.  
Missoula, MT 59801  
(406) 243-2122  
<http://umt.edu/curry/contactcurry@mso.umt.edu>

Dr. Eric Ravitz & Dr. Joey Banks

Blue Mountain Clinic  
610 N. California  
Missoula, Montana 59802  
(406) 721-1646  
<http://bluemountainclinic.org/services/trans-intersex-care/>

Mary Owens, Nurse Practitioner  
Planned Parenthood of Montana  
219 East Main Street  
Missoula, MT 59802  
<http://plannedparenthood.org>  
406-830-3491

Dr. Judy Visscher

Western Montana Clinic  
500 W Broadway St. #5  
Missoula, MT 59802  
(406) 721-5600  
<http://westernmontanaclinic.com>

### **Surgery**

Dr. Clark O Taylor, MD, DDS

Surgical Arts Centre  
805 S Reserve St  
Missoula, MT 59801  
(406) 549-6600  
<http://surgicalartsmt.com/>  
clark@surgicalartsmt.com

Dr. Stephen Hardy

Northwest Plastic Surgery Associates  
2802 Great Northern Loop  
Missoula, MT 59808  
(406) 728-3811  
<http://nwpsa.com/>

### **Pharmacies**

Palmers Drug

*Specializes in compounding*  
914 SW Higgins Ave  
Missoula, MT 59803  
(406) 549-4125  
<http://palmersdrug.com>

Partnership Health Center Pharmacy

401 Railroad St. W  
Missoula, MT 59802  
(406) 258-4138 / (406) 258-3138

### **Laser Hair Removal / Electrolysis**

Bitterroot Electrolysis

1104 W Main St  
Hamilton, MT 59848  
(406) 381-3184

Elizabeth Henderson

Freedom Electrology  
220 Ryman St  
Missoula, MT 59802  
(406) 542-2978  
Hairfreewithme@gmail.com

Rose Ellen Paris

(406) 672-6729

### **Voice Therapy**

RiteCare Language and Hearing Clinic

The University of Montana  
Lower Level, Curry Health Center  
634 Eddy Avenue  
Missoula, Montana 59812  
Phone: (406) 243-5261/(406) 243-2405  
Fax: (406) 243-6678  
rosemary.johnson@umontana.edu  
<http://soe.umt.edu/csd/RiteCare.html>

### **Other Resources**

Gay Men's Task Force

*GMTF provides free and confidential rapid HIV, HEP C & syphilis testing as well as providing support, discussion and event programming for the LGBTIQ+ communities of Montana.*

Missoula, MT 59807  
(406) 829-8075  
<http://gaymenstaskforce.org>  
hello@gaymenstaskforce.org

## Missoula (Con't)

### Other Resources

LGBTIQ+ Alcoholics Anonymous Group – Rebellion Dogs  
*Meets Monday of each week from 6-7pm at the Western Montana Community Center. Email [info@gaymontana.org](mailto:info@gaymontana.org) for more information*

#### Montana Gender Alliance Missoula

*A peer-led support, discussion and activism group for individuals of trans\* identity.*

Contact Heidi Ellwood at (406) 274-0971 for location and details.

#### Open Aide Alliance

*Offers free and confidential HIV&HCV testing, self-administered gonorrhea/chlamydia testing, in addition to providing a syringe exchange program.*

1500 W Broadway, Suite A  
Missoula, MT 59808  
(406) 543-4770  
<http://openaidalliance.org>

#### Western Montana Community Center

127 North Higgins Suite 202  
Missoula, MT 59802  
(406)543-2224  
<http://gaymontana.org>  
[info@gaymontana.org](mailto:info@gaymontana.org)

## Youth Resources

#### EmpowerMT

*EmpowerMT creates a more just and inclusive society by developing youth and adult leaders who work to end mistreatment, correct systemic inequalities and strengthen communities across Montana.*

2300 Regent St, Suite 101  
Missoula, MT 59801  
(406) 541-6891  
<http://empowermt.org>  
[info@empowermt.org](mailto:info@empowermt.org)

#### Youth Forward

*A safe drop-in space for LGBTQ+ identifying teens to explore relevant topics and connect with other queer youth. Meets weekly on Wednesdays from 5-7pm. Ages 13-19*

#### Be You Crew

*A safe drop-in educational support group for LGBTQ+ identifying youth and allies. Providing terminology and information to create positive allies and empowered queer youth! Meets on Thursdays from 4-5:30pm. Grades 4-7ish.*

## Polson / St. Ignatius Resources

### Therapists

Meg Anderson, MSW

Megan Bailey, LCSW  
Sunburst Mental Health  
109 1<sup>st</sup> Ave  
St Ignatius, MT 59865  
(406) 745-3681

Sunburst Mental Health offers mental health services, medication management and case management.

## Website Resources

#### ***TSRoadMap.com***

"Transsexual transition is simply a journey. Just like a trip, you decide your destination, the time you'll need to get there, and the money you'll spend." Transsexual Road Map is a travel guide to set priorities and choose your route. Its about making informed purchasing decisions and setting realistic, achievable transition goals. <http://tsroadmap.com>

#### ***PinkEssence.com – MTF Resource***

Online social networking and forums for the transgender and trans-questioning community. General discussion, conference and event listings, surgical and hormone discussions, spouse support, political and activism resources.

- Montana Morning Glories chapter
  - Montana Chapter of transgender and trans-ally individuals. General discussion and resources for upcoming events around Montana.

<http://pinkessence.com/>

#### ***Hudson's Guide – FTM Resource***

This Guide is intended to provide information on topics of interest to female-to-male (FTM, F2M) trans men, and their friends and loved ones. Non-trans men have also found the pages on men's grooming and clothing to be helpful. Transsexual, non-transsexual, intersex, transgender, genderqueer, questioning, and "just plain folks" are all welcome. <http://ftmguide.org>

#### ***National Center for Transgender Equality***

Dedicated to advancing the equality of transgender people through advocacy, collaboration, and empowerment <http://transequality.org/>

#### **Recommended Youtube Channels (FTM)**

<http://youtube.com/user/ALionsFears>  
<http://youtube.com/user/jeyyounit11>

#### **Recommended Youtube Channels (MTF)**

<http://youtube.com/user/Grishno>  
<http://youtube.com/user/PrincessJoules>  
<http://youtube.com/user/ThePrinceSane>

#### **Recommended Youtube Channels (Non Binary)**

<http://youtube.com/user/MissPancake52>

**For more website resources, please check out the Center's trans health resource page**  
<http://gaymontana.org/transgender-health/>

# Trans Terms

*As Defined by Banyan Counseling Center*

**Androgyny (also androgynous, bi-gendered, no-gendered):** A person [a] who identifies as both or neither of the two culturally defined genders; and/or [b] who expresses and/or presents merged culturally/stereotypically feminine and masculine characteristics, or mainly neutral characteristics. May or may not express dual gender identity.

**Assigned Gender:** The announcement by doctors (It's a boy/girl) based on what your physical anatomy looks like. Based on this, you are supposed to grow up, to be and exist within a certain set of gender roles.

**Binary Gender System:** A culturally defined code of acceptable behaviors which teach that there are men and women, who are masculine and feminine, and that there is nothing outside this system. The problem that occurs when we talk about gender is that everything is set in the binary system, but the gender issues that we are talking about exist in a multi-gender system and do not neatly fit into a binary system.

**Binding:** The practice of taping or compressing the chest or "breast tissue" so that one can pass as a man, this is done with extremely tight bras, elastic bandages, and other methods.

**Bottom Surgery:** "below the waist", to either create a vagina (for a male-to-female, MTF) or a penis and testicles (for a female-to-male, FTM). There are many different issues that cause each person to make the decision to either have or not have the surgeries. Some factors include: desire, expense, physical health, age, and access to medical care and information. There are also many difficulties that can occur with these surgeries, which will factor into each individual's decision-making.

**Butch:** Used to identify a person who expresses and/or presents culturally/stereotypically masculine characteristics. Often a person who self-identifies to a great degree with the stereotypically masculine end of a gender characteristic spectrum. Can be used either as a positive or negative term.

**Cisgender:** A term used to refer to individuals whose physical sex is consistent with their gender identity from birth.

**Coming Out:** The process of becoming aware of and understanding and accepting one's own sexual orientation/gender identity. Also the ongoing process of decision-making about the level of openness a person feels in disclosing this information to another person or people.

**Cross-Dressing (Also Transvestite, Transvestitism):** A person who wears the clothing considered typical for another gender on occasion, but does not desire to change their gender. Reasons for cross-dressing can range from a need to express a feminine or masculine side to attainment of erotic/sexual/fetish gratification. Cross-dressers can be of any sexual orientation, but within this community, there is a large percentage of heterosexually/straight-identified individuals.

**Cross-Living:** Cross-living is cross-dressing full-time (which is also referred to as 24/7), and living as the gender which you perceive yourself to be.

**Drag (also Drag King, Drag Queen, Female/Male Impersonator):** Wearing the clothing of another gender, often with exaggerated cultural/stereotypical gender characteristics. Individuals may identify as Drag Kings (female in drag) or Drag Queens (male in drag). Drag often refers to dressing for functional purposes such as entertainment/performance or social gatherings. Drag has held a significant place in GLBT history and community.

**F2M/FTM (Female to Male):** Used to identify a person who was female bodied at birth and who identifies as male, lives as a man, or identifies as masculine.

**Female Bodied:** A person who was assigned a female gender at birth, or a person who has had their genitals surgically altered to be a woman.

**Gender-Bender (also Gender-Blender):** A person who merges characteristics of all genders in subtle ways or intentionally flaunts merged/blurred cultural/stereotypical gender norms for the purpose of shocking others, without concern for passing.

**Gender Dysphoria:** An intense continuous discomfort resulting from an individual's belief in the inappropriateness of their assigned gender at birth and resulting gender role expectations. Also, clinical psychological diagnosis, which offends many in transgender communities, but is often required to receive hormones and/or surgery.

**Gender Queer:** A term which is used by some people who may or may not fit on the spectrum of trans, or be labeled as trans, but who identify their gender and their sexual orientation to be outside the assumed norm.

**Gender Reassignment Surgery--GRS (also Sex Reassignment Surgery--SRS):** Permanent surgical refashioning of genitalia to resemble the genitalia of the desired gender. Sought to attain congruence between one's body and one's gender identity.

**Genetic:** Often used to refer to the assigned gender at birth. Also used to refer to the discussion of the chromosomal makeup of an individual. Can be seen as a derogatory term in the trans community when used in certain connotations.

**Getting Read (Clocked):** Being detected as a person who is cross-dressed.

**Hir:** Used in place of him/her, a new pronoun for those folks who stand outside the binary system that we have in this society.

**Homophobia (also Biphobia):** The irrational fear of love, affection, and erotic behavior between people of the same gender. Expressed as negative feelings, attitudes, actions or behaviors against those perceived as non-heterosexuals. Often directed at those perceived as expressing and/or presenting culturally/stereotypically non-heterosexual characteristics and/or **Homophobia (also Biphobia):** (con't) - blurred gender roles. Biphobia also includes refuting the existence of bisexuality by believing every individual is either homosexual or heterosexual.

**Homosexual:** An individual who is emotionally, spiritually, physically, and/or sexually attracted primarily to those of the same gender. One's sexuality is not affiliated to one's gender, sex, gender identity or gender expression.

**Hormone Therapy (also Hormone Replacement Therapy, HRT, Hormonal Sex Reassignment):** Administration of hormones to affect the development of secondary sex characteristics of the opposite assigned gender; this is a process, possibly lifelong, of using hormones to change the internal body chemistry. Androgens (testosterone) are used for female-to-males, and Estrogens are used for male-to-females.

**In the Closet:** Not disclosing (coming out) or being secretive about an individual's own sexual orientation and/or gender identity.

**Internalized Homophobia (also Internalized Transphobia):** The belief that same-gender sexual orientation and/or gender identity is inferior to heterosexual orientation and/or masculine or feminine gender identity. The internalization of negative messages, feelings about oneself and one's group, and the beliefs about how people like you should be treated, which often leads to self-hate and difficulty with self-acceptance. Also, irrational fear of breaking cultural or stereotypical gender roles.

**Intersexed (also Hennaphrodite):** An Individual born with full or partial genitalia of both genders, or with underdeveloped or ambiguous genitalia. Surgery is common in infancy, when a singular gender is assigned. Many who have surgery develop feeling a sense of loss of an essential part of themselves.

**M2F, MTF, Male-to-Female:** Used to identify a person who was male bodied at birth and who identifies as a female, lives as a woman, or identifies as feminine.

**Male Bodied:** A person who was assigned a male gender at birth, or a person who has had their genitals surgically altered to be a man.

**Non-Op:** Individuals who have not attained and may not desire to attain gender reassignment surgery, and may or may not take hormone therapy. For many individuals, self-identification and self-expression, through cross-living or other methods of gender identity achieve harmony or congruence between one's body and one's gender identity and there is no need felt for surgical reconstruction.

**Pansexual (also Omnisexual):** An individual who is emotionally, spiritually, physically, and/or sexually attracted to those of any gender or physical makeup.

**Passing:** The ability for a person to present themselves in another gender than which they live full-time or in which they were assigned at birth.

**Pre-Op (also Pre-Operative):** Transsexual individuals who have not attained gender reassignment surgery, but who desire to and are seeking that as an option. They may or may not cross-live full time and may or may not take hormone therapy. They may also seek surgery to change secondary sex characteristics.

**Post-Op (also Post-operative):** Transsexual individuals who have attained gender reassignment surgery, and/or other surgeries to change secondary sex characteristics.

**Presentation:** The totality of one's appearance when dressing, including voice, behavior, appropriateness of clothing for the situation, etc.

**Queer:** Used to identify someone who aligns themselves with the trans, bisexual, lesbian, and gay (GLBT) community, a term which is often taken back in a positive way for self-identification, and a term historically used only in a negative context to ridicule and label anyone not conforming to heterosexual persons and societal gender expectations.

**Real Life Test (also Life Test):** A period of time required of individuals seeking gender reassignment surgery during which they must live full-time expressing and presenting the gender in which they identify. Many doctors require a Real-Life Test of two or more years before advancing to surgery.

**Secondary Sex Characteristics:** The changes that occur when a person reaches puberty. They include but are not limited to: facial and body hair growth, muscle development, voice changes, breast development, and the ability to reproduce.

**Sex Assignment:** The declaration, by doctors, based on what your external genitalia looks like, which gender you are; therefore you are supposed to grow up and exist within a certain set of gender roles.

**Standards of Care:** A set of minimum guidelines formulated by the Harry Benjamin International Gender Dysphoria Association, Inc. (HBI/GDA) for care of transsexual individuals and providing requirements for consumers and service providers. These standards of care are now outlined by the World Professional Association for Transgender Health.

**Shape Shifter (also Metamorph):** Used by some people who choose not to identify as transsexuals, to express their belief they are not changing their gender, but changing their body to reflect their inner feelings and gender identity.

**Top Surgery:** Surgery "above the waist," usually breast augmentation for MTFs and breast reduction for FTMs. There are many different issues that cause each person to make the decision either to have or not have the surgeries, some factors include: desire, expense, physical health, age, and access to medical care and information. There are also many difficulties that can occur with these surgeries, which will factor into each individual's decision-making process.

**Trans (also Transgender):** Those who transgress societal gender norms; often used as an umbrella term to mean those who defy rigid, bipolar gender constructions, and who express or present a breaking and/or blurring of cultural/stereotypical gender roles. This includes: androgynes, cross-dressers, gender-benders, intersexed individuals, shape-shifters, transvestites, and transsexuals.

**Transgender Community (also Gender Community):** A loose association of individuals and organizations who transgress gender norms in a variety of ways. Celebrating a recently born self-awareness, this community is growing fast across all lines. The central ethic of this community is unconditional acceptance of individual exercise of freedoms including gender and sexual identity and orientation.

**Transgenderist:** People who choose to cross-live full time, but who choose not to have Sex Reassignment Surgery/Gender Reassignment Surgery. They may or may not have some surgeries, and they may or may not use hormones.

**Ze:** Used in place of she/he, a new pronoun when you need to talk about an individual whose gender does not neatly fit into a particular box.

**Transition:** The period during which a transgender individual (usually transsexual) begins to live a new life in their gender. Also, includes the period of full-time living (Real Life Test) required before gender reassignment surgery.

**Transphobia (also genderphobia):** The irrational fear of those who are perceived to break and/or blur cultural/stereotypical gender roles, often assumed to be queer. Expressed as negative feelings, attitudes, actions or behaviors against those perceived as breaking and/or blurring cultural/stereotypical gender roles.

**Transsexual (also Female-to-Male (FTM/F2M), Male-to-Female (MTF/M2F), Pre-Operative, Post-Operative, Non-Operative):** A person who, through experiencing an intense long-term discomfort resulting from feeling the inappropriateness of their assigned gender at birth and discomfort of their body, adapts their gender role and body in order to reflect and be congruent with their gender identity. This may include cross-living, synthesized sex hormones, surgery and other body modification which may or may not lead to the feeling of harmony between a person's body and gender identity. The use of the word of 'transsexual' is being phased out, as many believe that it implies sexuality as the root of an individual's gender transition.



## **About the Western Montana Community Center**

*The Center is an open affirming environment for peoples of all sexual orientations and gender identity expressions. We empower our community through education, advocacy, and collaborative networking. We strive to be Western Montana's voice for the LGBTIQ community and allies.*

*We are proud to be a volunteer-based, community funded organization where we strive to make our little corner of Montana a better place to live!*

**GUIDE UPDATED APRIL 2019**



# **THE CENTER**

WESTERN MONTANA'S LGBTQ+ COMMUNITY CENTER SINCE 1999

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Missoula, MT 59802  
(406)543-2224

Email: [Info@gaymontana.org](mailto:Info@gaymontana.org)  
Web: <http://gaymontana.org>

## ***Questions, Comments, Need to Talk?***

### **General Questions / Comments**

Email: [info@gaymontana.org](mailto:info@gaymontana.org)  
Phone: (406)543-2224

### **Need to Talk?**

Contemplating Suicide?

**Trans Lifeline is here to help!**

Trans\* run / trans\* led suicide prevention

**US: (877)565-8860**

**Canada: (877)330-6366**

### **The Trevor Project**

24/7/365 Lifeline

866-4-U-TREVOR (866-488-7386)

### **TrevorChat**

*online instant messaging support*

<http://thetrevorproject.org/get-help-now>

### **TrevorSpace**

*An online international peer-to-peer  
community for LGBTQ young people and  
their friends.*

<http://thetrevorproject.org/get-help-now>

### **TrevorText**

*text base support*

Text "START" to 678678

### **Resources / Referrals**

<https://gaymontana.org/transgender-health/>  
Email: [transhealth@gaymontana.org](mailto:transhealth@gaymontana.org)  
Phone: (406)543-2224