Microaggressions on Transgender and Gender Non-Conforming People

Denial of Existence of Transphobia
- My therapist told me that I shouldn’t be offended by people’s transphobia.
- My therapist told me I complain too much about transgender civil rights issues.
- My therapist told me I complain too much about societal discrimination against transgender persons.
- My therapist told me I complain too much about how people react to my gender nonconformity.
- My therapist did not believe me when I discussed my experiences with transphobic discrimination.
- My therapist has told me that I shouldn’t be offended about other people not understanding my transgender identity.

*Discomfort/Disapproval of Transgender Experience
- I was told that I am gender nonconforming only because I want to get attention.
- My therapist told me that my transgender identity was just a phase.
- My therapist told me they were uncomfortable with me because of my transgender identity.
- My therapist told me that I am confused because I identify as transgender.
- My therapist acted uncomfortable when I discussed my transgender identity.
- My therapist’s body language made me feel out of place.
- My therapist’s body language made me feel like I could not talk about my sexuality or romantic relationships.
- My therapist’s body language made me feel like I could not talk about my experiences as a transgender person.
- My therapist appeared to be uncomfortable around me because of my gender identity.
- My therapist acted unfriendly or unwelcoming to me because I am transgender.

Exoticization
- My therapist asked me about my sexual experiences as a transgender person at an inappropriate time.
- My therapist stared at me because of my gender presentation.
- My therapist wanted to engage in a sexual act with me because of my gender nonconformity.

Assumption of Sexual Pathology or Abnormality
- My therapist assumed that my transgender identity was the result of child sexual abuse.
- My therapist told me that my trans identity was due to a mental illness.
- I was told that I have an identity disorder because I am transgender.

Denial of Bodily Privacy
- My therapist has asked me personal questions about hormone therapy when this was not relevant.
- My therapist has asked me personal questions about gender reassignment surgery when this was not relevant.
- My therapist assumed that it was okay for them to ask me about my sexual organs.
- My therapist asked me personal questions about my body parts when this was not relevant.

*Use of Transphobic and/or Incorrectly Gendered Terminology
- My therapist referred to me using transphobic language.
- My therapist has used transphobic slurs when describing me.
- My therapist called me by the wrong personal pronoun after I requested a different pronoun be used.
- My therapist told transphobic jokes around me.

*Assumption of Universal Transgender Experience
- My therapist assumed that all transgender people want to have sexual reassignment surgery.
- My therapist has asked me if I feel like I’m trapped in the body of another sex.

*Endorsement of Gendernormative and Binary Culture or Behaviors
Sub-theme: Expecting Binary Transition Norms
- My therapist has suggested that I act in gender conforming ways.
- Gender conforming clients were given preferential treatment over me.

Additional themes found in Johnson, 2014
- Expecting Education
- Ignoring Gender

(Johnson, 2014; Nadal, Skolnik, & Wong, 2012)