

FIRST DO NO HARM

Critical perspectives on sex & gender in healthcare



CONFERENCE

SATURDAY MARCH 23RD 2024

Clinical Advisory Network On Sex & Gender



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Critical perspectives on sex & gender in healthcare

A foreword from Baroness Dianne Hayter



“All patients - people with gender or sex uncertainties, together with their families - need the very best medical advice & therapy. In this emerging area, with untested interventions & a lack of long term follow up and data, it is even more important that we hold to the normal scientific approach: robust data collection, peer reviewed analysis & continuing debate to assist emerging knowledge & understanding. Particularly for young people, they & their parents & carers need the confidence to know that any interaction with a medical service, but particularly their first one, often with their GP, will be patient focused, ideology free & above all based on best evidence. This conference is important for helping to produce & improve the knowledge on which any treatment should be based.

We welcome you to First Do No Harm *critical perspectives on sex & gender in healthcare*, the first conference of its kind in the UK.

We are proud to be hosting this timely discussion on the provision of safe, evidence-based care for gender-questioning children & young adults. We hope this is the first of many such opportunities for health care professionals to meet & openly discuss vital medical, scientific, social & ethical issues in gender health care.

The Clinical Advisory Network on Sex & Gender is a group of UK & Ireland based clinicians calling for greater understanding of the effects of sex & gender in healthcare. We are calling for clinicians & healthcare professionals to work together to deliver excellent, evidence-based pathways for our patients & service users.

Thank you for your support.

CAN-SG Co Chairs



Dr Stella Kingett
Psychiatrist



Dr Louise Irvine
GP

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CAN-SG Conference 2024

Registration with coffee, teas & pastries	9:00
Welcome Dr Louise Irvine & Baroness Dianne Hayter	9:45
Keynote with Prof. Riittakerttu Kaltiala	10:00
Coffee, teas & refreshments	11:00
Panel 1 Safe evidence-based care	11:30
Lunch	13:00
Panel 2 Safeguarding in healthcare & education	14:00
Coffee, teas & refreshments	15:00
Panel 3 Gender questioning youth & detransitioners	15:30
Closing Plenary	16:20

Aims

Improve professional & public understanding of the nature of sex, gender, gender roles & identity, in regard to medicine & healthcare

Improve knowledge about the causes, consequences & treatments of gender dysphoria, drawing on best evidence

Promote free & respectful discourse on sex, gender & gender identity between healthcare professionals

Values

Compassion, respect for human rights & delivering the highest standards of treatment & care for our patients

'First, do no harm' means we take seriously the responsibility of all clinicians to examine potential harms associated with all healthcare interventions, especially when treating vulnerable populations, & to address uncertainty with research

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CONFERENCE 2024



Welcome & Introduction 09:45



DR LOUISE IRVINE

GP & CAN-SG co-chair

Dr Louise Irvine was a GP partner, trainer & programme director for GP trainees in Lewisham for many years, and is semi-retired but still working as a GP one day a week. Co-chair of CAN-SG she is an ardent campaigner for the NHS, & chaired the successful Save Lewisham Hospital Campaign.



BARONESS DIANNE HAYTER

Former Deputy Shadow leader of the Lords

Former Chair of the Labour Party, has sat on the NCC & National Patient Safety Agency & chaired the Legal Services Consumer Panel. Previously Shadow Brexit Minister, she has run a number of NGOs including Alcohol Concern, is on the board of the ABI & is a published historian.



Lessons from the Finnish youth gender service

PROF. RIITTAKERTTU KALTIALA

Chief Psychiatrist, Department of Adolescent Psychiatry, Tampere University Hospital, Finland

Tampere University Hospital is one of two nationally centralised gender identity units for minors in Finland. Prof. Kaltiala was the first leader of a national paediatric gender clinic to raise concerns regarding the risk-benefit ratio of treating gender dysphoric youth with puberty blockers & cross-sex hormones.

She advocated for evidence-based guidelines, & a subsequent systematic review of the evidence led to a significant change in national policy. Finland was the first country to revise the standard of care to prioritise noninvasive psychological approaches & restrict eligibility for hormonal interventions. A path that NHS England has now followed.

Prof. Kaltiala will talk about mental health issues amongst adolescents presenting with gender dysphoria & implications for their treatment.

She will describe her journey from being a leading practitioner of gender transitioning of minors to becoming profoundly concerned about the potential & unfolding harms, especially in relation to the growing cohort of adolescent girls presenting to gender clinics with complex mental health issues.

“When you are a physician who sees something is not working, it is your duty to organize, research, inform your colleagues, inform a big audience, & stop doing that treatment

Prof Kaltiala

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Panel One 11:30



Safe, evidence-based care for gender-questioning children & young adults



CHAIR DR HANNAH RYAN

CAN-SG Secretary, Royal Liverpool University Hospital

Registrar in clinical pharmacology & general medicine in Liverpool. She has an interest in evidence synthesis for policy, has authored several Cochrane Reviews, & has worked as a methodologist on guidelines projects in India.



PROF. MICHAEL BIGGS

Department of Sociology, Oxford University

Exposed the suppression of results from the Tavistock GIDS' study of puberty blockers, & is researching the Dutch protocol for treating children & adolescents with gender dysphoria. Concerned about the lack of evidence justifying endocrinological interventions, he has published on this subject in the Archives of Sexual Behaviour, the Journal of Sex & Marital Therapy, the Journal of Paediatric Endocrinology & Metabolism, & the Journal of Sexual Medicine. An expert witness in the case of Keira Bell & Mrs. A. versus Tavistock NHS Trust (2020).



PROF. SUSAN BEWLEY

Emeritus Professor of Obstetrics & Women's Health

The first woman trained in Maternal-Fetal Medicine in the UK, studied Medical Law & Ethics, & served as a consultant & Clinical Director of Womens Services at Guy's & St Thomas' Hospitals for nearly two decades. Her focus areas include severe maternal morbidity & domestic violence in pregnancy. Dr. Bewley has published original research in gender medicine. In later years, she was also a sexual offences forensic examiner & co-led the London Havens (Sexual Assault Referral Centres).



PROF. RICHARD BYNG

GP, Professor of Primary Care Research, University of Plymouth

A particular interest in primary care mental health & care of individuals with complex needs. Richard will talk about how current care for 17-25 year olds could be changed to reflect evidence & professional standards of practice.



DR MARGARET MCCARTNEY

GP, Senior Lecturer, University of St Andrews

A practising GP, Senior Lecturer in General Practice at University of St Andrews, she is an experienced, prize winning writer, author & broadcaster. Her research interests include policy making, risk communication, screening, conflicts of interest, bias, & evidence communication. Margaret will speak about the importance of evidence informed policy making.

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Panel One 11:30

Safe, evidence-based care for gender-questioning children & young adults



DR ANNA HUTCHINSON,

Clinical psychologist, recently an education lead for the new gender clinics in England

London based clinical psychologist with twenty-five years of front-line experience. She is the co-director of an independent practice. Clinically, she specializes in adolescent mental health & physical health.

Anna worked in the Gender Identity Development Service (GIDS) at The Tavistock Clinic between 2013 & 2017. Whilst there she witnessed unprecedented changes in the patient demographics, referral numbers & an emerging evidence base that challenged practice. Her publications document a shift in her thinking as a result – in 2016 she was writing from a gender affirmative position, by 2019–2020 she was discussing rapid/late onset gender dysphoria & detransition/regret. Her testimony alongside those of many colleagues formed a key part of the narrative in *Time to Think: The Inside Story of the Collapse of the Tavistock's Gender Service for Children*, by Hannah Barnes.

Since leaving GIDS, Anna has been working with others internationally to improve awareness of the complex needs of young people experiencing gender related distress. She continues to teach & write on the topic. Anna will talk about the need for ethical psychotherapy for young people & families coping with issues related to gender.

Panel Two 14:00

Safeguarding gender-questioning children & young people in healthcare & education

CHAIR DR LOUISE IRVINE

GP & CAN-SG co-chair



SONIA APPLEBY

Psychotherapist & former Safeguarding Children Lead at The Tavistock

Social worker; adult psychoanalytic psychotherapist, MSc. in health psychology, (research) & MBA. Sonia retired from the NHS in 2021 & works in private practice. Sonia was the Named Professional for Safeguarding Children & the Safeguarding Children Lead at the Tavistock & Portman NHS Foundation Trust. She lodged a whistleblowing claim at the London Employment Tribunal against her former employer for, inter alia, undermining her ability to perform her safeguarding role, & won. Sonia will discuss safeguarding children & young people in the context of organisational cultures that unwittingly pose a threat to patient safety.

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DR JANE MARTIN

Retired consultant psychiatrist & medical psychotherapist

Prior to training in medicine Jane qualified as a teacher, & worked in both secondary school & further education colleges. Jane has written about the effects of gender ideology on children. Jane will talk about social transition & the safeguarding & child welfare issues it raises, from her perspective as a clinician, & former teacher.



RACHEL CASHMAN

Co-founder PSHE Brighton

PSHEbrighton, a grassroots organisation for parents, teachers, governors, and social workers concerned about safeguarding of children in the school system in Brighton, Hove, and Sussex. Rachel will talk about her campaign and what it is trying to achieve.

Panel Three 15:30

Gender-affirming medicine: what's the harm? Addressing the needs of gender-questioning young people & detransitioners



CHAIR DR STELLA KINGETT

Consultant Psychiatrist & CAN-SG co chair

Works in NHS general adult community psychiatry in north London. She also has experience of working with patients experiencing homelessness & mental health issues, & in psychiatric assessment settings. She is the current chair of the women's mental health special interest group at the Royal College of Psychiatrists & is a member of the BMA consultant's committee. Her work with CAN-SG including this conference involve her speaking about her own views and not representing any other organisation.



RITCHIE HERRON

Speaking from a patient's perspective

Ritchie has been raising the alarm on the harm caused by gender affirmation over the last two years. At age 26, he began hormones & four years later had genital surgery, which he now deeply regrets. His mission is to raise the profile of vulnerable adults who make up the vast majority of transitioners, & to provide a platform in which their voices can be heard.



STELLA O'MALLEY,

Psychotherapist & Director of Genspect: Beyond Transition

Genspect is an international organisation that offers a healthy approach to sex & gender. Maintaining a private practice primarily dedicated to parenting, family dynamics &

teens, her work focuses on mental health & the importance of well-being. Stella's first bestselling book was *Cotton Wool Kids*, followed by *Bully-Proof Kids* in 2017, *Fragile*, in 2019 &, in 2023, *What your teen is trying to tell you*. She is co-host of the popular podcast, *Gender: A Wider Lens*. Stella is also the co-author, along with therapists Lisa Marchiano & Sasha Ayad, of *When Kids Say They're Trans*. Stella will discuss the vital need for physical & mental health services for the increasing number of transition regretters & detransitioners, & how they can be supported to move "beyond transition".



DR AZ HAKEEM

Consultant Psychiatrist

A leading expert in Gender Dysphoria in the UK with over 23 years clinical experience in the field. He is a Consultant Psychiatrist, Group Analyst & Honorary Clinical Associate Professor at UCL Medical School. He set up & ran a UK-wide specialist psychotherapy service for Gender Dysphoria within the NHS for 12 years. He describes himself as 'gender critical' & his latest book *DeTrans: when transition is not the solution* was published in October 2023. Az will talk about gender affirmative medicine & surgery as "modern conversion therapy" risking harm to gender questioning & gender non-confirming children & young people, & those who are exploring their sexuality.

Closing plenary 16:20

Future priorities for CAN-SG

Join us to discuss future plans for CAN-SG. We'd like to hear from conference attendees what they think our priorities should be over the coming year.

DR LOUISE IRVINE

CAN-SG co-chair

DR STELLA KINGETT

CAN-SG co-chair

If you are a health care professional & would like to be actively involved in the work of CAN-SG please consider becoming a member. Contact us at admincansg@can-sg.org

One of CAN-SG's aims is to provide opportunities for people to be informed about & to explore and discuss all issues related to sex & gender in healthcare. Please sign up for our newsletter & donate to support our work. Thank you.

Newsletter



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Our declaration

