

Scientific Journal of Applied Social and Clinical Science

Acceptance date: 20/09/2024
Submission date: 11/09/2024

GROUP WITH THE TRANSSEXUAL POPULATION - STRENGTHENING AND EMPOWERMENT

Fernanda Guadagnin

Pontifícia Universidade Católica do Rio
Grande do Sul
Porto Alegre/ Rio Grande do Sul
<http://lattes.cnpq.br/7752643416075467>

Renata Guadagnin

UniRitter
Porto Alegre/ Rio Grande do Sul
<http://lattes.cnpq.br/8613316875410870>

Anna Paula Villas-Bôas

Pontifícia Universidade Católica do Rio
Grande do Sul
Porto Alegre/ Rio Grande do Sul

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



Abstract: Since 1998, the Transdisciplinary Gender Identity Program (PROTIG) at the Hospital de Clínicas de Porto Alegre (HCPA) has been serving transgender people seeking gender-affirmative treatment in a public health service specializing in gender in southern Brazil. The aim of this article is to report on a group meeting with transgender women and the issues that affect their lives. It is known that the transgender population tends to experience numerous situations of inequality and is more subject to social vulnerability than the general population. The report is based on professional practice with PROTIG at HCPA and reflections on the situation of greater social vulnerability faced by the transgender population in Brazil.

Keywords: Transgender; group; strengthening; empowerment.

INTRODUCTION

The Transdisciplinary Gender Identity Program (PROTIG) provides individual and group care for transsexual people, i.e. those who identify as being of the opposite gender to their birth gender. This program seeks to assist the transsexual population who wish to undergo sexual reassignment surgery.

We will address issues brought up by patients, transsexual women, in a group that meets monthly.

It is worth noting that the names and data are fictitious in order to guarantee ethical confidentiality.

The trans women brought up the issue of age for discussion, as it is known that the life expectancy for the transsexual population in Brazil is 35 years.

One of the women said that age “For us, it represents resistance. I’m very proud of my age. We’re still the country that kills the most people.” (Trans woman 1, 47)

Another woman said that she had experienced various situations of prejudice and violence and now “I take care not to get hurt the way I’ve already been hurt.” (Trans woman 2, 33 years old)

The subject of age triggered the question of self-care and one patient said that “Respecting yourself - it’s not about aesthetics” (Trans woman 3, 42 years old). In the same vein, one patient said that “Trans women are better than cis women, we get beaten up by everyone and that’s still the case, a lot of them, right?” (Trans woman 4, 28 years old) They talked about the importance of “We are strong/resilient”. (Trans woman 1) and that many trans women “take their own lives - because they can’t take it.” (Trans woman 4)

The groups often provide an interesting space as a tool for exchanging ideas and experiences, contributing to empowerment in the face of the challenges faced by the transgender population. These are meetings mediated by a professional, with around 12 participants and lasting one hour, where they share life situations and ways of dealing with challenges along the way.