ANNUAL REPORT
2019

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PROGRAM IN HUMAN SEXUALITY
1970 - 2020

CELEBRATING FIFTY YEARS OF
REVOLUTIONIZING SEXUAL AND GENDER HEALTH

ANNUAL REPORT
2019
Revolutionizing the sexual and gender climate by eliminating barriers and advancing healthy sexuality.

Leadership in sexuality research, education, clinical care, and advocacy to promote positive sexual and gender health for all.
This was another amazing year for the Program in Human Sexuality. We have welcomed new postdocs, faculty, and staff. There has been a significant increase in new grants; an impressive number of publications, presentations, and awards; completion of our first cohort with their certificate in human sexuality, and accomplishments in our advocacy efforts. We continue to change the lives of our clients through compassionate, sex positive care. The list goes on.

It will be an exciting year in 2020. We will be celebrating 50 years of our accomplishments. We will lead the field for the next 50 years.

Based on our fundamental principles of changing the world towards a better sexual and gender climate, lifting up the disenfranchised, caring for those who suffer and optimizing sexual and gender health, we will do all of this the same way the pioneers of the program did it: with teamwork, collaboration, community connection, dedication, and passion!

We could not have accomplished this without the exceptional faculty, fellows, and staff of the Program. While we have done well in clinical, educational, and research income, philanthropic support has been critical to maintaining our excellence and investing in vital areas.

We face challenging times ahead. We are experiencing increasing threats to sexual and gender health of our nation. The fundamental right to sexual health is being challenged – abortion rights, contraceptive availability, funding for HIV and STI prevention, health care insurance for sexual health conditions, laws and policies guaranteeing basic rights of the LGBTQ community, and funding for much needed research in sexual health.

Now more than ever, we will continue to revolutionize the sexual and gender climate by eliminating barriers and advancing healthy sexuality. As we move to a premier institute of sexual and gender health, we are committed to providing the leadership needed to advance sexuality research, education, clinical care, and advocacy to promote sexual and gender health FOR ALL!

With the only two endowed Chairs in Sexual Health in the world, working to establish two new endowed positions in Clinical Sexual Health and Sexuality and Aging, and establishing our National Center for Gender Spectrum Health, we are poised to move the Program to an Institute level at the University of Minnesota. As the Program prepares for our 50th anniversary and with your continued support, we will create a lasting legacy, which will be impactful in ways that our founders only dreamed about. We will keep dreaming and turning those dreams into reality!

Best,

CHAIR IN SEXUAL HEALTH

Photo: Eli Coleman, PhD
Photo credit: Tim Rummelhoff
OUR WORK

CLINICAL CARE
Developing exceptional evidence-based clinical approaches to sexual health.

EDUCATION
Creating a nationally recognized center for sexual health education.

ADVOCACY AND PUBLIC POLICY
Advocating for sex and gender rights.

RESEARCH
Generating ground-breaking discovery through sexual health research.
HISTORICAL HIGHLIGHTS

1. Trained more postdoctoral fellows in human sexuality than any other institution.

2. Advanced sexual science through publications that have been cited more than 12,000 times.

3. Largest academic sexual health center in the United States.

4. Created the first two academic Chairs in Sexual Health in the United States.

5. Impacted thousands of people’s lives through clinical services.

6. Taught every medical student enrolled at the University of Minnesota in human sexuality since 1970.

7. Provided sexual medicine training to every family medicine resident for over 20 years.
EDUCATION
Advancing a nationally and internationally recognized center for sexual and gender health education.

We educate postdoctoral fellows, medical students, medical residents, outside clinics, and researchers in specialized sexual and gender health care and sexual and gender science.

The Program in Human Sexuality offers a post graduate, completely online, Human Sexuality Certificate in partnership with the College of Continuing and Professional Studies at the University of Minnesota. Since its inception, 103 people have enrolled in this certificate course.

PHS offers a free Massive Open Online Course (MOOC) entitled: *What does it mean to identify as Transgender or Gender Non-Conforming (TGNC)?* This online course is free for all, and has over 3,000 learners.
RESEARCH HIGHLIGHT
Advancing groundbreaking discovery through bio-psycho-social gender and sexuality research.

Drs. Bean Robinson and Jennifer Connor were awarded a five-year National Institutes of Health grant from the Eunice Kennedy Shriver Institute of Child Health and Human Development. Titled “Our body, Our health / Jirkeena, Caafimaadkeena,” this project studies female genital circumcision, sexual pain, and sexual health.

The National Institutes of Health’s National Pain Strategy notes the importance of addressing pain in populations of color to reduce health disparities. One such population is female refugees who have experienced female genital circumcision, which can contribute to sexual pain.

This research project is investigating factors that may contribute to increased risk of developing chronic sexual pain among circumcised Somali American women living in Minnesota.

The overall goal of the research is to gather information that may used by mental health and medical professionals to provide culturally sensitive and empirically informed healthcare.
CLINICAL CARE
Develop, provide, and promote evidence-based best clinical care.

We make profound and lasting changes in the lives of individuals, couples, and families of all backgrounds and ages by providing the best available clinical care by highly skilled clinicians.

We care for people with a variety of needs:

- Relationship and sex therapy
- Compulsive sexual behavior
- Transgender and gender-diverse health services
- Sexual and gender medicine for a variety of issues
In 2019, the Program in Human Sexuality appointed **Dr. Katie Spencer** as its new Director of Advocacy and Public Policy. Dr. Spencer has a long history of collaborating with local, national, and international organizations to provide expert consultation on public policy initiatives. Dr. Spencer will set an advocacy and public policy agenda for the efforts within the Program in Human Sexuality to keep science at the forefront of public policy with regards to sexual and gender health.

Faculty participated in many advocacy efforts in 2019. Highlights include:

- Working with the World Association for Sexual Health (WAS) on a sexual pleasure declaration.
- Working with the World Association for Sexual Health (WAS) on a declaration of transgender rights.
- Serving on the revision committee for the World Professional Association for Transgender Health's Standards of Care Document.
- Working with the National Academy of Science, promoting sexual health approach to STI prevention and treatment.
- Developing global indicators of sexual health with the World Health Organization (WHO).
- Working with the World Health Organization (WHO) as an advisor to ICD reclassification.
- Working with JustUs Health, Minnesota Department of Health, to advise and provide professional expertise on medically necessary use of puberty suppression medication and gender affirming hormones in youth.
- Working with the Minnesota Department of Commerce to appeal insurance denials of treatment reimbursement for sexual dysfunctions and gender affirming medical care.
- Working in collaboration with JustUs Health, Senator Tina Smith’s office, and the Minnesota Department of Human Services to include coverage for medications for gender affirming care of youth, including hormones and puberty suppression.
ACCOMPLISHMENTS

- Advanced sexual health and rights through collaboration with international health organizations
- Provided infrastructure and faculty support for professional development
- Provided seed funding for research activities
- Provided infrastructure support for communications to stakeholders
- Provided support for philanthropic development
- Developed a Declaration of Sexual Pleasure for the World Association for Sexual Health
ACCOMPLISHMENTS

- Directed Medical School course in human sexuality
- Revised sexual health medical course final exam using simulated patients and taking sexual histories
- Evaluation of the impact of Sexual Health Education Scale (SHEPS)
- Launched LGBT elective for medical students in partnership with Family Tree Clinic and PRIDE Institute
- Thirteen peer-reviewed journal articles published
- U of Minnesota Innovation grant: collecting data on MSM in East Africa and sexual health educational sources
- NIH R01 currently funded for five years, teaching and evaluating sexual health to medical and nursing students in Tanzania
- Developing sexual health education evaluation tool for health professionals and norming it
- Developing an additional MOOC in sexuality and disability
The need for advancement in the field of clinical sexual health has never been greater. In the 1970s there were an estimated 50 centers dedicated to the science of human sexuality. Now just vestiges of these programs remain, many of which are dedicated to narrow subject areas such as HIV or other diseases.

The Program in Human Sexuality is uniquely positioned to maximize the impact of an endowed chair in clinical sexual health. With two endowed chairs already established at PHS, we have the academic support and infrastructure in place to guide this new faculty member into a challenging and rigorous environment of excellence.

We are also honored to have the collaborative support of PHS faculty Bean Robinson, PhD, as we seek to raise philanthropic support through the generosity of donors who share our passion for revolutionizing the sexual climate by eliminating barriers and advancing healthy sexuality.
The majority of people over 50 continue to be sexually active. We know that is a good thing for overall health and wellbeing—but we also know that aging brings both physical and emotional changes in our experience of sex and intimacy. Less is known about how to assist people in navigating through those changes to maintain a high quality of life.

There is a critical need to advance research and scholarship that improves the practice of clinical sexual healthcare in an aging population. With our strong foundational work in these areas, the Program in Human Sexuality is the right place for this progress to be made.

Pepper Schwartz, PhD, is a sociologist and sexologist who teaches at the University of Washington in Seattle. She is Past-President of the Society for the Scientific Study of Sexuality, and has received the national award from the American Sociological Association for Public Understanding of Sociology.
The mission of the Center is to eliminate gender-based stigma and discrimination, support the development of healthy gender identity development for all across the lifespan, and to improve the quality of health and life of transgender and gender diverse individuals and patients, families, and communities through scientific research, clinical practice, policy work, and education.

The National Center had a very successful year. Some recent accomplishments include:

- Received $87,500 in grant funding
- Published in 15 peer-reviewed journals and publications
- Gave over 100 presentations across five international conferences, 12 national conferences, and 15 local conferences, reaching thousands of people
- Spearheaded an international initiative for the importance of transgender sexual rights

Some current projects of the National Center for Gender Spectrum Health:

- Completing a handbook for transfeminine women, post gender confirmation surgery, to support sexual pleasure education
- Developing a multimodal (online) educational curricula to train providers in the GALA™ model
- Serving on the WPATH Standards of Care document revision committee

Learn more at: z.umn.edu/ncgsh
LEADERSHIP AND ADVISORY COUNCILS


NOT PICTURED: Jared Altschul, Carol Ball, Fred Ettner, Randi Ettner, Tom Hoch, Andrea Jenkins, Chris Kraft, Keith Laken, Eric Meininger, Lou Paget, Tom Reise, Lydia Roth-Laube, Loren Schechter, Bill Stayton.

Photo: Ethan O’Brien

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Assistant Professor
Director of Advocacy
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Rachel Becker-Warner, PsyD
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Child and Adolescent Gender Services Coordinator

Jamie Feldman, MD, PhD
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Abby Girard, PsyD
Assistant Professor,
Relationship & Sexual Therapy Coordinator

Rosemary Munns, PsyD
Assistant Professor

Nic Rider, PhD
Assistant Professor

Bean Robinson, PhD
Professor

Elliot Tebbe, PhD
Assistant Professor

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Photo credits: Tim Rummelhoff
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- Nicholas Newstrom, PhD, LMFT
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- Jacinta Onyinyechi Anyanwu, Intern
- Amy Ash, Research Program Coordinator
- Nova J. Bradford, Graduate Research Assistant
- Jacqueline Braughton, Graduate Research Assistant
- Muzi Chen, PhD, Research Data Manager and Analyst
- Heidi Fall, Research Administrative Coordinator
- Neil Gleason, Volunteer
- Sadiya Hassan, Intern
- Kat Kugler, Volunteer
- Hibak Roble, Intern
- Munira Salad, Community Engagement Specialist
- Catherine Schaefer, Administrator
- Jaya Stenquist, Intern
- Zhamin Yelgezekova, Graduate Research Assistant

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- Stephanie Cardenas, Billing Operations Manager
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- Ethan O’Brien, Communications Officer
- Raquelle Paulsen, CGC Intake & Referral Coordinator
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**Adjunct Faculty**
- Bill Stayton, ThD, PhD

**Annual Report**
- Ethan O’Brien, designer, editor, photographer
- Tim Rummelhoff, photographer
- Eric Collins, Heidi Fall, Robert Kirby: editors
AFFILIATED RESEARCHERS AND CONSULTANTS

Awa Cawo Abdii, PhD, UMN, Sociology
Foos Afey, SoLaHmo Community Researcher
Anette Agardh, PhD, MPH, RNM, Lund University, Sweden
Rox Anderson, Board Chair, Minnesota Transgender Health Coalition
Eunice M. Areba PhD, PHN, RN, School of Nursing, UMN
Lynn Barclay, American Sexual Health Association
Anthony Beech, PhD, University of Birmingham
Jill Bengston, MPA, Department of Family Medicine and Community Health, UMN
Rigmor Berg, PhD, University of Tromsø, Norway
Jens Berli, MD, Oregon Health & Science University
Walter Bockting, PhD, Columbia University
Liz Boyle, PhD, Chair Sociology Department, UMN
Sonya Brady, PhD, School of Public Health, UMN
Stephanie Budge, PhD, University of Wisconsin
Leonardo Candelario-Perez, PhD, HealthPartners
Nicole Chaisson, MD, Smiley’s Clinic, M Health Fairview
Umar Choudry, MD, Department of Surgery, UMN
Franca Cortoni, PhD, School of Criminology, Universite de Montreal
Nathalie Crowley, Associate Executive Director, Family Tree Clinic
John Douglas, MD, Executive Director, Tri-County Health Department, Greenwood Village, CO
Trevor Dunn, PhD candidate, Univ. of TN
Peter Eckman, MD, Asst. Prof., UMN Cardiology
Laura Edwards-Leeper, PhD, Associate Professor, Pacific University, Hillsboro, OR
Gillian Einstein, PhD, Department of Psychology and Department of Public Health Sciences, University of Toronto
Marla Eisenberg, ScD, MPH, Department of Pediatrics, UMN
Joycelyn Elders, MD, MS, Professor Emeritus, University of Arkansas School of Medicine, Little Rock, AR
Susan Everson-Rose, PhD, MPH, Program in Health Disparities Research, UMN
Angela D. Ferguson, PhD, Department of Human Development and Psychoeducational Studies, Howard University
Jessie V. Ford, PhD, MSc, School of Sociomedical Sciences at Columbia University’s Mailman School of Public Health, Columbia University
Stephen L. Forssell, PhD, Department of Psychology, The George Washington University
Joshua A. Goodman, PhD, Bates College
Cesar Gonzalez, PhD, Mayo Medical Center
Amy Gower, PhD, Department of Pediatrics, UMN
Arnold H. Grossman, PhD, Department of Applied Psychology, New York University
R. Karl Hanson, PhD, Carleton University, Ottawa, Ontario
Bernie Harlow, PhD, Professor, Boston University School of Public Health
Antonia J.Z. Henderson, PhD, Professor, Langara College, Vancouver, BC, Canada
Dagoberto Heredia Jr, PhD, Medical Psychology Fellow at Mayo Clinic
Sarah J. Hoffman, PhD, MPH, MSN, RN, School of Nursing, UMN
Keith Horvath, PhD, Associate Professor, San Diego State University
Shanda Hunt, MPH, Public Health Librarian and Data Curation Specialist, UMN Bio-Medical Library
Intisar Hussein, MSW, LGSW, SoLaHmo Community Researcher
Megan B. Ivankovich, MPH, Women Influencing Health, Education, and Rule of Law, Vienna, VA
Tera Jansen, PsyD, LP, CST, Natalis Counseling & Psychology Solutions
Erick Janssen, PhD, Institute for Family and Sexuality Studies, KU Leuven, Belgium
Lenny Jennings, PhD, Professor of Professional Psychology, University of St Thomas
Crista Johnson-Agbakwu, MD, Arizona State University
Colt Keo-Meier, PhD, Private Practice, Houston, TX
Nicholas Kim, MD, Division of Plastic and Reconstructive Surgery, UMN
Raymond Knight, PhD, Professor, Brandeis University
Markus Larsson, MA, Associate Researcher in Social Medicine and Global Health, Lund University, Sweden
Scott Leibowitz, MD, Nationwide Children's Hospital, Columbus, OH
Sebalda Leshabari, PhD, MPH, Senior Lecturer in Nursing, Muhimbili University of Health Sciences, Dar es Salaam, Tanzania
Elizabeth Letourneau, PhD, Assoc. Prof., Johns Hopkins University
Angela Lewis-Dmello, MSW, LICSW, Community Adjunct Faculty member at the UMN School of Social Work
Alissa Light, Executive Director, Family Tree Clinic
Carrie Link, MD, Department of Family Medicine, Smiley's Clinic, M Health Fairview
Angus MacDonald III, PhD, Associate Professor, Department of Psychology, UMN
Cristina L. Magalhães, PhD, California School of Professional Psychology
Robert McGrath, PhD, Private practice, Vermont
Jennifer McGuire, PhD, UMN Family and Social Sciences
Barbara J. McMorris, PhD, School of Nursing, UMN
Fatima Sharif Mohamed, MD, Integrated Residency in Ob-Gyn, Phoenix, AZ
Tammy Neiman, PhD, RN-BC, PHN, School of Nursing, Minnesota State University, Mankato
Susan Newcomer, Former Project Officer at the National Institutes of Health
Kevin Nunes, PhD, Carleton University, Ottawa, Ontario, Canada.
Joyce Nyoni, PhD, Professor of Anthropology and Sociology, University of Dar es Salaam, Tanzania
Katarina Görts Öberg, PhD, Karolinska Institute, Stockholm, Sweden
Shannon Pergament, MPH, MSW, SoLaHmo
Karina Quevedo, PhD, LP, Division of Child and Adolescent Psychiatry UMN
Nancy Raymond, MD, Medical School, University of Wisconsin
B.R. Simon Rosser, PhD, MPH, School of Public Health, UMN
Josh Safer, MD, FACP, Associate Professor of Medicine and Molecular Medicine, Boston University School of Medicine
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Laurie A. Sieve, DNP, RN, PHN, CNE, Henrietta Schmoll School of Health, St. Catherine University
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Felicia Washington Sy, PhD, MSW, LICSW, Executive Director, Reclaim!
Scott Woolley, PhD, Professor, Alliant International University
The Program in Human Sexuality’s Leadership Council is comprised of over two dozen dedicated volunteer leaders in sex research, therapy, education, advocacy, medicine, and policy. They gather twice yearly to provide counsel, suggestions, feedback, and recommendations to PHS faculty and staff. Stacey Mills is the current Council Chair.

The Leadership Council is an essential support of PHS’ sexual health advocacy through inviting donor pledges to support the wide-ranging services and programs under the PHS umbrella. In the past year, the Leadership Council has continued to focus on completing fundraising and pledges for The National Center for Gender Spectrum Health, the Bean Robinson Chair in Clinical Sexual Health, and the Pepper Schwartz Professorship in Sexuality and Aging. As PHS approaches the 50th year since its founding, the Leadership Council will continue to be devoted to the work of listening, expanding the PHS community of donors and deliberative feedback drawn from collaborative conversation within the Council, PHS faculty and staff, and the regional and national community of sexual health allies and advocates.

Doug Braun-Harvey
Vice Chair, Leadership Council
We believe in Eli’s goals of treating everyone as a unique person, especially in their personal self-determination to define themselves. I think that we will find that personal behaviors, including sexual definitions, are largely influenced by genetics even though the identification of combination of alleles is insufficient to support that hypothesis. Keeping in touch with PHS is a way to follow this subject.

Our support of the PHS aligns with our philanthropic values. We believe that everyone should be able to have the best possible personal life that circumstances will permit. Sexual health is integral to a person’s sense of their overall being and the PHS offers support for the individual as a valued entity rather than a member of one class or another.

Human sexuality is a largely neglected field, due to the discomfort of addressing sexual dysfunction. Eli is a visionary and has the charisma to attract people that need help and others who can help him with his mission. The Bean Robinson Endowed Chair in Clinical Sexual Health is one obvious way that Eli can find a strong individual to help him bring his vision into being.
## PHILANTHROPIC SUPPORT

### Bean Robinson Chair in Clinical Sexual Health

**$100,000 or more**
- TAWANI Foundation
- Bean Robinson and Walter Sawicki

**$25,000 - $99,999**
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RESEARCH PROJECTS

**Relationship and Sex Therapy**

*Treatment of Consequences of Female Genital Cutting*
Bean Robinson, PhD, is the Principal Investigator. Jennifer Connor, PhD, LMFT, and Michael Miner, PhD, are Co-Investigators of this study funded by the National Institutes of Health.

*Contributing Factors in Sexual Desire Discrepancy Among Couples*
Abby Girard, PsyD, is the Principal Investigator. Funded by the University of Minnesota’s Grant-in-Aid program.

**Child and Adolescent Gender Health**

*Body Dysphoria Among Pre-Pubescent Children with Gender Dysphoria*
Dianne Berg, PhD, is the Principal Investigator of this study funded by the University of Minnesota's Grant-in-Aid program. Ghazel Tellawi, PhD, is a Co-Investigator.

*School Nurses’ Experiences Working with Transgender and Gender Diverse Students*
Tammy Neiman, PhD, is the Principal Investigator. Nic Rider, PhD, is a Co-Investigator. Funded by The Glen Taylor Nursing Institute for Family and Society at Minnesota State University, Mankato.

*School Nurses’ Experiences Working with Transgender and Gender Diverse Students*
Laurie Sieve, MSN, is the Principal Investigator. Nic Rider, PhD, is a Co-Investigator. Funded by St. Catherine University’s GHR Foundation Innovative Scholarship Grant.

*School Policies and Practices to Prevent Bias-Based Bullying in Schools: A Multimethod Pilot Study*
Marla Eisenberg, ScD, MPH, and Marizen Ramirez, PhD, MPH, are Principal Investigators, Nic Rider, PhD, is a Consultant. Funded by the Department of Pediatrics, University of Minnesota.

**Sexual Health Education**

*Sexual Health Training for Health Professional Students in Tanzania*
Simon Rosser, PhD, MPH, is the Principal Investigator and Michael Ross, MD, PhD, MPH, is a Co-Investigator of this study funded by the National Institutes of Health.

**Compulsive Sexual Behavior**

*Compulsive Sexual Behavior Research*
Eli Coleman, PhD, is the lead investigator for these research projects focused on better defining, diagnosing, and treating compulsive sexual behavior.

**Sexual Offending**

*Mobilizing the Evidence into Best Practices for Reducing Sexual Re-Offending*
Michael Miner, PhD, is the Principal Investigator, funded by the National Institutes of Health.

*Mobilizing the Evidence into Best Practices for Reducing Sexual Re-Offending*
Franca Cortoni, PhD, is the Principal Investigator, Michael Miner, PhD, is a Co-Investigator on this project funded by the Social Science and Humanities Research Council of Canada.
RESEARCH PROJECTS

Sex Offender Treatment Intervention and Progress Scale (SOTIPS) Implementation Evaluation Project
Michael Miner, PhD, is the Principal Investigator of this study funded by the National Institute of Justice of the Department of Justice.

Lesbian/Gay and Bisexual Health

Restore: Improving Sexual Outcomes of Gay and Bisexual Prostate Cancer Survivors
Simon Rosser, PhD, is the Principal Investigator and Michael Ross, MD, PhD, MPH, is a Co-Investigator of this study funded by the National Institutes of Health.

Forced migration and SOGIE (sexual orientation, gender identity & expression): An initial field assessment of health experiences of LGBTQ+ urban refugees in Kenya
Nic Rider, PhD, is the Principal Investigator, funded by the University of Minnesota’s Human Rights Lab.

Intersectionality, health, and resilience: A Photovoice project with LGBTQ youth of color
Nic Rider, PhD, is the Principal Investigator. Funded by the University of Minnesota’s Grant-in-Aid program.

PUBLICATIONS

Compulsive Sexual Behavior


Lesbian, Gay, and Bisexual Health


Relationship and Sex Therapy

PUBLICATIONS

Sexual Health and Rights


Sexual Health Education


Sexual Offending


Child and Adolescent Gender Health


PUBLICATIONS


**Transgender Health**


**Miscellaneous**


PRESENTATIONS

Relationship and Sex Therapy

Girard, A. (2019, October). *Navigating sexual health concerns in therapy and primary care.* Invited presentation at M Health Fairview Counseling All Staff Day, Minneapolis, MN.

Sexual Health and Rights


Sexual Health Education


Sexual Offending

Miner, M. H. (2019, November). *Attachment and how it relates to sexual offending behavior in adolescent males.* Presentation at the 38th Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Atlanta, GA.

Child and Adolescent Gender Health


Rider, G. N. (2019, February). *How to communicate with your child about gender identity*. Invited speaker for a panel discussion at the Breck School, Golden Valley, MN.


**Transgender Health**

Berg, D. (2019, November). *Considerations for creating a (more) LGBTQA+ care environment*. Invited presentation at the LeaderWise Retreat, Minneapolis, MN.

PRESENTATIONS


Coleman, E. (2019, October). Gender affirmation: A global perspective. Invited keynote at Principles in the care of transgender and intersex patients, CME course, Mayo Clinic, Rochester, MN.

Coleman, E. (2019, April). What kinds of interventions are medically appropriate for gender diverse persons? Invited presentation at Symposium on Care for Persons with Gender Dysphoria, United States Conference of Catholic Bishops Offices, Washington, DC.


Miscellaneous


Kane, M. J., & Feldman, J. (2019, September). The victorious US women's soccer team and the fading gender divide. Invited presentation at the Center for the Study of Politics and Governance, Humphrey School of Public Affairs, University of Minnesota, Minneapolis, MN.


Robinson, B., & Connor, J. (2019, March). Sexuality, HIV Prevention & female genital cutting: Perspectives from Somali women living in the U.S.A. Department of Family Medicine and Community Health Faculty Research Presentation, University of Minnesota Medical School, Minneapolis, MN.

Ross, M., & Kashiha, J. (2019, July). Gender nonconformity in MSM in East Africa is a better predictor of health worker abuse than revealing they are homosexual. In J. Aminoff & K. Jonas (Chairs), Men who have sex with men – insights and pathways. Symposium at the AIDSImpact 14th International Conference, London, United Kingdom.