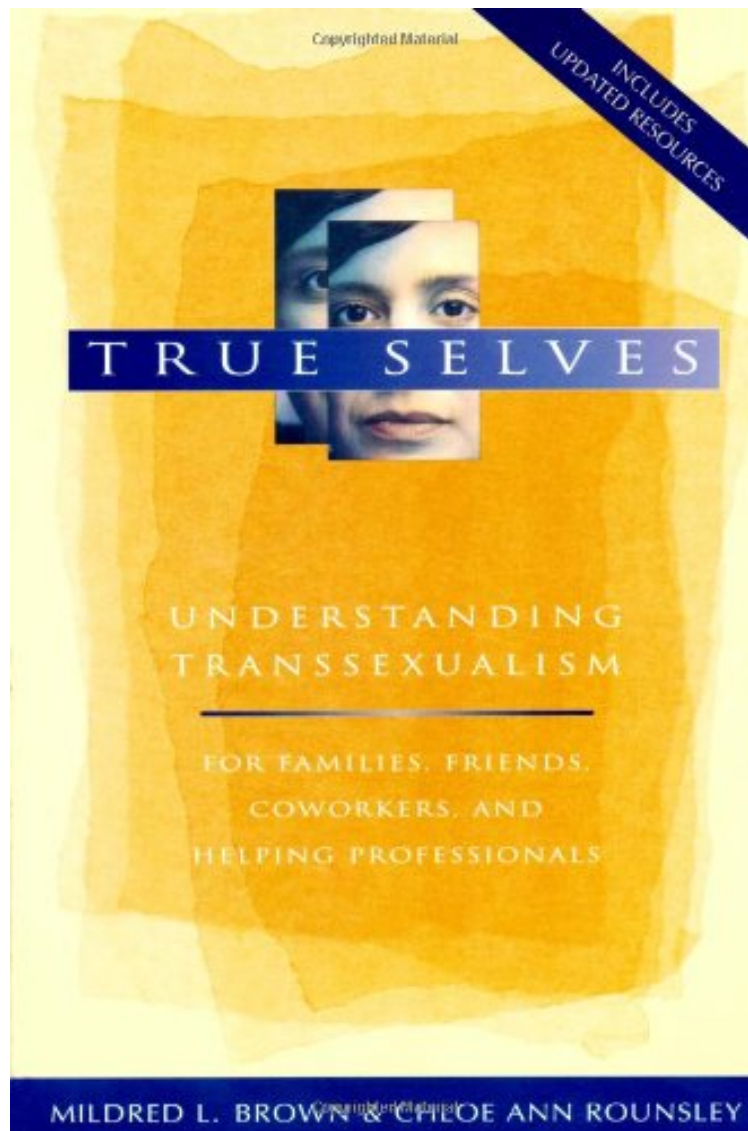


[Mobile ebook] True Selves: Understanding Transsexualism--For Families, Friends, Coworkers, and Helping Professionals

## True Selves: Understanding Transsexualism--For Families, Friends, Coworkers, and Helping Professionals

*Mildred L. Brown, Chloe Ann Rounsley*

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**Mildred L. Brown, Chloe Ann Rounsley : True Selves: Understanding Transsexualism--For Families, Friends, Coworkers, and Helping Professionals** before purchasing it in order to gage whether or not it would be worth my time, and all praised True Selves: Understanding Transsexualism--For Families, Friends, Coworkers, and Helping Professionals:

1 of 1 people found the following review helpful. Very Good, With Some Caveats  
By Brettany R. Blatchley  
I am writing as a transsexual woman who has lived in her true gender for well over a year, having begun her transition about five years previously...First, I had heard that this book was an excellent introduction for both lay persons and people in the helping professions. I had already done extensive research into transgenderism and transsexuality and I am in advanced stages of my own transition; living as a woman in reasonable comfort, I really did not expect to learn much new, but was interested in comparing my experience with others. I was also looking for a book that I could loan to others who might need to learn about this topic quickly and easily. I have to say that I was unexpectedly moved by this book, finding myself in copious tears at many points as I felt \*very validated\*. For me, that was worth the price of the book and time to read it, and speaks to its power. The writing style of the book really took me by surprise: it seemed very much less sterile than other treatments on the subject by other people in the helping professions. I really feel like Ms. Brown knows us (yet, there are a number of ways in which my transsexual/transitional experience is significantly different from many other TS people I know.) One thing I found a bit uncomfortable was doctor Brown's nearly constant referral to us as "patients," and I \*do\* get that: she's a psychotherapist, and she very much approaches transsexuality as a medical issue. But, I'm not sure that I feel really comfortable as a patient...maybe a client would be better in the context? Another thing, more serious, is doctor Brown's view of who decides we are transsexual. From what she writes, she seems to think that it is professionals like herself that decide who is and who is not a transsexual. My understanding of the consensus of people helping us is that transsexualism is largely a self-diagnosed condition. Rather than analyzing us to determine if we fit into the DSM criteria for (then, Gender Identity Disorder / now, Gender Dysphoria) their job is to help us critically examine ourselves to help us determine where we are with our gender issues, whilst handling possible co-morbid issues (like clinical depression or potential personality disorders) in a more conventional way.....In short, I needed my therapist to help me acquire tools to better understand myself; I needed her honest mirroring; I needed her "sanity-checks;" at times, I also needed her disinterested authority to check me. BUT I \*did not\* need her to tell me whether I was transsexual: I determined that for myself, and I am freed by it. Doctor Brown's implication that the "professional knows best" left a bit of a paternalistic taint on what is otherwise very helpful information...My final issue with the book is that it needs to be revised to account for advances in our understanding of the transsexual phenomenon. For example, this edition does not reflect the historic fact that DSM-V has de-pathologized transgender, transsexual and gender variant people. We are not sick; we are different. Some of us have difficulty dealing with our condition, especially transsexuals, and various forms of medical and social assistance can help us deal with our condition better. Statistics citing transsexual prevalence and attempted suicide rates are seriously understated. Doctor Lynn Conway has shown that transsexual prevalence is nearly two orders of magnitude greater than the (very old) statistics quoted in this edition: transsexualism is more common, than say, muscular dystrophy. Better statistics for the attempted suicide rate of transgender/transsexual people now exist, putting the rate as high as 41%. Before I pass this book on to others, I will make margin-notes citing the better statistics, changes in terminology and a few other things. All in all, the book is compassionate, informative, inspiring, and evocative. It is worth adding to your library and also to loan to others to help them understand this difficult condition. It does approach all this from doctor/patient perspective, which some of us in the transgender community may find chaffing. A new edition taking into account recent advances would likely earn five-stars from me. (For people who may be interested, I have links to more recent statistics and other information in my blog: [GracefullyTrans.wordpress.com](http://GracefullyTrans.wordpress.com).)

5 of 5 people found the following review helpful. Also excellent for the Trans community!  
By Jane Ireland  
This is one of the first books I read on my "yellow brick road." Even though it is written to families, friends and co-workers, I felt that Millie and Chloe Ann were writing directly to me. I was so touched by their insight into my life-long condition, struggle, and transition path that I repeatedly wanted to give them a big hug! The quality of the manuscript is excellent. I was impressed with the organization and structure and how the content flowed. It reads well and is a book to which I am proud to point others, which I have often done! Regarding the authors' emphasis on the Standards of Care, it is important for our friends and loved ones to know that we are following a proven protocol and not "out there" blazing our own trails. As I read the autobiographies by Donna Rose, Jennifer Boylan, Renee Richards, Deirdre McCloskey, Jan Morris and others, they so encouraged me that this is a mountain I can climb, a summit I can reach. Thankfully, there are exceptions to the norm where grace is extended but for the most part, whether MTF or FTM, there are milestones common to us in the transgender community as we cross over. "True Selves," with sensitivity, overlays those required steps on a timeline aided with professional medical support, known as the Standards of Care. Our path is one of great courage as we forget what lies behind to lay hold of who we are. We must be willing to sacrifice everything in order to realize our dream and we need all the support we can get. This book provides a tremendous amount of support.

0 of 0 people found the following review helpful. Educate Yourself about Transsexualism to Truly Understand It  
By Lee Brockmann  
If you want to be educated (and understand) transgender and other sexual orientation issues, this is THE BOOK to buy!! In fact, it is the book that some transgender individuals have bought to give to friends and family members...to help them understand. It is well-written (by someone who knows how to write!) and well researched (by a doctor who specializes in the care of transgender people)....And it is very "readable." I have bought multiple copies for my church library, because I want to be sure that our members learn that transgender folks,

and those of other sexual orientations, are just trying to be their "True Selves." Great book! Buy it! I highly recommend it!!

Combines authoritative information and humanitarian insight into the transsexual experience Filled with wisdom and understanding, this groundbreaking book paints a vivid portrait of conflicts transsexuals face on a daily basis--and the courage they must summon as they struggle to reveal their true being to themselves and others. True Selves offers valuable guidance for those who are struggling to understand these people and their situations. Using real life stories, actual letters, and other compelling examples, the authors give a clear understanding of what it means to be transsexual. They also give other useful advice, including how to deal compassionately with these commonly misunderstood individuals--by keeping an open heart, communicating fears, pain and support, respecting choices.

From BooklistBrown and Rounsley's solidly based introduction to many aspects of living as a transsexual provides general information about the dilemma of feeling trapped in the wrong physical gender, about such a person's development, and about locating a gender therapist. Brown and Rounsley also detail the process of transition between genders, starting with legal and identity changes and proceeding to changing outward modes of self-presentation (they include sample "coming-out" letters to employers, coworkers, friends, and family members) and dealing with bathroom issues, hormone treatments, surgical options, and guidelines for finding social support. First-person accounts from transsexuals augment general readability and put human faces on the issues discussed. Whitney Scott "I would strongly recommend this book as a primer for anyone interested in this topic." (Archives of Sexual Behavior, 35:2)From the Inside FlapWhile transsexualism may seem a rare phenomenon, statistical data indicates that about 1% of the population is transsexual. Add to that number the friends, family, coworkers, and professionals who treat them, and it becomes apparent that the experience of transsexualism affects a great number of people.Mildred Brown--one of the country's most experienced clinicians in the field of transsexualism--and journalist Chloe Rounsley have written the first book that combines authoritative information and compassionate insight into the transsexual experience. Filled with wisdom and understanding, this groundbreaking guide paints a vivid portrait of the myriad conflicts transsexuals face on a daily basis and the courage they must summon as they struggle to reveal their true essence to themselves and others. Using real-life stories, actual letters, poems, and other compelling examples, the authors give a clear understanding of what it means to be transsexual. And the book offers important recommendations for the friends, families, coworkers, and professionals who treat these commonly misunderstood individuals. In addition to breaking down common misconceptions about transsexualism, the book offers important recommendations and guidance about dealing with both the phenomena and with the transsexual person.The authors illustrate how the support of family, friends, and professionals can help ease the burden of confusion, fear, and frustration that plagues the lives of transsexuals. And, the book provides a wealth of down-to-earth information including: A clear explanation of the differences between transsexuals and homosexuals, lesbians, transvestites, drag queens, and female impersonators Basic information about the emotional and physiological components of the transsexual experience that will help to demystify this often misunderstood group Suggestions for friends and family to help them cope during the difficult adjustment period