

A boring talk

Dr James Barrett

Recent Study

- Nottingham Gender Identity Clinic
- Took May 2016 to May 2017 cohort
- Pseudorandomised by first letter principle to get 303 files

Results

- One person detransitioned
- Subsequently retransitioned with success
- Two others had detransitioned and subsequently retransitioned before being seen by the clinic
- Overall rate is 0.99%
- Reason in all three cases was lack of family support

Similar analysis of CX

- Looked at 15 years of data
- Rate was also about 1%
- 80% of detransitioners subsequently retransition with success
- Of those who remain detransitioned 80% express no regret

Conclusions ?

- Rate of detransition in NHS services is about 1%
- Detransition is NOT synonymous with regret and not necessarily permanent
- These figures are akin to those for laser eye surgery

What about the children ?

- Increase in referrals is predominantly middle adolescence
- Pre-pubertal referrals do not show the same increase
- Expressions of concern induce a sense of deja vu in me
- Sudden onset gender dysphoria has parallels

Counselling ?

- All depends on what you mean by counselling
- No contract, no therapy
- Those advocating counselling seem to have an unstated aim in mind