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 detranstioned 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 déjà 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