



Trans Health Project

Working for Transgender Equal Rights

Facial surgery for gender dysphoria - Mental health professional checklist

Use this checklist to ensure that each element is included in your letter. Use language that is client specific; do not simply copy this checklist.

Identification of the procedure and diagnosis (per WPATH SOC p. 28)

- The client's general identifying characteristics (describe their appearance, to prevent letter swapping)
- The duration of the mental health professional's relationship with the client, including the type of evaluation and therapy or counseling to date
- Results of the client's psychosocial assessment, including any diagnoses
- Procedure needed

Narrative account of gender dysphoria

- Show "Persistent, well-documented gender dysphoria" (SOC p. 59)
- If the patient is nonbinary, explain their face dysphoria or gender goals
- Narrative of the person's trans history, including hormone use
- Narrative of symptoms
- Long-standing desire for surgery
- Note any history of depression, anxiety, self-harm, alcohol/drug use, suicidality, etc. related to their gender dysphoria

Describe specific harms experienced by untreated patient

- Discussion of the distress that is caused by having male facial features
- Examples of being misgendered because of her face
- Examples of limitations/impairment related to face dysphoria (anxiety in public, street harassment, employment discrimination, intimate relationships, etc.) caused by her face;
- Any steps the patient has taken to cope such as make up, headbands, wigs, hats, hairstyles, etc. and how that is insufficient
- Harms associated with not having or delaying surgery

Capacity to make a fully informed decision and to consent for treatment

- Capacity to make a fully informed decision (SOC p. 59)
- A statement about the fact that informed consent has been obtained from the patient (SOC p. 28)
- Show "If significant medical or mental health concerns are present, they must be reasonably well controlled" (SOC p. 59)

Statement of medical necessity

- Indicate if you recommend surgery
- If you find it to be accurate, use the phrase “medically necessary,” which is defined in insurance policies simply to mean clinically appropriate care to treat a condition in accordance with generally recognized standards of care
- Indicate if the surgery is undertaken for the purpose of treating gender dysphoria and will help to alleviate the person’s gender dysphoria
- If you have seen this surgery help other trans patients, note that

Treatment plan

- “A statement that the mental health professional is available for coordination of care and welcomes a phone call to establish this.” (SOC p. 28)
- Some insurance companies require a “Treatment plan that includes ongoing follow-up and care by a qualified behavioral health provider experienced in treating gender dysphoria.” You can indicate that the patient intends to continue seeing you after surgery.

State the qualifications of the provider

Discuss your credentials as applicable. Omit things that do not apply.

- Education and degree
- Licensure
- Length of time & experience working with/diagnosing trans patients
- Number/percentage of trans patients seen, if a significant part of your practice
- Continuing education in the assessment and treatment of gender dysphoria;
- Relevant professional associations
- Relevant publications
- Relevant trainings given, courses taught
- Consider attaching CV if a specialist

If you need any additional information, please do not hesitate to contact me at [phone].

Sincerely,

Signature

Provider’s Name

Licensing information

Content last updated on Nov 19, 2020 - PDF generated from: <https://transhealthproject.org/tools/provider-medical-necessity-letter-checklists/facial-surgery-for-gender-dysphoria-mental-health-professional-checklist/> on .

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