

Can I receive counseling related to gender concerns at UCSD Counseling and Psychological Services (CAPS)?

- UCSD CAPS (the student counseling center) can provide an initial evaluation and short term counseling for transgender, transsexual and gender-nonconforming students.
- Please be aware that certain providers have more experience in transgender counseling, therefore please indicate that you are interested in obtaining transgender counseling when making your appointment.
- To set up an appointment with a CAPS psychologist call 858-534-3755.

What about longer term counseling?

CAPS only provides short term counseling. If longer term counseling is a part of your care plan, your CAPS psychologist will help you find a transgender knowledgeable counselor in the off campus professional community.

Does SHIP insurance cover counseling for transgender students?

Yes.

Can my CAPS psychologist talk with my UCSD medical provider so I can get transgender medical care?

If you are undergoing or planning any feminizing/masculinizing medical interventions your CAPS psychologist can communicate with your medical provider to help provide you with the best care.

Is counseling required for me to receive transgender medical services at UCSD Student Health Services?

Generally, a psychological evaluation is required for any person requesting feminizing/masculinizing medical interventions, such as hormonal treatment or surgery. A psychological evaluation generally consists of 1-4 sessions with a psychologist or other mental health provider who is knowledgeable in the area of transgender care. After your evaluation, your psychologist will talk with you and your UCSD physician to develop a plan for your care.

Ongoing counseling is highly recommended if you decide to begin a gender transition. Because finding a comfortable gender role is a psychological and social process, counseling can be a valuable tool.

Counseling can help you to:

- clarify and explore ideas around gender
- address the stress related to possibly changing your gender
- have a supportive place to discuss issues related to “coming out” as a transsexual, transgender, or gender-nonconforming individual.