



EPA SEXUAL ORIENTATIONS AND GENDER IDENTITIES SECTION REPORT 2025

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Co-chairperson: Dr. Lieselotte MAHLER
Secretary: Prof. Dr. Koray BAŞAR
Councillor: Prof. Dr. Judit BALAZS
Councillor: Dagmar PAULI

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EUROPEAN PSYCHIATRIC ASSOCIATION



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Silvia TEMPIA VALENTA, Bologna
Ramachandra VENKATESHWARA, Plymouth, United Kingdom
Nils VERBEECK, Beernem, Belgium
Antonia VUK, Zagreb, Croatia
İmran Gökçen YILMAZ KARAMAN, Eskişehir, Türkiye
Virginia YOUSSEF
Iva ZEGURA, Zagreb, Croatia

LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 07/04/2024
Venue: Budapest, 32nd European Congress of Psychiatry

ACTIVITIES OF THE SECTION IN 2025:

Meetings/events

Transgender health care: standards and best practice

Description:

Transgender health care: standards and best practice

07.04.2025 | 10:00 - 11:30 | Amsterdam

Code: SP19

Topic: Clinical / Therapeutic

Description:

This session is organised by the Section on Sexual orientations and gender identities

There has been an increasing demand for gender-affirming medical healthcare by trans and gender-diverse (TGD) individuals. Standards of transgender healthcare, national and international, were developed through increasing evidence and reflect a growing recognition of the diverse needs of TGD individuals. Mahler will synthesize current evidence and clinical implications regarding gender-affirming care for adults, highlighting the disparities in access and quality of care among European countries, underscoring the importance of harmonized standards and increased healthcare provider training. Clinical implications emphasize the need for informed consent, patient-centered approaches, and eliminating barriers to care. Pauli will present on adolescent care, where evidence is limited, but the need is great. She will review literature, guidelines, and care recommendations for adolescents, emphasizing cautious assessment and weighing the risks and benefits of medical treatment steps and psychosocial support. Başar will present the challenges in implementing high-quality care provision in the context of diverse sociopolitical and medicolegal climates in European countries. Van Trostenburg will focus on the needs, characteristics, and obstacles in the joint care of TGD individuals by mental health practitioners and other medical specialties, where multidisciplinary collaboration is an indispensable prerequisite for good clinical practice.

Chair: Götz Mundle (Germany), Lieselotte Mahler (Germany)



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10:00 - 10:17

Update Gender Affirming Care in Adults with Gender Incongruence – Evidence Review and Clinical Implications Considering new Guidelines in different European Countries

Speaker: Lieselotte Mahler (Germany)

10:17 - 10:34

Update Gender Affirming Care in Adolescents with Gender Incongruence – Evidence Review and Clinical Implications Considering new Guidelines in different European Countries(View Abstract)

Speaker: Dagmar Pauli (Switzerland)

10:34 - 10:51

Difficulties in implementing best standards in transgender mental health care in different European countries(View Abstract)

Speaker: Koray Başar (Türkiye)

10:51 - 11:08

Necessity and Problems of Cooperation of Mental Health Professionals and Somatically Oriented Doctors in Gender-affirmative Healthcare(View Abstract)

Speaker: Mick van Trotsenburg (Austria)

Location: Madrid, 33rd European Congress of Psychiatry

Start date: 07/04/2025

End date: 07/04/2025

EPA webinar: "LGBTI+ mental health in Europe: Needs, challenges, and opportunities"

Description:

<https://www.europsy.net/2025-webinar-series/lgbti-mental-health-in-europe-needs-challenges-and-opportunities/>

Location: Online

Start date: 03/06/2025

End date: 03/06/2025

Online meeting

Description:



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Proposals for EPA 2026 Congress were discussed with the attendants. Means of collaboration with other sections were elaborated. Further opportunities for the Section website and regular online supervision sessions will be planned.

A proposal as a EPA webinar will be submitted for 2026

Location: Online

Start date: 06/05/2025

End date: 06/05/2025

Attendance: 12

Other Section activities

Description:

Preparation of an EPA statement on the current threats to LGBTI+ mental health in Europe.

Event Start date: 18/02/2025

Event End date: 25/02/2025

Outcomes

The draft is sent to the EC and board for feedback.

FUTURE ACTIVITIES:

FUNDING IN 2025

Income: None

Source(s) of funding:

None

Expenditure: None

Balance: None

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: Yes