

Coercive Exclusion of Transgender Persons and Impact of Intervention through Rights Based Counselling Approach: A Case Study

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Inclusive society

- ▶ Inclusion is the realization that everyone has essential dignity and everyone has something to contribute. Social inclusion can be described as a “multidimensional process aimed at lowering economic, social and cultural boundaries between those who are included and excluded, and making these boundaries more permeable”.
- ▶ The World Summit for Social Development (Copenhagen 1995) defines it as a “society for all in which every individual, each with rights and responsibilities, has an active role to play”.

Any discrimination and disadvantage on the basis of race, sex, gender, religion, or cultural background will not be accepted.

Rationale

- ▶ Identity is the crux of any person's existence.
 - ▶ One of the groups / communities who is denied their identity is the community of transgender persons and they are the most repressed group.
 - ▶ From 1872 to 2011 we neither count them as citizens of the country nor accepted them as they are.
 - ▶ But in 2011 census they were counted as "Others" and the number was approximately 5,00000, but in reality the number may be 20,00,000.
 - ▶ 95% of them are leading a life which is not worth living.
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Objectives

- ▶ To get aware of the stigmatised mind-set of people for harassing and discriminating the transgender persons in today's society.
- ▶ To promote Self-love, respect and acceptance of oneself and to internalise the feeling of Right to life with dignity.
- ▶ To provide counselling services as an intervention strategy for enhancing sound Mental health.

Methods

It is a qualitative paper based on the data gathered over a period of one year from the particular client. As per counselling case study, the research paper was prepared highlighting the improvements shown by the client. The Rights based counselling approach was effective in bringing out change in the client.



The Case Study

The finer and subtle aspects of human feelings and emotions, arguments, opinions and viewpoints could best be captured through qualitative analysis

Seeking the help

First observation:

- He is a medium height, thin boy.
- He is very soft spoken having a light voice.
- He was looking down and not maintaining eye contact, while talking.

Surface difficulty:

Unable to understand and focus on his studies(back, year back)

Basic information

- ▶ Name: Rajesh (Pseudonym)
 - ▶ Age: 22years in 2017
 - ▶ Educational Qualification: B.tech 4th year
 - ▶ Gender: Male as per record
 - ▶ Parents: Father (Electrician) & Mother (Home maker)
 - ▶ Sibling: Younger brother in 12th standard
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Stage I (Detailed information)

- ▶ **Family background**
 - Structure of the family
 - Information regarding siblings
 - Parental occupation
 - Parental education
 - Socio-economic status
- ▶ **Family relationship**
 - Relationship among parents
 - Nature of relationship with the child and parents (appreciation, punishment, comparison, criticism)
 - Other than family members if anyone else interferes with family decisions

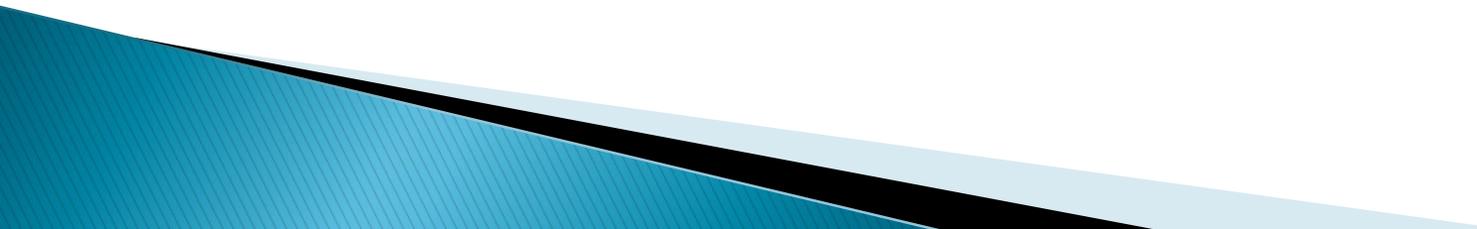
Stage - II

- ▶ Information obtained in this stage
 - Childhood cross dressing
 - Inclination towards opposite gender roles
 - Attraction towards males as he thinks herself as she
 - Poor mental health
 - Low Self-concept
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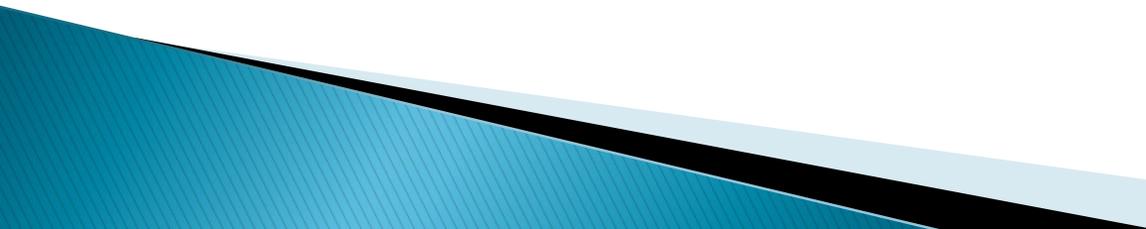
Understanding the difficulty

- ▶ It is absolutely fine to be different, celebrate the uniqueness.
 - ▶ The complete acceptance and the non-judgmental approach by the researcher made the student feel comfortable and accepted.
 - ▶ Ambiguity about himself and a sense of suffocation
 - ▶ Feeling of being caged
 - ▶ Inability to function and perform in his day to day life.
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Stage – IV (Strategies)

- ▶ Unconditional positive regard
 - ▶ **Right to Life with Dignity**
 - ▶ Clarity about self
 - ▶ To know about known faces and their struggle
 - ▶ Connection with organisations who work for them
 - ▶ Raising voice for own right
 - ▶ SRS-Cuttack, AIIMS and private practice
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Rights based Counselling Approach

- ▶ Article 21 of Indian Constitution, “Right to Life with Dignity”.
 - ▶ Mental health comes to forefront.
 - ▶ Assuring the dignity of the individual.
 - ▶ Love, Respect and Accept the person as the person is.
 - ▶ Enabling and Empowering the person.
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Visible improvements

- ▶ She is confident to give her opinion.
 - ▶ The self-confidence is developed to face the challenges.
 - ▶ Stability about her identity has come.
 - ▶ She feels much accomplished
 - ▶ She remains happy and cheerful.
 - ▶ Her career plan and clearing the back papers were discussed.
 - ▶ She thought of a name for her RAASHI.....
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Future Implications

- ▶ Rights based counselling approach helped to get confidence by knowing about own rights and to exercise them without any fear or doubt. Accepting the person unconditionally creates magic and promotes strong will power and confidence. The developed medical help to have Sex Reassignment Surgery (SRS) enables them.
- ▶ On September 6 this year, the Supreme Court in a historic verdict decriminalised Section 377 of the Indian Penal Code that violated rights of the LGBT+ community.

Road is made for inclusion and we all have to internalise this inclusion to make our lives more meaningful.

Thank you

