1. **Jordan (client):** You are a 35 y.o., nonbinary person who uses “they/them” pronouns. You’ve been presenting as nonbinary for the past 10 years, and are feeling settled in your gender identity. You present for counseling because you’ve struggled with anxiety and depression for as long as you can remember. You’ve been sober for 8 years, and have a history of relationship abuse during the time you were drinking and using drugs.

Right now, you’re struggling with anxiety, insomnia, and feelings of guilt and shame related to your work and social relationships. You’re the Executive Director of a social justice nonprofit that you helped start, and the organization currently can’t afford to offer you any benefits. You work 60-70 hrs/wk, and your salary is barely enough to live on, but you’re passionately invested in the work. You live with your partner and a close friend who is undergoing cancer treatment. Your relationship with your friend is currently strained because she feels you haven’t been there for her enough. Also, you just learned that the first trans person you ever met has died of a drug overdose, and you’re feeling sad and a bit hopeless about the future for your community.

**Therapist:** You’ve been seeing Jordan off and on for the past year. You notice that they’re extremely hard on themself, having very high expectations for every part of their life. Today, Jordan comes into your office looking especially tired and somewhat withdrawn.

Use the matrix to facilitate your work with Jordan, starting with checking in about what’s going on for them right now.

1. **Molly (client):** You’re a 30 y.o. transwoman, who is about 6 months into hormone therapy. You’ve grown up in a very rural, conservative area, and you just realized about a year ago that you were trans\*. You’re married to a cis, bi-racial woman, and you have a 15 month old son together. Your wife is supportive of your transition, and your family is getting ready to move to a more progressive part of the state as soon as you can. You’ve come out to most of your family, some of whom have been supportive and others have been either concerned or lukewarm about your transition.

Right now, you’re stuck working in your job at a car dealership, where you’re not yet out. Most of your coworkers are male, and there’s a very masculine culture at the dealership. Coworkers routinely use homophobic language with each other and crack racist jokes. Sometimes you challenge them, but it’s exhausting and you don’t think they’ll ever change. Currently, you go to work as a male (Brad – your birth name), and can only be Molly when you’re at home. You feel like you’re living 2 lives. Your therapist and your wife are really the only people you talk with about being trans.

**Therapist:** You’ve been seeing Molly for 7 months, and you referred her to a colleague who provides hormone therapy and is very trans\*-friendly. She’s clearly feeling stuck – she doesn’t plan on leaving her job until she and her family can move, and she doesn’t feel safe enough to present as Molly outside of her home. You notice that she relies pretty heavily on your sessions for support since she’s feeling so stuck and isolated.

Use the matrix to facilitate your work with Molly, starting with checking in about what’s going on for her right now.

1. **Sean (client):** You’re a 22 y.o. trans guy who’s been on testosterone for a little over a year. You dropped out of college after your first year and have been working food service jobs since then. You have a cis girlfriend who struggles with anxiety and depression, and the relationship has been full of conflict and break ups since you’ve been together. You’ve realized that since starting hormones, your temper has been really hard to control. You find yourself getting very angry, fighting with your girlfriend and roommates, and feeling really pissed about the homophobic and misogynistic behavior and attitudes at the restaurants you’ve worked at.

You tend to come to counseling whenever something has blown up with your friends or girlfriend in order to figure out what to do. You’ve just had another fight with your girlfriend after she got drunk at a party and called you to pick her up. You’re frustrated because she can’t understand why you’d be annoyed with her, and she’s angry with you and shutting you out.

**Therapist:** You’ve been seeing Sean on and off for a year and a half. He tends to come in during crises with concerns about his relationship and/or his temper. You sense that he’s seeking validation for his frustration, and you sometimes get stuck in problem-solving mode with him.

Use the matrix to facilitate your work with Sean, starting with checking in about what’s going on for him right now.

1. **Steph (client):** You’re a 49 y.o. trans woman who is not out to anyone except your therapist. You teach at a public high school, and you’ve been dating a cis woman for the past 7 years. The two of you live together, with her 2 teenage daughters and your teenage son (part-time). You present as male almost all the time, except late at night when everyone is asleep and you can dress and wear makeup. You’ve been on hormones for about 3 months and are noticing some subtle physical changes.

You worry about transitioning to full-time life as a woman, because you anticipate that your personal relationships and job would be at serious risk. More than that, you worry that you wouldn’t be able to pass as a woman because you’re transitioning so late in life. You feel regret and sadness about waiting so long, and you’re not sure yet whether you want to present as female full-time, or just sometimes. You’re doing electrolysis/laser hair removal, taking hormones, and coming to therapy, and you have no desire to stop any of these behaviors. You also acknowledge that you don’t “hate” your life as a man, and you recognize the benefits of living as a man in your profession and in life in general.

Currently, you’re feeling fed up with your girlfriend (you’ve been growing apart for a long time) and pretty doubtful that you’ll ever look the way you’d want to as a woman.

**Therapist:** You’ve been seeing Steph for about 4 months, and you notice how hooked she gets when talking/thinking about her age and perceived ability to “pass” as a woman. You also notice how isolated she seems, since you’re the only person she is out to.

Use the matrix to facilitate your work with Steph, starting with checking in about what’s going on for her right now.