

15 June 2026

Brackenburn Clinic GICs- Assessments, protocols and consent

Under the Freedom of Information Act 2000 I request the following information from the Brackenburn clinic.

1. Do all patients have a psychological assessment before they (a) start cross sex hormones (b) are referred for surgery?

Patients attending the Gender Identity Clinic (GIC) undergo a comprehensive clinical assessment, which includes exploration of psychological, social, and medical factors relevant to gender identity and treatment. This is completed before the patient is referred for any gender affirming treatment, including hormone treatment or surgery.

2. If yes how many appointments do they have and how long is each appointment.

- Typically, patients will attend 2-3 initial assessment appointments
- Appointments are generally 45-60 minutes.

Further appointments may be arranged where additional assessment or support is required. The service does not operate a fixed number of sessions, as care is individualised.

3. How many clinicians are involved in these assessments and please state the speciality of these clinicians?

Assessments are conducted by a multidisciplinary team (MDT) which currently includes a Consultant Psychiatrist and Gender Therapists.
For surgical referrals, assessments is undertaken by two medical professionals, in line with applicable clinical guidance.

4. Please share the protocol for the psychological assessments.

The service does not hold a single psychological assessment protocol, rather assessments are based on the attached template headings.

Exploration of the individuals gender experience during consultation will examine for aspects of the presentation that do not meet the diagnostic criteria of WHO 11 – HA 60 Gender Incongruence of Adolescence and Adulthood . Assessment of adults follows WPATH SOC version 8.

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5. Please share the protocol you follow when assessing a patient for surgery referral.

Referrals for surgery are made in line with established clinical guidance, there is no specific protocol for Northern Ireland. The assessment for surgery is a clinical one as opposed to one based around a specific fixed protocol and involves recommendation by two medical professionals who operate under the guidance of the RPSsych Report CR181 October 2013.

6. Is there a consent process within GICs prior to referring a patient for surgery?

Patients must demonstrate that they can provide informed consent prior to referral for gender-affirming surgery- Capacity to consent to treatment within Montgomery standards to consent to treatment and the GMC 7 principles of decision making and consent.

7. If yes please share a copy of the protocol and the consent form(s).

As noted above there is no specific protocol for Northern Ireland.
The service does not have a specific consent form, rather consent is documented within individual clinical records

8. When referring patients for hysterectomy is one of the reasons to mitigate the risk of endometrial cancer (testosterone increases the risk of uterine cancer in women)?

No