

Interrogations Related to Psychopathology

Name

Institution

Professor

Course

Date

## Abstract

As a negotiator, one needs to be able to establish a good connection and symbiotic relationship with hostage-takers to ensure the negotiations are productive. Carrying out negotiations with a mentally disordered person who has taken hostages is quite fragile. Transgender people were previously accorded as people who are mentally ill due to the problems with identity. The behavior of a mentally ill person is unpredictable as they are not in sound mind to think of the consequences of their actions. The negotiator needs to combine science and art of crisis management, coupled up with insights on psychopathology and personality as given by professionals in mental health. Therefore, negotiations have to be done by professionals to ensure all behaviors shown by the inmate are carefully scrutinized. It provides a smooth flow of the talks and the successful rescue of hostages.

### Psychopathology, Discrimination, and Gender Issues

Research on transgender people has reported that they show higher levels of psychopathological distress symptoms. Issues connected to gender and discrimination in the workplace affect the transgender population due to stigmatization and isolation. Mental illness that they experience is connected to general discrimination and other factors in the environment. Mental disorder such as depression and anxiety are common among transgender people. The media has highlighted mental disorders may arise when a person is facing distress based on their gender. However, most transgender people do not feel the grief, thus, not constituting themselves as experiencing mental illness as they are comfortable. Issues arise when there are no affordable medical procedures, counseling, and resources serving their enrichment in life. The resources facilitate their free expression by minimizing discrimination (Yarbrough American Psychiatric Association Publishing, 2018). Distress disorders arise when the individual is assaulted, not accepted by society, and when they encounter a discrimination experience. Arguments still loom on whether transgender is a case of mental disorder since gender dysphoria has been a diagnosis of individuals with consistent gender incongruence. The case study advocates for the psychological journey with the inmate towards surrendering, not looking for an opportunity to end their lives.

#### **Psychopathology of Transgender People**

Transgender refers to an individual who has a gender identity that is different from the sex assigned at birth. Arguments, both supporting and opposing that transgender people have a disorder have arisen in several fields and even psychology. People believed that transgender people are confused and are causing the confusion to others as they are psychologically tormented about their gender. The society in the beginning (American Psychiatric Association), had classified transgenders as those who were suffering from a gender identity disorder. Gender transition was

associated as being mentally ill. They were regarded to be sick mentally since most of them resorted to psychotherapy as a process of being and establishing themselves as being the opposite gender. Arguments against the idea that transgender people were experiencing mental illness had one underlying reason. The reason was that for a condition to be established as a psychological condition, an individual had to be under constant stress about their gender identity, which was not the case with transgender people (Lev, 2013). Most of them did not even display signs of distress, and those that showed only required clinical procedures to feel comfortably healthy.

### **Transphobia and Discrimination**

Transphobia is hatred, or a form of disbelief and fear that causes the mistrust of individuals who are thought to be or are transgenders. Transphobia is an epidemic that affects most of the transgender people who are adversely affected in their daily lives (In Parekh & in Childs, 2016). It results in discrimination by individuals and neighbors around them. People such as employers with transphobia may opt to deny jobs for transgender people, deny them health care, or bully them. Transgender people facing life experiences tend to suffer mentally of depression and anxiety to acute levels. The minority sex population may be denied housing and experience problems in the most meaningful relationships like families and relatives. Such people exist because of misinformation about transgender people or those who have no information at all concerning their social existence. Transphobia has adverse effects on the health of the receiving end; that is, the transgender person. Social isolation resulting from discrimination makes the minority group live in fear, are depressed, isolated, and feel hopeless. The vulnerable ones resort to committing suicide due to lack of society moral support.

### **Transgender People and the Law**

The perception of transgender people in society has changed over time with people acquiring more insights and information on how to relate with them. Most states have established laws that serve to protect the rights of the transgender population. Every aspect of life experience has been carefully stipulated on how services should be rendered to prevent discrimination. The security checks and personnel at the airports receive thorough training and instructions on how to indulge every person in a way that shows good and equal service delivery (Hughto, 2015). Every citizen is given the freedom to request private searches at public screenings like the airports. Security checks and receptionist should confirm the names on the tickets with traveler's identification documents without asking further questions regarding their gender, as it is unnecessary. The housing process and the employers may face prosecution if it is established that an individual lost a chance at housing or employment due to their gender identity and discrimination.

### **Conclusion**

In conclusion, as evidenced above, discrimination against the transgender people is inhuman and affects the population in every life angle. Transgender people are not mentally ill and should never be grouped among the mentally ill people. Equality in every aspect of life should be maintained as the group is skilled and talented, just like other people who are not transgender. The society should accept and learn how to relate and socially associate with transgender individuals without discrimination (Lev, 2013). The scenario shows that mentally ill people should carefully be approached and be understood to establish a good connection with them (Yarbrough American Psychiatric Association Publishing, 2018). Good relations enable the entire population to be productive and provide a conducive environment for the enrichment of every identity group.

## References

- Hughto, J. M. W., Reisner, S. L., & Pachankis, J. E. (2015). Transgender stigma and health: A critical review of stigma determinants, mechanisms, and interventions. *Social science & medicine, 147*, 222-231.
- In Parekh, R., & In Childs, E. W. (2016). *Stigma and Prejudice: Touchstones in Understanding Diversity in Healthcare*.
- Lev, A. I. (2013). *Transgender emergence: Therapeutic guidelines for working with gender-variant people and their families*. Routledge.
- Yarbrough, E., & American Psychiatric Association Publishing,. (2018). *Transgender mental health*.