



Dr Kirpal Sahota

Consultant Forensic Psychiatrist and Gender Specialist

Current appointment

Gender Identity Clinic, Tavistock Portman NHS trust, London

Clinical duties include diagnosis of gender dysphoria, support for social and medical transition assessment including masculinising or feminising hormone treatment and gender-related surgery (GRS, bilateral mastectomy, hysterectomy and salpingo-oophorectomy as per the NHS pathway)

Dr Sahota is a qualified medical doctor from Sheffield University medical School who was subsequently trained at the Charing Cross Hospital rotation and the Bethlem and Maudsley higher psychiatric rotation. As a Consultant Forensic Psychiatrist she has worked across all levels of security including high secure hospitals (Broadmoor) Hospital, medium and low secure hospitals and community forensic team. She has expertise in the management of severe and enduring mental disorders, violence and risk assessment, and sexual offending.

Dr Sahota speciality is trauma, having held appointments at the Trauma Stress Clinic at the Maudsley Hospital and managing long-term low secure personality disorder/complex PTSD services. She has also been a consultant psychiatrist at Combat Stress, and NHS commissioned charity for the veterans with PTSD. She has been an adviser to the Metropolitan Police Service at the racial and violent task force, involved in training and organisational strategy around race and hate crime.

Sexual medicine and Psycho-sexual therapy

Optimizing outcomes of surgery in relation to quality of life, mood and intimate relationships and sexual satisfaction. Background in trauma and its impact on gender expressions and the transition journey.

Forensic, ASD, and medico-legal work

Expert witness work for parole boards, criminal and civil hearing and family courts. Risk assessment and advice on management of transgender prisoners.

Intersectional and Queer Identities

Race, culture, faith and professional and personal roles intersect with our gender identity and the transition journey is informed by all those identities and their expression is individual and though at times challenging also an opportunity for growth and authenticity. Dr Sahota is committed to promoting an understanding of intersectional identities and is the Gender Identity Clinic Lead in promoting diversity within it services.

Research and Audit

Dr Sahota is actively involved in research and several audit projects. She has presented and published in both National and International conferences on mental illness and sexual offending, transgender sex offenders, prostate health in trans-women, gender de transition and trauma and gender identity. She participates in the Imperial Research Network undertaking research on surgical outcomes and patient satisfaction.

Sexual outcomes and clitoris vascular function post GRS

Long term testosterone compliance post hysterectomy in transmen

Quality and Standards in Readiness and Eligibility Assessments

Characteristics of Transgender offenders

Regret and D transition.

Intersectional Identities and gender diversity