

## **Mo'ui Matala | Blossoming Life: Exploring the life experiences of Pacific, trans and MVPFAFF+ peoples in Aotearoa**

In Aotearoa, significant progress has been made over the past several years to both better understand the mental health and wellbeing of trans people and adapt psychological practice and research to be congruent with this. However, much less is understood about Pacific trans, non-binary, and MVPFAFF+\* communities. This is pertinent considering several realities: Pacific peoples living in Aotearoa are growing markedly; Pacific peoples, now more than ever, are significantly diverse; almost 1 in 20 Pacific peoples identify as rainbow+ and almost 1 in 100 Pacific peoples identify as trans and non-binary. If we layer on the challenges that both Pacific peoples and trans and non-binary people experience accessing and using mental health support, how can we work to achieve the following goal: to ensure our psychological practice and research with and for Pacific trans and MVPFAFF+ peoples is safe, responsive, appropriate, and effective. Through lived expertise, community voice and research, this talanoa will explore the life experiences of Pacific trans, non-binary, and MVPFAFF+ communities in Aotearoa to begin/continue the journey to realising this goal.

*\*Coined by Phylesha-Brown-Acton together with over fifty Pacific activists, this term collectivises Pacific terms for roles, identities and expressions connected to gender (and sexual) diversity such as fakafifine Niue, fa'afafine Samoa and (faka)leitī Tonga.*