

## Episode 0: Introducing TRANS FATS<sup>1</sup>

Hi, friends. Welcome to my thesis.

[Demo version of theme music, “3am,” starts playing in the background]

If you’re here because you know me in real life, you’ll know the drill. If you *don’t* know me in real life, well... hi! I’m Katie, I use they/them pronouns, and I’m a white settler small fat nonbinary social worker with a complicated relationship with food and eating. In this podcast, I’m going to unpack pretty much all of that with you to try and figure out **how my experience of existing in my trans body comes up against pathologisation**. Pathologisation is a jargony academic word for something becoming understood as a medical problem (Sholl, 2017)<sup>2</sup>. To give everything away in the first minute of this trailer, over the course of the next four episodes, I come to the understanding that pathologisation is a colonial tool that violently impacts trans people’s perceiving and witnessing of our own bodies. With this critical awareness unlocked, I also try to think up some ways to make social work... better.

In Episode 1, we’ll deep dive into the theoretical roots of this work – some frameworks called decolonial feminism and disability justice. In Episode 2, we’ll talk about how I’m doing the work, or the methodology I’m using – namely autoethnography and podcasting. (My non-social-worker wife Viv <sup>(love you Viv)</sup> tells me Episode 2 is the episode that’s most challenging to get through if you’re not a big social work research nerd like I am, but I promise I tried my best to make it approachable!) In Episodes 3 and 4, we wander around in stories from my life to try to understand fat trans quote-unquote ‘eating disorder’ experiences more broadly. I talk a bunch about professionalised care and argue that we should probably burn it all down. Then, we’ll wrap up with some of my reflections on the whole process, and a whole bunch of thank yous.

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<sup>1</sup> Purple text is not read aloud in the recorded podcast episode.

<sup>2</sup> Red text is translated to an arpeggiated synth sound in the recorded episode.

As you can imagine, I talk about a bunch of things in this podcast that have the potential to bring up a lot of shit for a lot of people. Listening to my stories might be evocative and activating of your own stories, so please take care while listening. In his book *Brilliant Imperfection: Grappling with Cure*, white disabled genderqueer writer Eli Clare (2017) describes trigger warnings – what I call content notes – as “tools for self-care and collective care”<sup>3</sup> (p. xx). Actually, he does a beautiful job describing what that means in practical terms. Let’s let him take it away for a second:

Let me remind [listeners] that you can stop listening to [this podcast]. You can [listen to] it fast or slow. You can [listen to] it out loud with your sister, partner, neighbor across the street. You can yell, type, breathe. Sign, sing, drink tea. Connect with your dog, cat, hamster, favorite tree. Call, text, Skype, Facebook, FaceTime with your friends. Lie in bed, roll, walk, dance, run. ... Do whatever works to ground yourself in the present.<sup>4</sup> (Clare, 2017, p. xx)

If you want or need more detail about the topics I talk about in each episode, there are content notes in the show notes, and I also specifically let you know before I talk about my relationship with food and eating in case you want to skip those parts. When I talk about images, I include them in the show notes along with image descriptions, and transcripts and reference lists are available for every episode. I know this project won’t be accessible to everyone, which is a huge bummer – if you have suggestions for how I can do this better, I’d love to hear them! You can find my contact information in the show notes of this trailer.

Also, I swear a bunch.

Stoked to have you along for the ride.

[Background music swells before ending]

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<sup>3</sup> Green text indicates a typing sound plays underneath the spoken words in the recorded episode.

<sup>4</sup> Read by Eli Clare (personal communication, September 3, 2025).