

IN CONVERSATION WITH CHLOË GOLDBACH, M.S., M.A.



THE QUINTESSENCE SERIES: Interdisciplinary and International Work by SCPs

SOURCE OF MOTIVATION

Chloë is a Ph.D. student at Southern Illinois University Carbondale. Her research and clinical interests are in the areas of trans affirmative mental health care. Prior to pursuing a Ph.D., Chloë completed a bachelors and Master's in Biomedical Engineering.

Her personal experience of coming out as trans starting 2014 and being involved in the LGBTQ+ community prompted a career shift. Chloë reflects on her decision to pursue counseling psychology in order to help LGBTQ+ individuals more directly. She hopes to normalize and elevate the voices of trans and non binary persons.

LEARNINGS & IMPACT

Chloë cherishes the deep connections and friendships she has developed in both her advocacy and research collaborations.

She values her interdisciplinary collaborations and cross disciplinary classes for enriching her perspective. She highlights the value of sociological and feminist theories in helping individuals put words to lived experiences.

BARRIERS/CHALLENGES

Emotional Labor -
Chloë shares that reading through research results can be emotionally exhausting at times, especially when the research topic is close to home.

Work Environment -
Chloë highlights that collaborations can be fun and creative but also require trust, boundary setting, and an understanding of differences in work styles.

INTERDISCIPLINARY FOCUS


Chloë is currently working on a research project with a sports psychologist. She values this interdisciplinary approach and reflects that the collaboration has allowed her to study injustices against trans individuals in sports. While sports is a new area for her, Chloë shares that this collaboration aims to study an issue she cares deeply about.


ADVOCACY & OUTREACH


Chloë is passionate about community outreach. She started her YouTube channel called The Chloë Connection on Transgender Day of Visibility 2018. She started the channel to create a supportive space and increase trans visibility. She has 6,000 followers and a community of friends and supporters. Chloë is involved in international advocacy efforts for trans and non-binary issues through her channel. She has collaborated with experts in the U.K., Sweden, and Canada.

As the Secretary for the Women, Gender, and Sexuality Studies RSO, she is actively involved in on-campus advocacy at Southern Illinois University.

ADVICE FOR STUDENTS

 Reframe productivity to include wellbeing and wellness.

 Have a 'personal passion project' separate from graduate school. Chloë suggests having something outside of school and professional work that is personally meaningful.

 Remembering to nurture our identities beyond that of a graduate student.



YouTube: <https://www.youtube.com/c/TheChloeConnection/videos>

ResearchGate: <https://www.researchgate.net/profile/Chloe-Goldbach-2>

