

Clinical Guide for Therapists Working with Gender-Questioning Youth

“This is a guide for psychotherapists, counselors, and clinicians who work with adolescents and young people from puberty to age 25. It is intended to provide an overview of the main premises of exploratory psychotherapy for gender dysphoria. This approach is exploratory and, therefore, does not favor any particular outcome. Instead, it aims to ameliorate the distress experienced by young people with gender dysphoria using a whole-person approach. The **exploratory approach** outlined here stands in contrast to the “**gender-affirmative approach**,” which has gained popularity in recent years. The gender-affirmative approach assumes that minors presenting with a wish to live in a gender role different from their sex are transgender, and that the primary role of the therapist is to help minors transition. Transition consists of varying combinations of social transition, medical interventions, and surgical procedures (Ayad et al., 2022)

A Clinical Guide for Therapists Working with Gender-Questioning Youth Version 1

Gender Exploratory Therapy Association



Top gender experts in the world came together to write this excellent and emergently-needed document to give an objective overview of the research on gender dysphoria in youth and to offer sound psychotherapeutic alternatives to rushing early affirmation and transitioning. A must read!

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Table of Contents

- [Introduction to Exploratory Therapy for Gender Dysphoria](#)1
- [Background: Youth Transition Today](#) 9
- [Assessment of Young People with Gender Dysphoria](#) 23
- [Suicide in Trans-Identified Youth](#) 29
- [A Psychotherapeutic Approach to Gender Dysphoria](#) 34
- [Basic Principles of Individual Psychotherapy for Youth with Gender Dysphoria](#) 40
- [Informed Consent](#) 50
- [Case Study: Alina](#) 57
- [Case Study: Emma](#) 72
- [Case Study: Stephen/Amy](#) 88
- [References](#) 103

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