

# Gender Critical (non-affirming) Choices

Gender Dysphoria

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## How to screen for a gender critical therapist

Be sure there is a complete assessment and treatment plan and be sure you are involved in the process and approve of the treatment plan.

*Due to the "conversion therapy" laws in certain states, therapists who do not immediately affirm often keep a very low profile. They usually can not advertise, so you must do a thorough pre-screening to find a helpful therapist.*

First you can start by ruling out all therapists that have flags, pronouns or anything about supporting the LGBTQIA+ in their bio. When you go to their office and if their are rainbow flags or other similar signs, that is a concern, don't be afraid to ask about why those flags are there. Under no circumstances seek out a traditional gender therapist or gender clinic.

Questions you can ask:

- What do you think about the use of pronouns, terms such as "gender assigned at birth" "cis" and "non-binary"? *You want to hear that they believe these are ideologically driven terms and not healthy for childhood development.*
- What is your approach for working with gender questioning youth? *You want to hear that the therapist works with the child, and your family collaboratively They should take an individualized approach and do not have a one-size fits all treatment style. They should evaluate your child, explore and treat underlying mental health issues.*
- What do you think of affirmative care at gender clinics and planned parenthood? *Gender clinics are ideologically captured and have a one-size fits all approach. If the therapist praises gender clinics, the therapist is either unaware of what they are doing or promotes gender affirmative care, and you should avoid this therapist*
- How do you work with families when there are communication issues between children and parents who don't agree on the course of treatment? *You want to hear that the therapist listens to children, but children do not "lead" their treatment, adults do.*
- Do you think there are explanations for gender dysphoria other than being born in the wrong body? A therapist should be able to give you several examples of how other underlying issues such as eating disorders, OCD, autism, trauma, grief, and more can influence a transgender identity
- What is your perspective on how social media influences young people and their mental health? Do you believe social media has an influence on a teen's identity? *The therapist should have an idea of how social media has a major influence on children today, especially children who have a transgender identity.*
- Do you believe there could be external influences on a child who takes on a transgender identity? *The therapist should recognize that we are drowning in transgender propaganda in the media, at school, entertainment, politics and on the internet. If the therapist blindly believes your child was "born in the wrong body", avoid this therapist.*

- How do you handle families with different values from your own? You will want to hear them say how they will respect your values and would not keep important secrets from you
- What are your confidentiality ethics? What are your limits of confidentiality? The therapist should know that they must, by law, break confidentiality if there is a safety issue. They should also know that you have a right to the notes and charts. Most therapists won't tell you about every detail from 1:1 child therapy, but they should want to involve you and not try to take you out of the equation if they feel your values don't match theirs.
- Have you ever kept a child's gender identity a secret from their parents? If so, what was your rationale? *The desired answer to this question is obvious: no.*
- Do you feel the LGBTQ community is marginalized? *The therapist should not treat your child or any client as a victim. The therapist should be empowering and reinforce your child's personal agency.*
- What do you think about the phrase "affirmative care saves lives"? *They should know that this is an emotionally manipulative catchphrase based on faulty studies that do not prove that gender affirmation prevents suicide.*
- Do you believe any children are born in the wrong body? If so, how can you tell? *No children are born in the wrong body. There are children who feel extreme discomfort in their body. That feeling needs to persist at least six months or more to qualify for a diagnosis of Gender Dysphoria. It is the therapist's job to investigate why this child feels this way and help the child feel at home in their own body.*
- How do you handle a suicidal patient? How do you assess for risk? *They should be able to tell you that a person is of high suicide risk if they have an intent, a plan and means and they are at higher risk if there is a suicide attempt history. They should call you immediately and safety is the #1 reason to break confidentiality. However, they should never predict a suicide if their patient is not a risk at the moment. The threat, "If you don't do\_\_, your child will kill themselves" is inappropriate.*
- How do you involve families in your work with minors? *Parents should be heavily involved in the assessment and with regular check-ins so the therapist can learn about your family, the child's history, the parent concerns, behavioral changes and differences. The parent doesn't necessarily need to be in sessions, but the therapist should be doing regular phone sessions with the adults.*

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### **Gender Critical Organizations and parent support groups: (there are many new groups forming)**

- GETA Gender Exploratory Therapy Association: [www.genderexploratory.com](http://www.genderexploratory.com) There is a gender-critical therapy directory on the website
- Genspect: [www.genspect.com](http://www.genspect.com)
- Thoughtful therapists: [www.thoughtfultherapists.org](http://www.thoughtfultherapists.org) International therapists who question current gender medicine
- Gender Dysphoria Support Network: [genderdysphoriasupportnetwork.com](http://genderdysphoriasupportnetwork.com)
- Parents of ROGD kids: [parentsofROGDKids.org](http://parentsofROGDKids.org)
- 4th Wave Now: [www.4thwavenow.com](http://www.4thwavenow.com)

- Gender Dissent (in Canada): [genderdissent.com](http://genderdissent.com)
- Advocates Protecting Children: [advocatesprotectingchildren.org](http://advocatesprotectingchildren.org)
- Partners for Ethical Care: [partnerstoret1icalcare.com](http://partnerstoret1icalcare.com)
- Gender Health Query: [genderhq.org](http://genderhq.org)
- Parents with Inconvenient Truths about Trans (PITT): [pitt.substack.com](http://pitt.substack.com) Sub-stack articles written by families impacted by a family member who is transgender
- Gender Dysphoria Alliance: [www.genderdysphoriaalliance.com](http://www.genderdysphoriaalliance.com)
- Our Duty: Parents Challenging gender ideology: [ourduty.group](http://ourduty.group)
- Inspired Teen Therapy: [InspiredTeenTherapy.com](http://InspiredTeenTherapy.com)
- Society for Evidence-Based Gender Medicine: [segm.org](http://segm.org)
- Transgender Trend (UK): [transgendertrend.com](http://transgendertrend.com)
- Sex Change Regret [sexchangeregret.com](http://sexchangeregret.com) (a website by a detransitioner named Walt Heyer to support to detransitioners)
- Conservative Therapy Directory <https://www.conservativetherapists.com/find-a-therapist/>
- Jackson Bone Law <https://jacksonbonelaw.com/> Law firm supporting victims of gender medicine
- Detrans United <https://detransunited.com/> Website started by detransitioner Chloe Cole to bring detransitioners together and give them a voice.
- The Gavel Project [www.thegavelproject](http://www.thegavelproject) A legal non-profit advocating for people harmed by gender medicine and related government policies