



Inspired Teen Therapy

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I'm sorry to hear that your child is struggling with gender issues. I know it can be challenging to find psychological help for gender identity that is thoughtful and nuanced. Unfortunately, my caseload for teen and young adult clients is full and my waiting list is closed.

Most families contact me seeking referrals for other therapists, and this can sometimes be the most appropriate step. However, I have also seen many parents support their children through gender issues in other ways. Bad therapy can be worse than no therapy.

I'll include several resources below that may help you find a therapist and/or learn more about how to parent through the ROGD experience. These resources can help you encourage your child to be more thoughtful and perhaps even desist.

1. Finding a Therapist

- A. Attached are 2 documents to guide parents on finding therapy. One is a set of notes from the two YouTube Videos below (Therapy Talk Notes). The other is called "Support and Beyond"
 1. VIDEO: [Talk Therapy 1: Effective Therapy and Clinical Relationships](#)
 2. VIDEO: [Talk Therapy 2: ROGD Families and Conversion Therapy Bans](#)
- B. [Gender Critical Support Board](#) may have posts related to finding careful therapists in your area
- C. [Parents of ROGD Kids](#) can connect you with a local parent support groups so you can learn about resources in your area
- D. **Internal Family Systems** therapy is an approach which acknowledges that we all have internal parts. These 'parts' that interact with one another to help us get along in life. As a simple example, we all have a 'work personality' and a 'home personality'.

But on a deeper level, we also have 'parts' that aim to protect us from certain emotions, help us connect to people in our lives, etc. I'm going to include a few videos below that give you a sense of how this type of therapeutic modality works. I really appreciate that IFS views psychiatric diagnosis from an angle that is not medical, but interested in how different symptoms *function* and serve the individual, albeit maladaptively at times. Interestingly, therapists who use this method often discover that clients' parts sometimes

have a different gender, but they manage to hold fast to the true Self that is meant to remain in charge, rather than veering off into gender confusion.

You'll also see a link below with an IFS directory that you can search in multiple countries with certified IFS therapists. I would still encourage you to vet and interview anyone who you're considering to work with your child, so I'll attach 2 PDF resources on how to conduct those interviews below.

1. VIDEO [Understanding our Inner Critic](#)
2. VIDEO [What is Internal Family Systems Therapy](#)
3. [Directory of IFS Professionals](#)

2. Parenting Help

- a. To sign up for the waiting list for *parent* phone consultation, please fill out the [form on my website here](#). You'll also be signed up for my free newsletter, which is full of parenting tips and information on teen-onset gender dysphoria.
- b. [SubscribeStar](#) is a membership site with my most comprehensive resources for ROGD parents. Here you'll find two main types of videos:

Topic Videos are related to the most common questions I get from parents. Here is an example of the types of videos you'll find there, but please don't share them, as they are private:

2-part introductory series: Responding to your Child's Trans Announcement

[Part 1 - Reaction Styles](#)

[Part 2 - Setting Limits](#)

The second type of video is from the *Question & Answer* series.

[13 YO Girl with Social Struggles](#)

- c. [YouTube](#) is where I'll post short clips, interviews, and general discussions about topics related to therapy and gender dysphoria. You can also find some of these videos [on my website](#).
- d. [Gender Dysphoria Support Network](#) (online support groups for parents)
- e. Parents of ROGD Boys Support Group: contact Nicole - ROGDparentsofboys@outlook.com
 - i. Article 1: <https://counterweightssupport.com/2021/04/03/transin-the-suburbs/>
 - ii. Article 2:
<https://quillette.com/2021/04/02/when-sons-become-daughters-parents-of-transitioning-boys-speak-out-on-their-own-suffering/>
- f. [New Guidance For Rapid Onset Gender Dysphoria](#) article by Lisa Marchiano
- g. [A Different Take on Affirmation](#) (by the parent of a now-deisted daughter)
- h. [Parental Connection & Boundaries](#) (by the parent of a now-desisted son)
- i. [ROGD Research](#) by Dr Lisa Littman