

Finding a Gender-Critical Therapist

With more than 20 states having passed laws that prevent counselors and therapists from doing anything other than assisting a patient or client toward gender transition, finding a gender-critical therapist who will not send your child directly to hormones and surgery can be difficult.

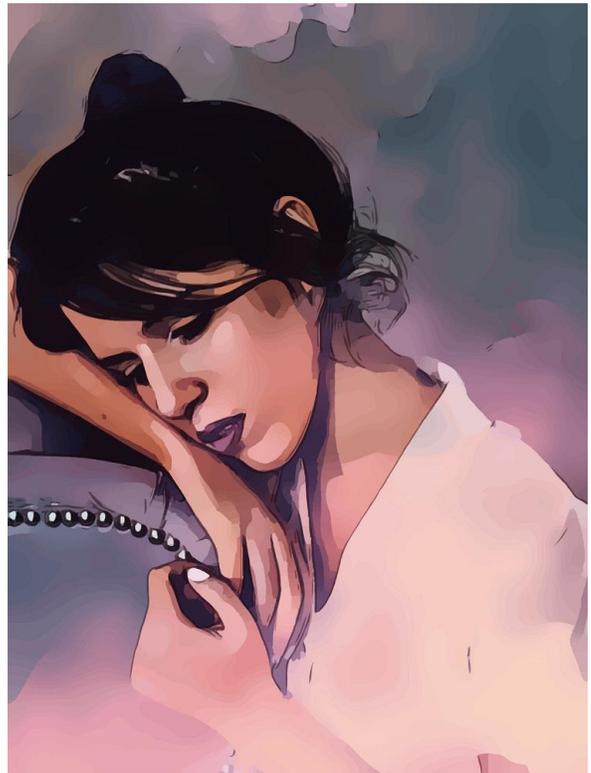
Be assured, there are many mental health professionals who question the claims of the transgender industry and who will follow appropriate and time-tested approaches like investigating a child's medical, psychological, and social history, rather than slapping on a faddish label and assigning an unproven treatment protocol. But these ethical practitioners' licenses are being threatened by the current political situation around gender identity issues in the United States, and therefore they are now flying under the radar accordingly.

So if your child announces a transgender identity, how do you find a therapist you can trust?

Whether or not you're a person of religious faith, a church, temple, or mosque is a good place to start.

Religious freedom is under fire by those who would see all traditional values expunged in America, but religious freedom is still the law of the land and houses of faith still operate according to their consciences and scriptural mandates. If you know a house of worship that has not capitulated to the transgender narrative, start there. If you do not attend religious services, ask friends and colleagues about other local churches. Call the church secretary or administrator and ask about their doctrinal policy on the issue of transgenderism. If you're comfortable with the response, tell them you're looking for a therapist and wondered if they can recommend someone.

A clinical psychologist or psychiatrist may be preferred to a social worker or licensed professional counselor, as the former are trained in performing diagnostic evaluations, and may have more experience and better understanding of complex neurobiological syndromes than do the latter.



The Arlington Parent Coalition (APC) is a group of parents and community members in Arlington, Virginia, who are concerned with the health and well-being of children, teens, and young adults being indoctrinated via school curriculum and policy efforts into the belief that they are transgender. Since its inception in March 2019 APC has dedicated its efforts toward fighting for evidence-based school policies that treat all students fairly, and toward supporting parents with information about and support toward keeping their children safe in public schools, in Arlington as well as around the nation. For more information about APC and our initiatives, please visit our website at:

<http://www.arlingtonparentcoalition.org>

Interviewing a Potential Therapist

Vet potential therapists thoroughly. Questions to ask include:

- **“Have you worked with transgender-identified patients before? How many? What were the outcomes?”**

Therapists can’t discuss specific cases with you, but they should be able to tell you whether their patients desisted (stopped claiming a transgender identity) or went on to transition.

A therapist can’t give your child a diagnosis until after completing a full evaluation, so during your initial interview s/he won’t be able to answer questions like, “Do you think my child might have autism (anorexia, substance abuse, etc.)?” But if your child has any other confirmed or suspected diagnoses such as autism, anorexia, social anxiety, learning disabilities, substance abuse, etc., you can and should ask a potential therapist, **“Do you have experience working with autism (anorexia, substance abuse, etc.)?”**

- **“What is your opinion on transgenderism/transgender ideology with respect to co-occurring issues like autism, anxiety, self-harm, prior trauma, substance abuse, and eating disorders?”**

The words “transgenderism” and “ideology” are anathema to those who accept the transgender narrative and who follow an affirmation-only approach. If you drop these words into the conversation, the therapist’s response to them may tell you a lot. Further, if the therapist does not acknowledge that studies are finding significant co-morbidities (two or more psychological or medical conditions that co-occur) between transgenderism and other neurological and emotional issues, that therapist is either under-educated on the subject of transgender medicine, or is willfully ignorant/deceptive.

- **“Do you think there are explanations for gender dysphoria other than being transgender?” (and/or) “Have you seen cases of gender dysphoria that were not best explained by transgenderism?”**

A good therapist should be able to name several other explanations without hesitation. If the therapist hesitates to answer these questions, or struggles to answer them, that’s a bad sign. The answer to both of these questions should be “yes”. If s/he says “no”, then either the therapist has virtually no experience in this area, or has prejudged all gender dysphoria as being fixed transgenderism.

A good clinician will not be afraid of these questions (*i.e.*, afraid of getting into trouble), because this is where the “best practices” of the professional associations still support a healthy skepticism about transgender ideology (at least as of this publication). If a therapist cares about scholarship and science at all, s/he will not flinch at these questions.

- **“What is your counseling perspective when parents and children do not agree on a course of treatment?”**

If anyone in authority in your child’s life says he will “Let the child lead” or that “Children know who they really are” when you’re discussing transgender ideology, run the other direction. That person has told you all you need to know. He will work against you, effectively wedging him- or herself as a self-designated “protector”

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between you and your child. Anyone who does not acknowledge that parents hold the final authority over their minor children should be kept far away from your child. If your child is an adult, however, your power to make counseling and/or medical decisions is far more limited, unfortunately. However, a good therapist should, at the very least, be willing to involve parents/guardians in the discussion.

- **And of course, ask about the therapist’s rates and schedule, as well as what the therapist expects the duration and direction of the therapy to look like.**

Some insurance companies may provide a benefit for mental health services, but be very careful trying to save money by choosing an in-network provider who may ultimately do more harm than good. Therapy is expensive, unfortunately, and you may have to pay out-of-pocket to make sure that you have a therapist who is on your side. If you can’t afford the therapist you really trust, it’s worth considering that no therapy might be better than harmful therapy.

Finally, we would discourage you from letting your school administrators or counselors lead on this issue. ASCA, the American School Counselor Association, has put out a [policy statement](#) telling school counselors to hide from parents information about a student’s gender or sexuality if the student prefers. This deception underscores the lack of respect many schools now hold for parents, and while your school and/or counselor may not espouse that outlook, it’s far too risky for your child and your family to offer anyone the benefit of the doubt in this situation.

We’re sorry that your family is going through this. We hope that you find a good therapist who helps you navigate this difficult and frustrating maze, to bring your child and family out whole and healthy on the other side. If the [Arlington Parent Coalition](#) can help in any way, please don’t hesitate to [contact us](#).

The Arlington Parent Coalition developed this document in cooperation with several teachers, an educational psychologist, a clinical psychologist, a psychiatrist, and an attorney. Information here is intended to be used as helpful suggestions, but not legal advice or guarantee of outcome.



RESPONDING TO THE TRANSGENDER ISSUE

PARENT RESOURCE GUIDE

“This exceptionally well thought out and professional guide serves to educate parents and guardians about the true medical and biological facts of the transgender identification trend that is sweeping the nation. Children and adolescents are being permanently damaged by hormones and surgery. Parents are being coerced to follow an unscientific “gender” paradigm which leads to this harm. Use this guide to educate yourself and others about the true medical facts of this dangerous social contagion.”

*Michael K. Laidlaw, MD
Board Certified in Endocrinology, Diabetes,
and Metabolism
Author of “Gender Dysphoria and Children:
An Endocrinologist’s Evaluation of
‘I Am Jazz’”*

