



**BCN Transgender Guidelines
Qualities of Trans-Informed Therapist**

- ✓ Experienced therapist
- ✓ Culturally competent
- ✓ Skilled at differential diagnosis
- ✓ Demonstrated commitment to code of ethics
- ✓ Understands grief and loss
- ✓ Recognize everybody's resilience and strengths

Quality Topics

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<p>Provide an integrated care approach:</p> <ul style="list-style-type: none"> • Collaboration with medical providers • Consultation and support to schools • Make legal changes-name, documents • Linkages with peer support resources 	<p>Knowledge of family systems:</p> <ul style="list-style-type: none"> • Responses as shaped by culture • Religion, ethnicity, traditions • Provide psycho-education • Help process change, resolve guilt and grief • Create a fully informed individualized/family approach to transition
<p>Knowledge about gender nonconforming identities and expressions:</p> <ul style="list-style-type: none"> • Recognizes the fluidity of identity names, use of pronouns, working with sexual trauma and sexual health issues, etc.. 	<p>Person-directed approach to addressing suicidality in a non-shameful and accepting way:</p> <ul style="list-style-type: none"> • Understand the possibilities and limitations of a range of transition options, including medical interventions.
<p>Able to differentially diagnose impacts of:</p> <ul style="list-style-type: none"> • Trauma • Anxiety • Depression • Autism • Eating disorders • Suicidality • Whether or not related to the gender dysphoria 	<p>Provide support for individual and family during transition:</p> <ul style="list-style-type: none"> • Navigating changes in social role, including disclosure and dating • Addressing safety concerns and identifying strategies individual and family can employ • Having realistic expectations for outcomes of medical interventions • Collaboration with medical providers • Consultation and support to schools • Make legal changes-name, documents. • Linkages with peer support resources

Resource List

WPATH	http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351&pk_association_webpage=4655
Bridge 13	http://www.smyrc.org/bridge-13
Gender Odyssey	http://www.genderodyssey.org/
National LGBT	http://www.thetaskforce.org/
Rainbow Youth	http://www.rainbowyouthcenter.org/
Salem Transgender	http://www.rainbowyouthcenter.org/
Salem Pride	http://salempride.com/
Brave Space	https://www.bravespacellc.com/
Q Center	http://www.pdxqcenter.org/