

What's Your Gender? Gender Affirmative Model for Working with Youth

- Presenter:** Diane Ehrensaft, Ph.D.
- Date:** Friday, Jan 27, 2017
- Time:** 12 – 4 pm (lunch business meeting 12-1 pm)
- Location:** Lafayette Veterans Memorial Center
3780 Mt Diablo Blvd Lafayette, CA 94549
- CEU:** 3
- Cost:** Before Jan 23: \$25 - \$135; After Jan 23: \$50-\$160

Online Registration:

<https://www.123signup.com/calendar?Org=cocopsych>

COURSE DESCRIPTION

This course will present the gender affirmative model for treating gender-nonconforming youth and their families, based on the premise that variations in gender equal health, not pathology, and the role of mental health is to 1) explore gender and its meanings to the youth 2) affirm an authentic gender self; 3) build gender resilience; 4) facilitate family, institutional, and social supports. Content will include the need to re-learn gender; description of the gender web; the role of the family in gender development; the psycho-social terrain for gender-nonconforming youth; recognition of the wide diversity of gender and the difference between gender identity and gender expressions; controversy about mental health gender diagnoses for children and youth; interventions for children and youth, including gender assessments; gender transitions; puberty blockers, cross-sex hormones; building family supports. Clinical tools that rely on non-binary gender principles will be presented, along with case material of children in their various hues of gender.

LEARNING OBJECTIVES:

1. Differentiate between gender identity and gender expressions and implications for treatment
2. Assess whether a youth is demonstrating gender stress or distress or dysphoria.
3. Delineate the three major therapeutic models for treating gender-nonconforming youth and their families.
4. Apply a non-pathologizing developmental model of gender variations in youth to clinical work.
5. Demonstrate increased capacity to explore the psychodynamics of parenting a gender-nonconforming youth.
6. Implement a treatment plan with a therapeutic goal of increasing gender health.
7. Identify co-existing psychological problems or issues that may accompany gender nonconformity.
8. Recognize the significance of collaborative interdisciplinary team work in promoting gender health.

Biographical Statement: Diane Ehrensaft, Ph.D.

Dr. Ehrensaft is an associate professor of Pediatrics at the University of California San Francisco and a developmental and clinical psychologist in the San Francisco Bay Area, with a private practice in Oakland, California, where she specializes in work with gender creative children and their families . She is Director of Mental Health of the Child and Adolescent Gender Center and chief psychologist at the Child and Adolescent Gender Center Clinic at UCSF Benioff Children’s Hospital. She specializes in research, clinical work, and consultation related to gender-nonconforming children and assisted reproductive technology families, lecturing, publishing, doing media appearances, and serving as an expert witness on both topics nationally and internationally. She

is author of *The Gender Creative Child*, *Gender Born, Gender Made*, *Mommies Daddies Donors*, *Surrogates*, *Building a Home Within* (co-edited with Toni Heineman), *Spoiling Childhood*, and *Parenting Together*, and a book in press, *The Gender Affirmative Model: A New Approach to Supporting Gender Non-Conforming and Transgender Children*, co-edited with Dr. Colt Keo-Meier and scheduled to be released in Summer 2017. She is also presently co-investigator in a four-site NIH longitudinal study investigating the effects of puberty blockers and cross-sex hormones in a population of youth seeking services at the four university-based gender clinics.