

LOOKING FOR COUNSELING OR SUPPORT?

The following resources offer a place to begin. Disclaimer: Please be aware that parents/individuals seeking counseling must do their own “due diligence” in assessing whether a counselor is qualified and a good fit for your needs. The Person and Identity team does not make recommendations or referrals to address personal situations, but we hope this information will assist you in your search. In general, we caution you to avoid any counselors who take a “gender affirming” stance, as this is a pathway towards “transition” not healing, or who specialize in “transgender support” or “gender transition.” Secular counselors are likely not to align fully with Catholic teachings on same-sex attraction. The fidelity of Catholic counselors to Church teachings should not be assumed; Ask directly about their fidelity to relevant Catholic teachings, and clarify that they are not “gender-affirming” or in support of “gender transitions.”

THERAPISTS AND COUNSELORS

Click the yellow hyperlinks to visit the website.

[CatholicTherapists.com](#): This is a resource list of Catholic therapists, organized by location, who commit to following Catholic teachings. Potential clients need to do their own due diligence to assess the credentials and experience of therapists in their area.

[CatholicCounselors.com](#): This group of counselors offers virtual counseling (Skype, etc). Greg Popcak, the founder, is experienced with identity issues.

[Inspired Teen Therapy](#): Sasha Ayad is a talented, secular therapist with extensive experience in working with teens with identity issues, including gender dysphoria. She affirms the reality of a sexed body and identity, not “gender affirmation” therapy. (*Note: Her views on same-sex attraction may not be in sync with Catholic teaching, although her approach to “gender” issues aligns well.*) If her client list is full, parents can sign up to be on a waitlist. She also offers extensive video and podcast resources that may be helpful to parents. Sasha’s podcast/video series, [Gender: A Wider Lens](#), offers many practical, insightful episodes.

[Catholic Charities](#): In most dioceses, Catholic Charities offers marriage and family counseling on a sliding fee scale. It varies from diocese to diocese how familiar the [counselors](#) are with identity issues and their degree of commitment to Catholic teaching on this issue. The Arlington, Virginia diocesan counselors are reliable.

SUPPORT GROUPS AND FAMILY RESOURCES

Note: Courage/EnCourage and Eden Invitation are Catholic groups. The remaining groups are secular or Christian, but not specifically Catholic; although they support the reality of sexual difference (male and female) and oppose “gender-affirming” therapies, their philosophies may differ with Catholic teaching in other respects. Each family needs to assess the potential helpfulness of an organization, according to their own criteria and judgment.

Parents of ROGD kids: Parents of teens and young adults who appear to have “rapid onset gender dysphoria.” They offer information and support groups.

EnCourage: Family support for parents/families with a family member who identifies as LGBT (Encourage is a branch of [Courage International](#), a support group for Catholics experiencing same-sex attraction who are trying to live a chaste life).

Eden Invitation: A Catholic outreach to that offers community, accompaniment, and resources for young adult who experience same-sex attraction or gender dysphoria and seek to follow Catholic Church teaching.

Commonsense Care: This is a podcast/video series by parents with extensive experience supporting parents with identity issues/gender dysphoria as well as advocating against gender-affirming policies in school settings.

Family/Sibling Awareness: This article is helpful for understanding the impact an adolescent/young adult’s decision to transition has on siblings and, with 20/20 hindsight, how a de-transitioner and her family wished the family had responded.

Sex Change Regret: A ministry to persons with gender confusion, founded by Walt Heyer, a Christian man who formerly identified as a transgender “woman” and de-transitioned.

Laura Perry: Laura Perry is a Christian woman who identified as a “transman” for nine years before de-transitioning and beginning her ministry to families affected by gender ideology. She is the author of *Transgender to Transformed*. Read her [“Letter to Parents.”](#)

EDUCATIONAL INFORMATION AND OTHER RESOURCES

National Catholic Bioethics Center: Catholic bioethicists and theologians who are available to assist individuals and institutions with pressing bioethical questions. They have [resources](#) on gender identity, including a book due out in 2021.

Arlington Parent Coalition: Resources for parents of children in public schools, including sample [opt-out letters](#).

Society for Evidence-Based Gender Medicine: An international group of clinicians and researchers whose mission includes evaluating current interventions for gender dysphoria, providing balanced evidence summaries, promoting the development of effective and supportive psychosocial approaches for the care of young people with gender dysphoria.

RuahWoods: A Theology of the Body education center that develops age-appropriate curriculum promoting a Catholic vision of the person (and implicitly countering gender ideology) for educators and parents. High school resources also can be used for teacher formation. All resources available online:

[Grade K-5 curriculum](#) “Revealed,” with lesson plans, exercise worksheets, and online training/support

[Grade 9-12 curriculum](#) “Called to Be More,” with 100% of resources online

TOBET: The Theology of the Body Evangelization Team provides educational resources including talks, marriage preparation, and children’s books based on the Theology of the Body. *The Body Matters* is their TOB program for pre-school to 8th grade.

American College of Pediatricians: Resources for Parents, School Officials, and Policy Makers.

Partners for Ethical Care

Transgender Trend: A UK-based secular organization that provides resources for parents and exposes the serious harms to children from gender ideology in the UK medical and educational systems.

Truth and Love: The Truth and Love website provides a wide array of [resources](#), ranging from theological perspectives on human sexuality and chastity, to health and wellbeing, to providing authentic pastoral care for individuals experiencing same-sex attraction or identifying as transgender. Many of the resources here are especially designed to support and inform priests, religious, and counselors in providing compassionate care.

Chastity Project

LEGAL ASSISTANCE

The Becket Fund for Religious Liberty

Alliance Defending Freedom

First Liberty

Child & Parental Rights Campaign: A non-profit, public-interest law firm founded to defend parents’ rights to shield their children from the harms of gender identity ideology.

We will add additional resources as we become aware of them. Please let us know if you have a particular resource you think we should add to this list. Thank you!