

# 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](#)**: “offers a referral base of qualified Catholic therapists” who are committed to faithful application of Catholic teachings in providing mental health care. The listings are organized by location. Individuals seeking therapy must ascertain for themselves the faithfulness, competence, and fit of a particular therapist.

**[Catholic Psychotherapy Association](#)**: This is a professional association of Catholic psychotherapists that is committed to faithful application of Catholic teaching. Their members directory lists individual therapists by state. Individuals seeking therapy must ascertain for themselves the faithfulness, competence, and fit of a particular therapist.

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

**[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. Counselors affiliated with Catholic Charities in the Arlington diocese, for example, are committed to faithful application of Catholic teachings in their work.

**[Parents of ROGD kids](#)**: This parent-support group has developed relationships with therapists skilled in counseling individuals and families in relation to identity issues and associated challenges. They can provide referrals to qualified therapists.

**[Inspired Teen Therapy](#)**: Sasha Ayad is a secular therapist with extensive experience working with teens with identity issues, including gender dysphoria. She affirms the reality of a sexed body and identity and does not support “gender affirmation” therapy. (Note: Her views on same-sex attraction may not be in sync with Catholic teaching.) She offers teletherapy as well as in-person care. She also offers extensive video, podcast, and written resources.

## 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.

**Cardinal Support Network:** This parent network provides support, information and resources to families questioning or looking for alternative solutions for loved ones experiencing gender dysphoria or adolescent onset gender dysphoria, as well as for de-transitioners.

**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.

**Partners for Ethical Care:** This grassroots organization offers helpful resources, including the video series “[Commensense Care](#),” which offers guidance and best practices for parents of children experiencing gender dysphoria or expressing a transgender identity. In addition, the “Witness” podcast series shares true stories of families affected by gender ideology or “transition.” See also the book by PEC co-founder Maria Keffler, [Desist, Detrans, & Detox: Getting Your Child Out of the Gender Cult \(2021\)](#).

**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.

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

## EDUCATIONAL AND EXPERT 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.

**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.

**Genspect.org**: An international alliance of parent and professional groups seeking to advocate for parents of gender-questioning children and young people, and for appropriate psychotherapeutic support for identity concerns. Genspect offers [helpful guides](#) for mental health and other professionals.

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

**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.

**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.

**Chastity Project**

## LEGAL ASSISTANCE

**The Becket Fund for Religious Liberty** protecting the free exercise rights of all faiths

**Alliance Defending Freedom** protecting religious freedom, free speech, marriage and family, parental rights, and the sanctity of life.

**First Liberty** defending religious liberty of all faiths

**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.*