

LOOKING FOR COUNSELOR OR SUPPORT?

Although the Person and Identity team does not provide recommendations or referrals for personal situations, the resources below are a starting point to find professional help. Families must do their “due diligence” to assess a particular therapist’s qualifications, experience, and “fit,” including the therapist’s approach to identity issues, “gender transitions,” communications with parents, and alignment with Catholic teachings. We strongly caution against using “gender therapists” or any counselor who takes a “gender affirming” approach to transgender identification or identity/body-related distress. “Gender affirmation” nearly always leads to harm, not healing. Please note: Secular resources might not align with Catholic teachings in all respects.

THERAPISTS AND COUNSELORS

Click the yellow hyperlink to visit the website.

[CatholicTherapists.com](#): “offers a referral base of qualified Catholic therapists” committed to providing mental health care in a manner aligned with Catholic teaching. 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 who provide psychotherapy in a manner faithful to 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). Dr. Greg Popcak, the founder, is experienced in identity issues.

[CatholicPsych Institute](#): Founded by Dr. Greg Bottaro, they provide services and resources based on the integration of faithful Catholic anthropology with sound psychological science to help people become who God created them to be.

[Catholic Charities](#): In most dioceses, Catholic Charities offers marriage and family counseling on a sliding fee scale. It varies from diocese to diocese on 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, in-person care, and extensive video, podcast, and written resources.

SUPPORT GROUPS AND FAMILY RESOURCES

Note: Courage/EnCourage, Catholic Medical Association, 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.

[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).

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

[Advocates Protecting Children](#): Advocacy group opposing the gender industry’s medicalization of children who suffer from gender dysphoria. Excellent resources, books, and expert advice for parents. Led by Maria Keffler, author of *Desist, Detrans, & Detox: Getting Your Child Out of the Gender Cult* (2021), and Erin Brewer, author of *Parenting in a Transgender World*.

[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.

[Catholic Medical Association](#): An association of Catholic healthcare professionals. Provides helpful formation and networks for medical students and Catholic healthcare professionals.

[Sex Change Regret](#): A ministry for 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](#).

[Rainbow Redemption Project](#): A resource and support group for those looking to either detransition, desist, or are questioning their gender identity. Their mission is to “provide Kingdom-minded resources for detransitioners with the goal of fully redeeming lives through the power of Jesus Christ.”

[Our Duty](#): They offer support for parents and work to improve the provision of beneficial healthcare for our families. Their philosophy of treatment is called “The Objective Model” which relies solely on scientific evidence and rests on the fact that if there is nothing medically wrong with a person’s body then there is no need to alter it.

[Partners for Ethical Care](#): This grassroots organization raises awareness of the harms of the gender industry and offers helpful resources.

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.

[Paradox Institute](#): An independent science education group focused on helping people learn about the biology of sex and the differences between males and females. From cleanly illustrated animated videos to long form essays, they provide digestible, scientific content on the most fundamental and controversial research in the biology of sex differences.

[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 are 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](#): Led by Jason and Crystalina Evert, the Chastity Project is a Catholic organization that provides dynamic speakers and resources to educate parents and teens on sexuality and identity.

[Fierce Athlete](#): This is a tough time to grow up female! Samantha Kelley, a former Div. 1 athlete, leads this outreach to female athletes, helping them embrace their authentic identity and femininity in the light of faith. They offer speakers, resources, clinics and retreats.

LEGAL ASSISTANCE

[Becket Law](#) protects the free exercise rights of all faiths.

[Alliance Defending Freedom](#) protects religious freedom, free speech, marriage and family, parental rights, and the sanctity of life.

[First Liberty](#) defends religious liberty of all faiths.

[Child & Parental Rights Campaign](#): A non-profit, public-interest law firm founded to defend parents' rights to protect 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.