

# QUESTIONING GENDER PSYCHOTHERAPEUTIC APPROACHES TO YOUTH GENDER DYSPHORIA

OCTOBER 2024  
ATHENS, GREECE





# WELCOME

**“An explicit clinical pathway must be developed for non-medical interventions, as well as a research strategy for evaluating their effectiveness.”**

— Dr. Hilary Cass

Welcome to *Questioning Gender: Psychotherapeutic Approaches to Youth Gender Dysphoria*. We're excited to bring together researchers and clinicians from 19 countries and look forward to hearing your experiences and perspectives. We also wish to express our appreciation to the Medical School of Athens for hosting us.

We gather at a key moment when it comes to understanding and caring for gender-distressed young people. There is now worldwide recognition of the need to provide holistic support to gender-questioning young people, with careful attention to each patient's life history and other mental health needs, and the provision of ethical, safe, and effective therapies. This puts psychotherapeutic approaches center-stage. These approaches are also at the heart of this conference, which brings together some of the most thoughtful researchers and clinicians in the field of youth gender medicine and draws upon the insights of experts in adolescent development, the treatment of co-occurring mental health difficulties, and evidence evaluation.

As we embark on our time together here in Athens, let us be mindful of the stakes, the need for compassion and understanding across differences of experience and perspective, and the potential—when we come together despite our differences—to shape the care of gender-questioning children and young people for the better.

Sincerely,

Anastassis Spiliadis, Roberto D'Angelo, and Zhenya Abbruzzese, on behalf of the organizing and scientific committee

# QUESTIONING GENDER

## PSYCHOTHERAPEUTIC APPROACHES TO YOUTH

### GENDER DYSPHORIA

# PRE- CONFERENCE RESEARCH SESSION

## WEDNESDAY, OCTOBER 2

- 14:00** DEVELOPING A RESEARCH AGENDA FOR  
PSYCHOLOGICAL THERAPIES FOR GENDER DYSPHORIA  
RICHARD BYNG
- 15:00** STUDYING HOW GENDER DYSPHORIA DEVELOPS AND  
RESPONDS TO TREATMENT  
KATHRYN WEBB
- 16:00** BEST PRACTICES AND GETTING CONSENSUS FOR  
OUTCOME MEASURES  
RAY ZHANG, MCMASTER UNIVERSITY
- 17:00** PANEL DISCUSSION: WHAT RESEARCH QUESTIONS DO  
WE NEED TO ANSWER?  
ANASTASSIS SPILIADIS, KATHRYN WEBB,  
KEN ZUCKER, AND LISA LITTMAN, MODERATED BY  
ANNA HUTCHINSON

# THE CHANGING LANDSCAPE OF YOUTH GENDER DYSPHORIA

## DAY ONE

THURSDAY, OCTOBER 3

- 8:00** BREAKFAST
- 8:30** WELCOME TO GREECE AND OPENING REMARKS  
NIKOLAOS ARKADOPOULOS, DEAN OF THE MEDICAL  
SCHOOL OF ATHENS
- 8:45** LGBT YOUTH-FRIENDLY SERVICES AND GENDER-  
AMENDMENT PROCEDURES IN GREECE  
ARTEMIS TSITSIKA
- 9:00** ADULT GENDER SERVICES IN GREECE  
FOTEINI FERENIDOU
- 9:15** THE TROUBLE WITH “GENDER IDENTITY”  
ALEX BYRNE
- 10:15** COFFEE BREAK
- 10:30** FROM TRANSSEXUAL TO TRANSGENDER  
ZHENYA ABBRUZZESE
- 11:00** THE DUTCH PROTOCOL  
JILLES SMIDS
- 11:30** TIME FOR REFLECTION AND Q&A
- 12:00** LUNCH
- 13:00** PANEL DISCUSSION AND Q&A: TRACKING CHANGES  
IN THE FIELD OF YOUTH GENDER MEDICINE  
ANNE WÆHRE, ERICA ANDERSON, JAMIE REED,  
KEN ZUCKER, MIKAEL SCOTT BJERKELI, AND  
RIITTAKERTTU KALTIALA, MODERATED BY  
ZHENYA ABBRUZZESE
- 14:00** PANEL DISCUSSION AND Q&A: THE TRANSGENDER  
ZEITGEIST: EXPLORING GENDER AS A YOUTH  
SOCIAL MOVEMENT  
ANNA HUTCHINSON, BERYL KOENER, KRIS  
KALIEBE, LISA LITTMAN, AND SAMUEL VEISSIÈRE,  
MODERATED BY ROBERTO D’ANGELO

- 15:00** COFFEE BREAK
- 15:15** HOW DO YOUNG PEOPLE SEEKING GENDER REASSIGNMENT FARE OVER THE LONG TERM?  
RIITTAKERTTU KALTIALA
- 15:45** THE ROLE OF THERAPISTS IN ENHANCING COMMUNITY-SUPPORT NETWORKS  
RICHARD BYNG
- 16:15** ESCAP STATEMENT ON THE CARE OF CHILDREN AND ADOLESCENTS WITH GENDER DYSPHORIA: RATIONALE AND KEY POINTS  
MAJA RADOBULJAC
- 16:00** PANEL DISCUSSION AND Q&A: THE IMPLICATIONS OF THE CASS REVIEW
- 17:00** THE POLITICIZATION OF PSYCHOTHERAPY: CHALLENGES AND SOLUTIONS  
ANDREW HARTZ
- 19:00** VISIT TO BENAKI MUSEUM OF GREEK CULTURE (FREE, OPEN TILL MIDNIGHT) OR GREEK DANCING EVENT AT DORA STRATOU (RESERVATION REQUIRED)

# EXPLORING THE CHALLENGES OF ADOLESCENCE

## DAY TWO

FRIDAY, OCTOBER 4

- 8:30** THE TEENAGE BRAIN: WHAT CLINICIANS NEED TO KNOW AND Q&A  
SALLIE BAXENDALE
- 9:30** EMERGENCE OF MENTAL DISORDERS IN ADOLESCENCE  
RIITTAKERTTU KALTIALA
- 9:45** COFFEE BREAK
- 10:00** SEXUAL DEVELOPMENT FROM BIRTH TO ADOLESCENCE  
RAISA CACCIATORE
- 10:30** CHALLENGES OF ADOLESCENCE FOR YOUTH WITH DISORDERS OF SEXUAL DEVELOPMENT  
JULIE ALDERSON
- 11:00** AUTISM SPECTRUM DISORDERS AND GENDER DYSPHORIA IN ADOLESCENTS AND Q&A  
MICHAEL ABSOUD
- 12:00** LUNCH
- 13:00** EATING DISORDERS AND GENDER DYSPHORIA  
ALEXANDER KORTE AND ANASTASSIS SPILIADIS
- 13:30** BODY DYSMORPHIC DISORDER AND GENDER DYSPHORIA  
AMITA JASSI
- 14:00** PANEL DISCUSSION AND Q&A ON BODY IMAGE AND CONTROL  
AMITA JASSI, ALEXANDER KORTE, AND ANASTASSIS SPILIADIS, MODERATED BY LESLIE ELLIOTT BOYCE
- 14:45** COFFEE BREAK

- 15:30**    **TRAUMA, DISSOCIATION, AND GENDER DYSPHORIA**  
ROBERTO D'ANGELO
- 16:00**    **UNDERSTANDING AND TREATING INNATE AND IATROGENIC BORDERLINE PERSONALITY TRAITS IN GENDER-QUESTIONING YOUTH**  
LISA DUVAL
- 16:30**    **PANEL DISCUSSION AND Q&A: SEX MATTERS: DIFFERENCES IN ASSESSMENT AND TREATMENT FOR BOYS AND GIRLS EXPERIENCING GENDER DISTRESS**  
JOE BURGO, ANNA HUTCHINSON, AND PAUL GARCIA-RYAN, MODERATED BY SHLOMIT GORIN
- 19:00**    **GROUP DINNER (RESERVATION REQUIRED)**

# IMPLICATIONS FOR PSYCHO- THERAPEUTIC PRACTICE

## DAY THREE

SATURDAY, OCTOBER 5

- 8:00** BREAKFAST
- 8:30** PSYCHOLOGICAL FORMULATION AS AN ALTERNATIVE TO DIAGNOSIS  
LUCY JOHNSTONE
- 9:00** THE ROLE OF THE FAMILY IN ADDRESSING YOUTH GENDER DISTRESS  
STEPHANIE DAVIES-ARAI, ALEXANDRE LEDRAIT, RICHARD STEPHENS
- 9:45** CONTEXT, COMPLEXITY AND CONFIDENCE: CASS REVIEW-ALIGNED TEACHING AND TRAINING IN THE UK  
ANASTASSIS SPILIADIS AND ANNA HUTCHINSON
- 10:45** COFFEE BREAK
- 11:00** UK TRAINING, PART II
- 12:00** LUNCH
- 13:00** PROMOTING DIALOGUE, EMPATHY, AND RESILIENCE IN THE FACE OF RIGID IDEOLOGIES  
PATRICK RYAN
- 13:20** GENDER AND SOCIAL POLARIZATION: EPIDEMIOLOGICAL AND CLINICAL PERSPECTIVES  
SAMUEL VEISSIÈRE
- 13:40** NAVIGATING CONFLICTING WORLDVIEWS: DIALOGUE AND Q&A WITH PATRICK RYAN AND SAMUEL VEISSIÈRE  
MODERATED BY SARAH MITTERMAIER
- 14:30** COFFEE BREAK
- 14:45** TRANSITION-RELATED GRIEF  
PAUL GARCIA-RYAN

- 15:15**    **DESISTANCE IN THE FAMILY**  
PATRICIA CONSTANTINIAN
- 15:45**    **PANEL DISCUSSION AND Q&A: DESISTANCE,  
DETRANSITION AND MEDICAL HARM**  
DWIGHT PANOZZO, PATRICIA CONSTANTINIAN, PAUL  
GARCIA-RYAN, AND SOPHIE FROST, MODERATED BY  
ALISON CLAYTON
- 16:45**    **REFLECTIONS**
- 17:15**    **CLOSING**



# THE SOCIETY FOR EVIDENCE-BASED GENDER MEDICINE

## OUR AIM IS TO PROMOTE SAFE, COMPASSIONATE, ETHICAL, AND EVIDENCE-INFORMED HEALTHCARE FOR CHILDREN, ADOLESCENTS, AND YOUNG ADULTS WITH GENDER

The Society for Evidence-Based Gender Medicine (SEGM) is an international collaborative of more than 100 clinicians and researchers dedicated to improving the quality of research and its application to gender medicine. As our name indicates, we advocate for evidence-based medicine – protocols, guidelines, and practice based on the results of rigorous research and the best available evidence. Our specific focus is on care for children, adolescents, and young adults.

Our primary activity is evaluation and dissemination of evidence in the field of youth gender medicine. Individuals collaborating under the auspices of SEGM have published original research and reviews of evidence, as well as critiques of previously published studies in peer-reviewed journals. We evaluate interventions for gender dysphoria using systematic reviews of evidence, promote the development of effective treatment approaches, advocate for ethical research capable of generating trustworthy information, and promote open and robust scientific debate. In addition, SEGM provides grants to individual researchers and research organizations, and we underwrite open-access fees for publications in scientific peer-reviewed journals to ensure widespread access to quality data and clinical practice guidance.

**SEGM has no political, ideological or religious affiliations and is a registered 501(c)(3) nonprofit organization.**

**To learn more about SEGM, please visit our website at [segm.org](https://segm.org).**



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