



COUNSELING TRANS COUPLES

Shawn V Giammattei, PhD

INTRODUCTION TO GENDER AFFIRMATIVE COUPLE THERAPY WITH TRANSGENDER/GENDER EXPANSIVE COUPLES

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Therapists will help trans couples survive and thrive, not by focusing on their difficulties, but by recognizing the brilliance, creativity, and resilience inherent in their bond.

Regardless of the model of couple therapy used, being a gender affirming couples therapist requires both an understanding of your own gender narratives as well as the key issues that may impact couples where one or more partners is transgender or gender expansive (Trans). It involves moving beyond simply holding a positive view of trans clients or having some knowledge of the most obvious issues trans individuals face; while these may be necessary, they are not sufficient even if you consider yourself a part of the LGBTQ+ community. To do this one must understand their own hetero/cis-normative beliefs around coupling and how these influence the questions they ask and the interventions they use. Trans couples experience many of the same issues as other couples, yet have unique stressors that impact these issues in profound ways. Therefore, being a gender-affirmative couple therapist also involves understanding and knowing how to address the unique stressors and issues that both the trans individual and couple experience that influence the quality of their relationship.

Couples Conference 2024 - Trans Couples

The Gender Affirmative Model

Notes:

Basic Gender Affirmative Therapist Competencies

1. Know the terminology and use it appropriately

2. Know your own gender narratives

3. Know the limitations of your therapy models

4. Understand the potential experiences of both partners

5. Understand the influence of transphobia & minority stress on the partners and the whole system

Notes:



Thank You!
**Please join me next month for a
special follow up Zoom Training**

**June 14, 2024 at 10:30 AM Pacific Time
(US and Canada)**

Register in advance for this meeting:

[Register here](#)



**or go to
bit.ly/cconf2024**

**After registering, you will receive a confirmation email containing
information about joining the meeting.**

For more information email admin@genderhealthtraining.com

Gender Health Training Institute