



CV #2 Reflections

A 13-year-old reaches out to you stating that they are transgender and need support. They state that their parents are unsupportive.

What are your initial thoughts? What other questions might you want to ask or information might you want to gather about the family and the environment?

- Assess what “unsupportive” means and looks like.
- Explore what kind of support the minor client is looking for - process space, accessing medical transition services, dealing with anxiety related to gender, etc.
- Are there any safety concerns?
- Are there any potentially reportable challenges to keep an eye on?
- Assess the client’s ability to manage informed consent and commitment to treatment for themselves.

How do you navigate the treatment of a minor around gender with unsupportive parents?

- While a 13-year-old can advocate for their own treatment in some cases, the best case scenario would be to help facilitate dialogue and collaboration between the minor client and their parents.
- How clear can you be with the client and the parents around confidentiality and any situations in which it would need to be broken?
- Would family therapy be more effective here? Can you collaborate with another clinician who could see a different unit of the family? (For example, can one of you see the minor client and another see the parents and/or family but have ROIs signed for collaboration?)

Where could you point the 13-year-old for support? What advocacy could you offer?

- Can you offer psychoeducation on the client’s rights and options?
- Does the client have positive reflections and/or community supporting them?
- Can you advocate for the client by offering psychoeducation to the minor client’s family or other social environments (e.g. school, extracurricular, etc)?
- Can you offer the client and family referrals to other affirming providers?

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Return to the presentation (especially Section 4 for support). Need help with referrals? The GGOC team collaborates on these types of cases often. You can reach out to our intake coordinator (hello@gatherandgrowoc.com) or check out our team page ([HERE](#)). You’re also always welcome to return to Gather & Grow Education to deepen your understanding of gender-affirming care for minors (gatherandgrow.com/education-1).

Keep an eye out for a new course: Families in Transition coming soon!

Spoiler Alert: Gender-Affirming Care for Minors ALWAYS Includes the Family!