

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, ANNA HUTCHINSON, AND
TRILBY (TILLY) LANGTON
- 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 DYSPHORIA

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.



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ATHENS MEDICAL SCHOOL



SEGM
SOCIETY FOR **EVIDENCE**
BASED GENDER MEDICINE