

# 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