



OVERVIEW

Psychotherapists working with transgender clients at The Family Partnership (TFP) have undergone transgender cultural competency training grounding them in strategies to partner empathically with clients seeking support to understand and express their authentic gender identities. Appreciating that trust is fundamental to any therapeutic process, TFP therapists intend to work in a transparent manner in which the steps needed to access medical interventions are mutually negotiated and clearly understood by both client and therapist. Therapists will partner with you and your medical providers to complete an Informed Consent Process for each gender-confirming medical intervention you seek. When appropriate, therapists will also work with you to document how you meet the standards of care for medical treatment outlined by the World Professional Association for Transgender Health (WPATH) (www.wpath.org) and your individual health insurance policy’s medical necessity criteria.

NUMBER OF SESSIONS

As each person requesting support to access gender-confirming hormones or surgeries is in a different circumstance, there is no set number of sessions required prior to a therapist writing a letter of support. At a minimum, two to three sessions will be required for therapists to complete a mental health assessment inclusive of a gender history, learn your gender goals, complete an Informed Consent Process, assist you in understanding how to use your health insurance policy (when applicable), collaborate with other providers (when appropriate), and write the letter(s) of support. You may ask your therapist to provide an estimate of how long the process may take and if concerned about the timeline, share your concerns and request that the process move at a different pace.

INFORMED CONSENT PROCESS

To complete an Informed Consent Process to access hormones and/or surgeries, your therapist will talk with you about the following issues:

- Your gender and sexual history.
- Your gender goals, with the understanding that these may evolve and change.
- The pros/cons of using a diagnosis of Gender Dysphoria.
- Your understanding of the medical risks and benefits of hormones and/or surgeries, with a referral to complete the medical Informed Consent Process with your treating physician.
- Exploration of the impact of the medical intervention(s) on your mental health, physical health, romantic/sexual relationships, friendships, family, school, work, legal statuses, health insurance, finances, and any other area you each find important to discuss.

LETTER WRITING PROCESS AND COSTS

The Family Partnership has a policy of charging \$100 for a letter taking up to one hour to write and \$200 for a letter taking over one hour to write. In some cases, your therapist may offer you the option of collaborating to write the letter together during your therapy session, in which case the letter fee would be covered by your typical session fee. For each letter you request, your therapist will discuss the options with you.

MEDICAL INTERVENTIONS PLANNED: _____

Informed Consent Reviewed and Signed: Yes No

Client Signature: _____ **Date:** _____

Therapist Signature: _____ **Date:** _____