



## FAMILIES IN TRANSITION

Parenting Gender Diverse Children,  
Adolescents, and Young Adults

EDITED BY

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### Praised by Leaders in the Field!

“This is an urgent, timely book that elucidates the complexities and revelations families face as they go through transition. Full of indispensable advice and wisdom, all beautifully organized and compassionately expressed, it is a vital guide.”

—**Andrew Solomon**, Professor of Clinical Psychology, Columbia University Medical Center and author of *Far From the Tree*

“Within its pages, a dream team of professionals cover a giant plethora of topics. This book is the new go-to bible for all loved ones of transgender youth.”

—**Jeanette Jennings**, mom of trans youth activist Jazz Jennings and President of the Transkids Purple Rainbow Foundation

“Incorporating the work of leading researchers and therapists, Lev and Gottlieb provide a comprehensive understanding of gender diverse kids and their families. Their balanced presentation pairs the most up-to-date research with real-life experiences of families in transition. The result is a compelling volume that bridges understandings, offers practical guidance, and inspires all of us to do better in supporting our gender expansive kids.”

—**M. Paz Galupo, Ph.D.**, Towson University and Editor, *Journal of GLBT Family Studies*

“A compelling, comprehensive, and sensitive compendium of solutions for families of trans and gender creative youth! Offering gem-after-gem, *Families in Transition* is a gift, helping parents move towards acceptance for the sake of protection.”

—**Lee-Anne Gray, PsyD**, author of *LGBTQ+ Youth, Self-Compassion for Teens*, and *The Happy Family*

“Lev and Gottlieb pull together a comprehensive exploration of the power of family support, discuss the profound impact of raising a transgender and gender nonconforming child, and address the importance of affirmative approaches to help navigate their journey. The personal and professional focus on the often misunderstood and silenced voices of parents and family members, whose love, wisdom, concerns, struggles, and joys are candidly explored, makes this a must-read.”

—**Shawn V. Giammattei, PhD**, Quest Family Therapy & Alliant International University

*Families in Transition* is a compilation of clinically oriented articles, research, and case material authored by mental health and medical experts, both nationally and internationally known, as well as first-person narratives written by parents/families, exploring the complexities faced by parents and caretakers attending to the needs of their gender diverse children in a largely hostile world. The professional articles are positioned side by side with the voices of the parents themselves—each complementing the other—and together adding up to a richly complex, original tapestry.

Parents' perspectives are highlighted, offering insight to therapists and physicians on how best to support all members of the family, helping them grow and heal during what is often a challenging time.



# CONTENTS

## A NOTE ON THE EVOLUTION OF LANGUAGE

### FOREWORD

Ackerman Institute for the Family  
New York City

### INTRODUCTION

Andrew R. Gottlieb, PhD, LCSW

### INTRODUCTION

Arlene I. Lev, LCSW-R, CASAC, CST

## PART 1

### Gender Nonconforming Children and Trans Youth: What You Didn't Expect When Expecting

- 1 It Takes a Gender Creative Parent  
Diane Ehrensaft, PhD
- 2 Helping Parents Face Their Fears  
Irwin Krieger, LCSW
- 3 On the (L)edge of Transition: The Reyes Family  
Lisette Lahana, LCSW

## PART 2

### Theory and Research: What Should Parents Be Aware Of?

- 4 The "80% Desistance" Dictum: Is It Science?  
Kelley Winters, PhD
- 5 All in the Family: How Extended Family Relationships Are Influenced  
by Children's Gender Diverse and Transgender Identities  
Katherine A. Kuvalanka, PhD, Molly Gardner, MA, and Cat Munroe, PhD
- 6 More Than the Sum of Your Parts: A Theoretical Perspective  
AndreAs Neumann Mascis, PhD

## PART 3

### Clinical Issues: What Are the Parents' Concerns and Challenges Regarding Cultural Diversity, Clinical Models, and Psychiatric Treatment?

- 7 Walking a Tightrope: A Child and Adolescent Psychiatry Perspective  
on the Spectrum of Affirmation and Pathologization with  
Gender Diverse Youth  
Scott Leibowitz, MD
- 8 Chinese Canadian Families with Transgender Youth  
Nena Wang, MA, and Wallace Wong, PsyD, R Psych
- 9 Approaches to the Treatment of Gender Diverse Children  
and Transgender Youth  
Arlene I. Lev, LCSW-R, CASAC, CST
- 10 Micah and His Protectors  
Lisette Lahana, LCSW

## PART 4

### Identity Transformation: How Do Children's Gender Identity/Gender Nonconforming Behaviors Shift Parents' Perceptions of Their Child and of Themselves as Parents?

- 11 Transforming the Identity of Parents of Transgender and Gender  
Nonconforming Children  
Margaret Nichols, PhD, and Stephanie Sasso, PsyD
- 12 My Own Transition  
Elena Moser, LCSW

## PART 5

### Medical Concerns: How Do Puberty Suppression and/or Hormonal Considerations Affect Parents?

- 13 But Doc, Is It Safe? Effects of Pubertal Suppression and Trans  
Hormone Therapy for Youth  
Irene N. Sills, MD
- 14 Discussing Aspects of Medical Transition with Parents of Young  
Transgender People: A Psychotherapist's Perspective  
Damien W. Riggs, PhD, FAPS
- 15 Family-Oriented Medical Care for Gender Nonconforming Children,  
Adolescents, and Their Families  
Carolyn Wolf-Gould, MD
- 16 When My Son Became My Daughter  
C.V.R.

## PART 6

### Family Functioning: What Is the Effect of Gender Atypical Behavior on Parental Relationships, Extended Family, and Siblings?

- 17 Supporting Siblings through Transition: A Child-Centered,  
Transfeminist Therapeutic Approach  
Shannon L. Sennott, LICSW, and Davis Chandler, LICSW
- 18 "I Was Hoping It Would Be a Phase": The Challenges Parents Face  
Raising a Gender Nonconforming Child  
Elizabeth Anne Riley, PhD
- 19 The Experiences of Parents of Transgender Individuals  
Who Transition in Adulthood  
Katherine Rachlin, PhD
- 20 Transition in Four Voices  
Barbara Rio-Glick, MSW, Shelley Rio-Glick, MSW, Sonya Rio-Glick,  
and AJ Rio-Glick

## PART 7

### Educational Concerns: How Do Parents Manage and Advocate for Gender Nonconforming Children and Transition-Related Issues in a School Setting?

- 21 Social Transitioning for Gender Dysphoric Children:  
A Practical Guide for Parents  
Wallace Wong, PsyD, R Psych, and Sabrina C. H. Chang, MA
- 22 Please Stop Calling My Daughter "He": Advocating for Teens  
and Preteens in the School Setting  
Deborah Coolhart, PhD, LMFT

## PART 8

### Support Groups: What Is the Parent's Experience of Available Support Groups and Advocacy Organizations?

- 23 The Experience of Parent Facilitators in a PFLAG Support Group  
for Parents of Transgender Youth and Young Adults  
Melissa MacNish, MA, LMHC
- 24 Peer Support for Parents of Gender Nonconforming Children:  
Benefits and Risks  
Rex Butt, PhD
- 25 Camp Aranu'tiq: Notes from the First Camp for Transgender  
and Gender Variant Youth  
Nick M. Teich, LCSW, PhD
- 26 Tom-Girl, Trans Girl, Pink Boy: Finding a Support Group for All  
Lauren P.