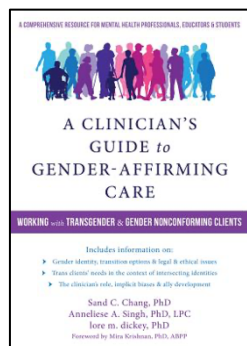


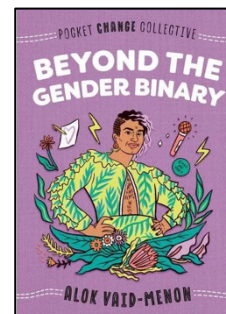
Affirmative Therapy with Trans and Nonbinary Clients Resources for Continued Learning

Compiled by Drs. Em Matsuno & Sebastian Barr

Recommended Books

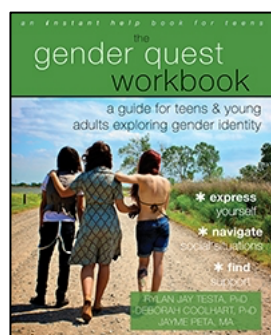


- Chang, S. C., Singh, A. A., & dickey, I. m. (2018). *A clinician's guide to gender-affirming care: Working with transgender and gender nonconforming clients*. New Harbinger Press.
<https://www.indiebound.org/book/9781684030521>
- Singh, A. A. & dickey. I. m. (2017). *Affirmative counseling and psychological practice with transgender and gender nonconforming clients*. American Psychological Association.
<https://www.apa.org/pubs/books/4317425>
- dickey, I. m. (2021). *Case studies in clinical practice with trans and gender nonbinary clients: A handbook for working with children, adolescents, and adults*. Jessica Kingsley Publishers.
<https://bookshop.org/books/case-studies-in-clinical-practice-with-trans-and-gender-non-binary-clients-a-handbook-for-working-with-children-adolescents-and-adults-9781787751941/>
- Vaid-Menon, A. (2020). *Beyond the gender binary*. Penguin Workshop. <https://www.indiebound.org/book/9780593094655>



Books related to youth and families:

- Brill, S., & Kenney, L. (2016). *The transgender teen: A handbook for parents and professionals supporting transgender and non-binary teens*. San Francisco, CA: Cleis Press. <https://www.indiebound.org/book/9781627781749>



- Ehrensaft, D. (2016). *The gender creative child: Pathways for nurturing and supporting children who live outside gender boxes*. Workman Publishing.
<https://www.indiebound.org/book/9781615193066>
- Testa, R. J., Coolhart, D., & Peta, J. (2015). *The gender quest workbook: A guide for teens and young adults exploring gender identity*. New Harbinger Publications.
<https://www.newharbinger.com/gender-quest-workbook>

Practice and Healthcare Guidelines

- American Psychological Association. (2015). Guidelines for psychological practice with transgender and gender nonconforming people. *American Psychologist*, 70, 832–864. <https://doi.org/10.1037/a0039906>
<https://www.apa.org/practice/guidelines/transgender.pdf>
- Deutsch, M. B. (Ed.) (2017). *Guidelines for the primary and gender-affirming care of transgender and gender nonbinary people*. Center of Excellence for Transgender Health. <http://transhealth.ucsf.edu/guidelines>

Recommended Academic Research and Clinical Articles

(Articles specifically referenced in webinar in bold; you may be able to use Google Scholar or ResearchGate to locate PDFs without institutional access)

- Anzani, A., Morris, E. R., & Galupo, M. P. (2019). From absence of microaggressions to seeing authentic gender: Transgender clients' experiences with microaffirmations in therapy. *Journal of LGBTQ Issues in Counseling*, 13, 258-275. <https://doi.org/10.1080/15538605.2019.1662359>
- Austin, A., Craig, S. L., & Alessi, E. J. (2017). **Affirmative cognitive behavior therapy with transgender and gender nonconforming adults**. *Psychiatric Clinics*, 40(1), 141-156. <https://doi.org/10.1016/j.psc.2016.10.003>
- Budge, S. L., Sinnard, M. T., & Hoyt, W. T. (2020). Longitudinal effects of psychotherapy with transgender and nonbinary clients: A randomized controlled pilot trial. *Psychotherapy*. Advance online publication. <https://doi.org/10.1037/pst0000310>
- Chang, S. C., & Singh, A. A. (2016). Affirming psychological practice with transgender and gender nonconforming people of color. *Psychology of Sexual Orientation and Gender Diversity*, 3(2), 140–147. <https://doi.org/10.1037/sgd0000153>
- Israel, T., Matsuno, E., Choi, A.Y., Goodman, J. A., Lin, Y., Kary, K., Merrill, C. (2020). **Development and efficacy of an online intervention to reduce internalized transnegativity**. *Psychology of Sexual Orientation and Gender Diversity*. Advance online publication. <https://doi.org/10.1037/sgd0000447>
- James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Ana, M. (2016). The Report of the 2015 U.S. Transgender Survey. National Center for Transgender Equality. <https://www.transequality.org/sites/default/files/docs/USTS-Full-Report-FINAL.PDF>
- Lindley, L., & Galupo, M. P. (2020). **Gender dysphoria and minority stress: Support for inclusion of gender dysphoria as a proximal stressor**. *Psychology of Sexual Orientation and Gender Diversity*, 7(3), 265–275. <https://doi.org/10.1037/sgd0000439>

- Matsuno, E., & Israel, T. (2018). **Psychological interventions promoting resilience among transgender individuals: Transgender resilience intervention model (TRIM)**. *The Counseling Psychologist*, 46 (5) 632-655. <https://doi.org/10.1177/0011000018787261>
- Matsuno, E. (2019). Non-binary affirming psychological interventions. *Cognitive and Behavioral Practice*. 26(4), 617-628. <https://doi.org/10.1016/j.cbpra.2018.09.003>
- Mizock, L., & Lundquist, C. (2016). **Missteps in psychotherapy with transgender clients: Promoting gender sensitivity in counseling and psychological practice**. *Psychology of Sexual Orientation and Gender Diversity*, 3(2), 148–155. <https://doi.org/10.1037/sgd0000177>
- Rider, G. N., Vencill, J. A., Berg, D. R., Becker-Warner, R., Candelario-Pérez, L., & Spencer, K. G. (2019). The gender affirmative lifespan approach (GALA): A framework for competent clinical care with nonbinary clients. *The International Journal of Transgenderism*, 20, 275–288. <https://doi.org/10.1080/15532739.2018.1485069>
- Spivey, L. A., & Edwards-Leeper, L. (2019). Future directions in affirmative psychological interventions with transgender children and adolescents. *Journal of Clinical Child and Adolescent Psychology*, 48, 343–356. <https://doi.org/10.1080/15374416.2018.1534207>
- Testa, R. J., Habarth, J., Peta, J., Balsam, K., & Bockting, W. (2015). **Development of the Gender Minority Stress and Resilience Measure**. *Psychology of Sexual Orientation and Gender Diversity*, 2(1), 65–77. <https://doi.org/10.1037/sgd0000081>

Additional Articles and Websites

- Gender Affirming Letter Access Project: <https://thegalap.org/>
- 'I Feel Privileged to Be Trans' – 5 Writers on What Trans Joy Means to Them: <https://www.vice.com/en/article/v7mkda/what-trans-joy-means-to-me>
- Presentations and resources by Dr. Sebastian Barr: <https://www.sebastianmitchellbarr.com/gender-diversity>