

Gender Identity Counseling

We at A Peaceful Balance Counseling work with the gender non-conforming population, which includes transgender and non-binary individuals, as well as other identities and gender expressions. We abide by the standards set forth by WPATH- World Professional Association of Transgender Health, Standards of care, version 8 (2022). These guidelines include treatment recommendations for all disciplines that work with these populations. We want to help you discover your true self and increase your comfort and confidence in your gender identity and expression while providing the following, as needed;

- Explore your gender identity and Gender Dysphoria
- Support and Education regarding gender issues and challenges
- The transition process and where you are on the gender “spectrum”
- Helpful Resources for education and possible medical interventions
- Recommendations for initiating or continuing non-medical and medical treatments
- Strategies for “Coming out” to people in your life, including the work environment
- Facilitating communication between partners, children, parents, or friends to provide the most effective and appropriate personal, social, and treatment decisions
- Requirements to start or continue your transition goals
- Work together through appropriate strategies and interventions to affirm your gender
- Process and explore any feelings, including depression, anxiety, or anger associated with Gender Dysphoria, as mental health status is important as you begin your journey
- If desired, work with families to process your (and their) thoughts, feelings, transition goals, and any feelings or concerns of either party.

Counseling has found to be very helpful in assisting gender non- conforming individuals explore and affirm their gender identity. Sometimes its hard to seek help for gender concerns, but rest assured, we provide a safe and confidential, where you can be yourself and get support along your journey.

We are neurodivergent affirmative.

Call to schedule an outpatient appointment or a telehealth session by calling

(603) 577-5551