



*Jennifer Bois, PLLC, LCMHC
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Informed Consent & Policies and Procedures

For Gender Non-Conforming individuals seeking mental health treatment

Jennifer Bois is a Licensed Clinical Mental Health Counselor who has been providing mental health services since 2004, licensed in 2006, and has worked primarily with Gender Non-Conforming individuals since 2009, to include those who identify as Transgender and Non-Binary, as well as other identities and gender expressions. Jennifer is a Licensed Clinical Mental Health Counselor in New Hampshire, and a WPATH Certified Gender Specialist. She abides by the Code of Ethics of both the American Mental Health Counselor's Association (AMHCA) and The World Professional Association of Transgender Health (WPATH).

She has extensive experience working with this population of all ages, who present in treatment with a variety of stages of gender identity development and expression. Jennifer's treatment methods include those recommended by WPATH- World Professional Association for Transgender Health, Standards of Care, version 8 (2022). These guidelines include treatment recommendations for all disciplines that work with this population. This includes counseling, psychoeducation, support, resources, exploration of gender identity and expression, recommendations for beginning or continuing medical treatment, and facilitating communication between partners, children, or parents to provide the most effective and appropriate treatment decisions.

Adults:

There are many decisions to make as you process, explore and affirm your gender identity. These include medical and non-medical interventions. Adults (18 & up) have "informed consent" and are able to make some of these decisions on their own (such as starting Hormone Replacement Therapy), without a therapist recommendation (with some exceptions), although it is recommended from most doctors that they seek mental health care prior to making some of these decisions. Mental health and physical health are also considered by both doctors and counselors. For medical interventions, such as surgeries, a recommendation is required by 1 or 2 mental health providers, and depending on the referral source and insurance company (if applicable). Mental stability is considered and significant concerns may postpone starting treatment. There is often related depression and anxiety due to, or exacerbated by, gender dysphoria. This would

not be a reason to delay treatment. The individual must be able to consent to treatment and understand the risks and benefits before medical transition services begin. For surgical procedures, the patient must also report that they understand that it is a permanent procedure. The ultimate decision to transition, including seeking and engaging in gender affirming medical interventions, is that of the client. This includes Hormone Blockers, Progesterone, Hormone Replacement, etc., as well as any surgeries.

Adult Informed Consent: *Any treatments, recommendations, referrals, decisions, and follow through are ultimately the decision of the individual adult, together with the doctor providing the physical/medical transition services, whether or not they are deemed appropriate and/or recommended for medical treatment by Jennifer.*

Minors:

When working with children and adolescents, it involves additional requirements. Children are required to get a counselor and it is up to the counselor when they deem the individual is ready to refer the child and parent to other services, resources, and for any medical interventions. It can be difficult for parents to be able to understand where their child is coming from, as this is a significant change for the family. There are often other concerns, as many individuals exploring their identity have significant feelings of gender dysphoria and related depression and/or anxiety. The possibility of non-medical or medical intervention, even a change in pronouns or preferred name, can be both scary and upsetting for some people and joyful for others. It is often hard for parents to understand as this news from their child is often unexpected. For this reason, Jennifer encourages open communication between both parents and for parents and their child.

There are a lot of things to think about when a parent discovers their child may be gender non-conforming. Physical development, as well as pubertal development is considered and can inform treatment. Both physical and mental health is also considered. Jennifer provides education, resources, and processes feelings about the situation with both the parents and the child. In a situation where the child does identify in fact as transgender/Non-Binary/Gender Non-Conforming, and medical interventions are being considered, after speaking with the parents, the minor and parents are referred to an endocrinologist or primary care doctor with experience working with this population. This enables them to get more in-depth medical information about their health and the particular medical intervention specifically. For possible consultations or medical interventions, a recommendation in the form of a letter recommending the particular treatment is required by counselor (or two) after assessment of the minor to indicate readiness and appropriateness for the intervention. At times, the child will not be ready for the next step for any variety of reasons, which could also be indicated in a letter to the doctor as well prior to a consultation. The minor must be able to consent to treatment, and both the minor and parents must have

the ability to understand the risks and benefits of the particular medical procedure, as well as to understand the changes that may occur with any transition related medical intervention. It is up to the Gender Specialist to make a recommendation based on their professional experience and assessment while working with the minor and parents. Typically, on most occasions, a recommendation letter is required for all medical interventions prior to being able to schedule an appointment, based on the medical office. Typically, the client informs the provider of the doctor they will be seeing and the recommendation letter will be sent with a release form.

The doctor will consider this, along with his own medical opinion and patient records, when making the final decision about the appropriateness of the intervention. The ultimate decision and permission to transition, including seeking and engaging in gender affirming medical interventions, is that of the parents for minors under 18. This includes Hormone Blockers, Progesterone, Hormone Replacement, etc., as well as any surgeries.

Minor Informed Consent: *Any treatments, recommendations, referrals, decisions, and follow through are ultimately the decision of the child and their parents, together with the doctor providing the physical/medical transition services, whether or not they are deemed appropriate and/or recommended for medical treatment by Jennifer.*

Please read and sign next page. Thank you.

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Informed Consent for Gender Affirming Care
Mental Health Counseling and Consultation Services
for Gender Non-Conforming Adults and Minors (and their parents)

Any treatments, recommendations, referrals, decisions, and follow through are ultimately the decision of the Adult client or the minor and their parent(s), whether or not they are deemed appropriate and/or recommended for medical treatment by Jennifer Bois.

Please note: On most occasions, recommendations and referrals (including hormone and surgery evaluations) will be completed within 30 days of request. If insurance does not cover evaluation sessions, out of pocket evaluation fees are 175.00 per session.

By signing this document, I am stating that I understand this document, and give permission for myself or my minor child to be treated by Jennifer Bois, PLLC, LCMHC, Gender Specialist.

_____ Date:
Jennifer Bois, PLLC, LCMHC, Gender Specialist

_____ Date:
Client Signature (or Parent)

_____ Date:
Client Signature (Parent/Guardian) *if applicable*

Client Printed Name: _____ DOB: _____