

## Gender Dysphoria Therapeutic Service - referral guidance for professionals

This service provides therapeutic group sessions weekly during term time for Young People from Southampton & Hampshire aged 11-18 who are experiencing persistent discomfort, confusion or distress in relation to gender identity and/or related social difficulties for example feelings of isolation or exclusion. We also provide occasional family support where indicated.

### Therapeutic aims:

- To provide a safe, playful, creative and reflective environment for young people to explore gender identity, gender dysphoria and associated behavioural, emotional or interpersonal difficulties.
- To activate curiosity about the mind-body relationship.
- To foster recognition of the potential for change in the course of development.
- To recognise diversity and raise awareness of the many possibilities open to young people for managing the difficulties they are experiencing.
- To encourage reflection over time about any wish to pursue interventions or treatment options while recognising uncertainties with regard to outcomes and implications.
- To give space for consideration of any social or school changes they wish to make.
- To counter isolation, anxiety and shame and provide a space where young people struggling with these issues can be thoughtful about and helpful to each other in the interests of sustaining hope and positive self-concept.

### How to refer:

We request that the young person or a parent/carer/professional (as appropriate) complete a referral form wherever possible. This is available via our website

<https://www.yellowdoor.org.uk/gender-dysphoria>

Please get in touch with co-facilitators Jo Pearce (Group Psychotherapist) & Cliff Free (Art Psychotherapist) if you have questions or would like to discuss a potential referral. We do not work full time for this service but will attempt to make initial contact with any young person referred within 4 weeks.