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International Perspectives on Care for Gender-Dysphoric Children & Adolescents

Kristopher E Kaliebe, MD, Psychiatry, University of South Florida, Tampa, FL and **Colleen A Kraft, MBA, MD**, General Pediatrics, Children's Hospital Los Angeles, Los Angeles, CA

Chair: Kristopher E Kaliebe, MD

Discussant: Colleen A Kraft, MBA, MD

Gender dysphoria in minors: experiences in nationally centralized gender identity service in Finland **Riittakerttu Kaltiala, PhD**, Faculty of Medicine and Health Technology, Tampere University, Tampere University, Finland

Gender Dysphoria in Minors: Sweden's response to the growing challenges **Mikael Landén, MD**, Institute of Neuroscience and Physiology, University of Gothenburg, Gothenburg, Sweden

A review of the services for gender diverse children in the UK and future plans **Louise Theodosiou, MD**, Emerge, Manchester University National Health Service, Manchester, United Kingdom

ID:
29840

Submitted by:
kkaliebe@usf.edu

Category:
Sexuality and Gender

Was any of the content of this proposal written or edited by anyone other than those individuals listed as an author on this submission?

No

Has this presentation been presented before?:

No

Submitter is a trainee?:

No

Submitter is international?:

No

Are you using active engagement techniques in your proposed program?

Yes

If yes, please briefly explain the technique(s):

quizzing audience and case studies

Learning Objectives:

- Participants will learn international approaches to assessment and treatment of gender dysphoria.
- Attendees will appreciate how the strengths, weaknesses, and limitations of the current evidence base have informed international practices in the West, including recent changes.
- Attendees will be gain an understanding of how comprehensive psychiatric assessment guides the treatment plan.
- Attendees will be able to describe the controversies regarding psychotherapy in the treatment of gender dysphoric youth.

Keywords:

Identity/identity disorder, Psychotherapy, Sexuality/Gender

Proceedings Abstract:

Objectives

There has been a global rise in gender dysphoria and many approaches to assessment and treatment have evolved. This new patient cohort has evolved quickly, prior to the formation of a clear evidence base to guide treatment. Participants will benefit from hearing multiple international perspectives on treatment.

Objectives:

There has been a global rise in the incidence of gender dysphoria in youth with markedly changed presentations compared to past decades. This novel patient cohort is currently treated based on the evidence base derived from a markedly different population. New research, including systematic

reviews of evidence, suggests significant complexities and uncertainty regarding long-term outcomes. In response, several prominent health systems in Western Europe have revised their approach to the diagnosis and management of gender dysphoric youth. Others are putting an emphasis on more structured research. Participants will benefit from hearing multiple international perspectives on this complex clinical challenge.

Methods

The chair will provide a 10-minute introduction of the presenters and an overview. Three international experts in the treatment of gender dysphoria will each have 20 minutes to describe their approaches using case studies. The experts will prepare questions to quiz the audience during the presentation. A discussion will follow the talk with 10 minutes of question for presenters and 20 minutes for audience questions for the panel.

Results

Due to a low-quality evidence base and diversity of viewpoints, many approaches to management of gender dysphoria in youth exist. This presentation will open discussion and scholarly dialogue about the various techniques used and their risks and benefits. This dialogue will help clinicians understand multiple approaches to the complex array of clinical challenges related to gender dysphoria in youth. Increased clinician knowledge will lead to improved assessments and more treatment options for youth and families.

Conclusions

The prevalence of diagnosed gender dysphoria has skyrocketed in recent years and the clinical presentations have become increasingly more complex. International collaboration and dialogue will help mental health professionals improve clinical care.

Abstract id# 44257

Gender dysphoria in minors: experiences in nationally centralized gender identity service in Finland

Riittakerttu Kaltiala, PhD, Faculty of Medicine and Health Technology, Tampere University, Tampere University, Finland

Abstract id# 44276

Gender Dysphoria in Minors: Sweden's response to the growing challenges

Mikael Landén, MD, Institute of Neuroscience and Physiology, University of Gothenburg, Gothenburg, Sweden

Abstract id# 44937

A review of the services for gender diverse children in the UK and future plans

Louise Theodosiou, MD, Emerge, Manchester University National Health Service, Manchester, United Kingdom

Chair

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I have a real or potential conflict of interest. No

Signed on 02/10/2023 by *kristopher kaliebe*

Discussant

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I have a real or potential conflict of interest. Yes

Name of business, organization or individual	Nature of Conflict
Cognoa	Consultant
DotCom Therapy	Stock or Equity
Mattel	Advisory Board

Happiest Baby, Inc.	Consultant
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Signed on 02/11/2023 by *Colleen A Kraft*

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