

JUNE 15-16, 2023

# Psychotherapeutic processes with young people experiencing gender dysphoria

Tampere University, Faculty of Medicine and Health Technology, ARVO Building, Yellow Hall



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# Agenda

## Thursday, June 15

**8:00-8:30—Arrival; coffee, tea, and pastries; opportunity to set up posters**

**8:45-9:00—Welcome and opening remarks** (Riittakerttu Kaltiala)

**9:00-10:45—Etiologies of Gender Dysphoria**

**10:45-11:00—Coffee break**

**11:00-12:30—Assessment of a Child or Young Person Who Presents with Gender Distress**

**12:30-13:30—Lunch**

**13:30-14:45—What is the Role of Social Transition in the Development of Children and Young People?**

**14:45-15:00—Coffee break**

**15:00-17:00—How Can Major Models of Psychotherapy Work with Individuals Presenting with Gender Identity Issues?**

- Individual Identity Exploration (integrative approach)
- Gender Exploratory Model “GEM” (systemic/developmental)
- Psychoanalytic/psychodynamic approaches in contemporary work
- DBT/ACT
- Group Therapy and Outcome Measures

**19:00—Dinner**

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## **Friday, June 16**

**8:00-8:30—Arrival; coffee, tea, and pastries; and reflections on day one**

**8:30-10:30—Psychotherapy with Young People Presenting with Gender Distress: What are the Core Elements that Can be Applied in/Adjusted to the Major Psychotherapeutic Approaches?**

**10:30-11:00—Coffee break**

**11:00-12:30—Overcoming Challenges in the Psychotherapeutic Process**

**12:30-13:30—Lunch**

**13:30-15:00—Working Psychotherapeutically in a Contested Space: Overcoming Challenges**

**15:00-15:15—Break**

**15:15-17:00—Where Next for Psychotherapeutic Approaches?**

**Closing remarks**