

RAINBOW TEENS

Clinical & Ethical Considerations When Counseling LGBTQ+ Teens

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BOOKS

- **Casebook for Counseling Lesbian, Gay, Bisexual, and Transgender Persons and Their Families**, edited by S. Dworkin and M. Pope
- **Counseling Gay Men, Adolescents, and Boys**, edited by M. Kocet
- **LGBTQ Clients in Therapy**, by Joe Kort
- **Nurturing Queer Youth: Family Therapy Transformed**, by I. Stone Fish & R. Harvey
- **Where's My Book?**, by Linda Gromko

ONLINE MEDIA

- **American Counseling Association's 2014 Code of Ethics** (available for free download at www.counseling.org/ethics)
- **Being a Transgender Teen** (available online at www.edweek.org/leadership/video-being-a-transgender-teen/2017/02)
- **The Importance of Using Inclusive Language**, a TedTalk by Fahad Saeed (available online at www.ted.com/talks/fahad_saeed_the_importance_of_using_inclusive_language)
- **Rights of Transgender People in Washington State**, by American Civil Liberties Union (available for free download at www.aclu-wa.org/docs/rights-transgender-people-washington-state)
- **Safe Places, Safe Spaces**, a 24-minute video from National Child Traumatic Stress Network (available online at www.nctsn.org)
- **Standards of Care for the Health of Transsexual, Transgender, and Gender Non-conforming People**, by World Professional Association for Transgender Health (available for free download at www.wpath.org)

ORGANIZATIONS

- **Camp Ten Trees**, a Seattle based summer camp for LGBTQ+ teens and children of LGBTQ+ families (website: www.camptentrees.org)
- **GLSEN**, the Gay Lesbian Straight Education Network (website: www.glsen.org)
- **Ingersoll Gender Center**, a Seattle based mutual support organization for trans/non-binary individuals (website: www.ingersollgendercenter.org)
- **Lambert House**, a Seattle drop-in center for LGBTQ+ youth (website: www.lamberthouse.org)
- **PFLAG**, a national support organization for parents and friends of LGBTQ+ individuals (website: www.pflag.org)
- **The Trevor Project**, a national 24-hour, toll free confidential suicide hotline for LGBTQ+ youth (website: www.thetrevorproject.org)
- **World Professional Association for Transgender Health**, an interdisciplinary professional and educational organization devoted to transgender health (website: www.wpath.org)

OTHER THINGS

- **Sex Designation Change on a Birth Certificate**
(www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/SexDesignationChangeonaBirthCertificate)
- **Changing Gender Designation on Driver's License or State ID**
(www.dol.wa.gov/driverslicense/genderchange.html)

DSM-5, CODE 302.85: GENDER DYSPHORIA IN ADOLESCENTS & ADULTS

- A. A marked incongruence between one's experienced/expressed gender and assigned gender of at least 6 months' duration, as manifested by at least two of the following:
1. A marked incongruence between one's experienced/expressed gender and primary and/or secondary sex characteristics (or in young adolescents, the anticipated secondary sex characteristics).
 2. A strong desire to be rid of one's primary and/or secondary sex characteristics because of a marked incongruence with one's experienced/expressed gender (or in young adolescents, a desire to prevent the development of the anticipated secondary sex characteristics).
 3. A strong desire for the primary and/or secondary sex characteristics of the other gender.
 4. A strong desire to be of the other gender (or some alternative gender different from one's assigned gender).
 5. A strong desire to be treated as the other gender (or some alternative gender different from one's assigned gender).
 6. A strong conviction that one has the typical feelings and reactions of the other gender (or some alternative gender different from one's assigned gender).
- B. The condition is associated with clinically significant distress or impairment in social, occupational, or other important areas of functioning.

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: Author.

WAC 162-32-060 GENDER-SEGREGATED FACILITIES

- (1) **Facility use.** All covered entities shall allow individuals the use of gender-segregated facilities, such as restrooms, locker rooms, dressing rooms, and homeless or emergency shelters, that are consistent with that individual's gender expression or gender identity. In such facilities where undressing in the presence of others occurs, covered entities shall allow access to and use of a facility consistent with that individual's gender expression or gender identity.
- (2) **Cannot require use inconsistent with gender expression or gender identity.** A covered entity shall not request or require an individual to use a gender-segregated facility that is inconsistent with that individual's gender expression or gender identity, or request or require an individual to use a separate or gender-neutral facility.
- (a) If another person expresses concern or discomfort about a person who uses a facility that is consistent with the person's gender expression or gender identity, the person expressing discomfort should be directed to a separate or gender-neutral facility, if available.
 - (b) Any action taken against a person who is using a restroom or other gender-segregated facility, such as removing a person, should be taken due to that person's actions or behavior while in the facility, and must be unrelated to gender expression or gender identity. The same standards of conduct and behavior must be consistently applied to all facility users, regardless of gender expression or gender identity.
- (3) **Provision of options encouraged.** Whenever feasible, covered entities are encouraged to provide options for privacy, such as single-use gender-neutral bathrooms or private changing areas, that are available to any individual desiring privacy.