



Supporting Gender Diversity in Families

DARCY ALLDER MSW, RCSW

Darcy Alder MSW, RCSW



Foundry Victoria- Employee

- Family Counselling
- Hormone Readiness Assessments

Grow Counselling- Owner

- Trauma and Attachment Therapy
- Family Therapy/Parenting Classes
- Wellness classes for Youth and Families
- **CONTRACTS**
 - First Nations Health Authority/ NIL TU,O
 - Saanich Parks and Recreation
 - Ministry of Child and Family Development



My parents want to be supportive...

- Validate the fear parents have regarding social and physical transition
- For many parents this is a grieving process for the life they had anticipated
- If parents think it's a phase, using chosen name and pronouns helps youth figure that out.
- It took youth years to figure it out, and will take parents time to understand as well



Open Ended Questions

- What words if any do you use to define your gender?
- What was your experience of gender as a child?
- What are you hoping to get from your transition?
- What has been helpful so far?

Case Presentation

- 18 years old
- Lives with both parents
- Attends Oak Bay High School
- Enjoys baseball
- Gets good grades
- Was been hospitalized for a suicide attempt at 16 years old.





Case presentation

- 13 years old
- Adopted at age 4
- Parents are separated and co-parent 50- 50
- Loves science and art
- Home schooling currently

Referring clients...

- Trans Care BC
- Private pay
- Age and residence





Questions?
