

MARK A. YARHOUSE &
JULIA A. SADUSKY

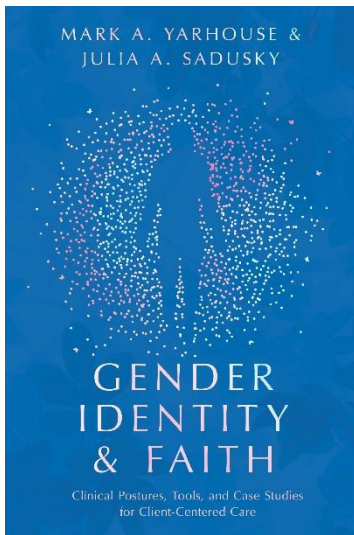
DETAILS

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Gender Identity and Faith

Clinical Postures, Tools, and Case Studies for Client-Centered Care

May 3, 2022 | \$28, 224 pages, paperback | 978-0-8308-4181-3



An Accessible Framework for Clinicians

Helping people navigate gender identity questions today is complex and often polarized work. For clients and families who are also informed by their faith, some mental health approaches raise more questions than answers. Clinicians need a client-centered, open-ended approach that makes room for gender exploration while respecting religious identity.

Gender Identity and Faith carves out clinical space for mental health professionals to help people who wish to take seriously their gender identity, their religious identity, and the relationship between the two. Drawing from their extensive research and experience with clients, Mark Yarhouse and Julia Sadusky provide a timely, practical resource for practitioners. This book

- emphasizes respect for clients' journeys, without a single fixed outcome, toward congruence between their gender identity and faith
- describes effective clinical postures, assessment and therapeutic tools, and numerous case studies
- covers needs and characteristics of children, youth, and adult clients
- includes worksheets and prompts for clients and family members

"Integrating personhood and values is no easy feat, especially in our current cultural landscape," the authors write. Those navigating this intersection need clinicians who seek to understand their unique context and journey with them with empathy. This book helps point the way.

Contents include

Part One: Overview of Gender Identity in Therapy

1. Religious Identity and Gender Identity in Therapy
2. Assessment
3. Discussing the Gender and Religious Identity Approach with Clients

Part Two: Therapy Postures and Gestures—Children

4. Gender Patience
5. Approaching Puberty: Answering Questions Around Puberty Blockers

Part Three: Therapy Tools—Adolescents and Adults

6. Adolescence: A Brief Overview

7. The Journey to Find "Me"

8. A Multitier Distinction
9. Identifying Scripts and Storylines
10. Chapters in One's Life
11. Sojourners and Traveling Companions
12. Unpacking Feelings
13. Where Is God?
14. Coping and Management Strategies

Part Four: Case Studies

15. Individual: The Case of Kelly
16. Couples Therapy: The Case of Ben (Bea) and Elodie
17. Individual Therapy: The Case of Rae



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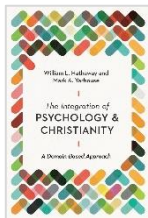
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Gender Identity from a Clinical Psychology Perspective

Mark A. Yarhouse (PsyD, Wheaton College) is the Dr. Arthur P. Rech & Mrs. Jean May Rech Endowed Chair and professor of psychology at Wheaton College, where he directs the Sexual and Gender Identity (SGI) Institute and serves as a core faculty member in the doctoral program in clinical psychology. He is a licensed clinical psychologist.

Yarhouse has published over eighty peer-reviewed journal articles and book chapters and is author or coauthor of several books, including *Understanding Gender Dysphoria*, *Modern Psychopathologies*, *Understanding Sexual Identity*, *Sexuality and Sex Therapy*, and *Family Therapies*. He serves on the editorial board of the *Journal of Psychology and Theology* and as an ad hoc reviewer with *Journal of Homosexuality*.

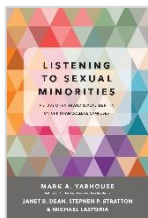
Also by Mark A. Yarhouse



The Integration of Psychology and Christianity: A Domain-Based Approach

by William L. Hathaway and Mark A. Yarhouse | August 17, 2021 | \$28, 216 pages, paperback | 978-0-8308-4183-7

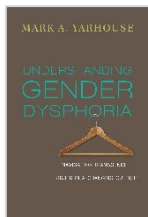
Done properly, integration enriches our understanding of both Christianity and psychology. Through biblical and theological grounding, this expert overview takes stock of the integration project to date, provides an introduction for those who wish to come on board, highlights work yet to be done, and offers a framework to strategically organize next steps.



Listening to Sexual Minorities: A Study of Faith and Sexual Identity on Christian College Campuses

by Mark A. Yarhouse, Janet B. Dean, Stephen P. Stratton, and Michael Lastoria | April 24, 2018 | \$28, 326 pages, paperback | 978-0-8308-2862-3

For sexual minority students on Christian college campuses, faith and sexuality can feel in acute tension. Yarhouse, Dean, Stratton, and Lastoria draw on their decades of experience to bring us a longitudinal study into what sexual minorities experience, hope for, and benefit from. Rich with both quantitative and qualitative data, the book presents an unprecedented opportunity to listen to sexual minorities in their own words.



Understanding Gender Dysphoria: Navigating Transgender Issues in a Changing Culture

by Mark A. Yarhouse | May 22, 2015 | \$20, 191 pages, paperback | 978-0-8308-2859-3

Gender and sexual identity are immensely complicated topics. An expert on human sexuality, Mark Yarhouse offers a Christian perspective of transgender identity that eschews simplistic answers, engages the latest research, and listens to people's stories. This accessible guide challenges Christians to rise above the politics and come alongside individuals navigating these issues.



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Gender Identity from a Clinical Psychology Perspective

Julia A. Sadusky (PsyD, Regent University) is a licensed clinical psychologist and owner of Lux Counseling and Consulting, a private practice in Littleton, Colorado. She is a fellow of the Sexual and Gender Identity Institute at Wheaton College, an advisor for the Center for Faith, Sexuality & Gender, and an adjunct professor at Denver Seminary. She is the coauthor (with Mark Yarhouse) of *Emerging Gender Identities: Understanding the Diverse Experiences of Today's Youth*.

"Gender Identity and Faith delivers an accessible framework for clinicians working with individuals seeking therapy to better understand and integrate the aspects of their identity related to gender and religion/spirituality. Yarhouse and Sadusky provide specific interventions that can be used with clients, accompanied by numerous case examples to illustrate how to approach this complex topic with nuance and cultural humility. Given that many clients seeking therapy for gender-related needs also have a faith background that impacts their sense of self, this book is an essential read for all mental health providers working with gender diverse and transgender individuals."

Laura Edwards-Leeper, chair of the child and adolescent committee of the World Professional Association for Transgender Health and member of the child and adolescent groups revising the standards of care for transgender persons



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