

Finding A Gender-Affirming Counsellor

You may wish to find a private pay counsellor. Here are some questions to ask when trying to find a potential counsellor:

What is your experience working with gender diverse youth?

Can you tell me about your understanding of gender variance?
(this should be viewed as a human trait and not a problem)

What do you see as your role in my/my child's gender journey?
(ideally: supporting, not directing the journey)

What kind of issues have you supported gender diverse youth with?

What therapeutic techniques do you use when working with gender diverse youth?
(the counsellor should follow the child/youth's lead)

What would you do if you think you cannot help me/my child with something, or it's not your area of expertise?

How do you navigate issues of confidentiality between parent and child?

How would you approach issues of self-harm and/or suicidal ideation?

What's your experience with neurodevelopmental conditions/neurodiversity (if applicable)?

What is your process in terminating the therapeutic relationship?

What should I do if I ever feel unsafe with you?

What is your experience working with gender diversity in the context of Indigenous/racialized identity (if applicable)?



Don't be shy about asking questions. Finding the best fit between yourself and the counsellor is as important as the therapy itself.