

SUPPORTING YOU IN YOUR TRANSITION



Your Therapist is an Important Part of Your Transition Team

When people realize they are transgender/transsexual, they have many questions about how to get the transition process started, what are the steps involved in transitioning, and how to get the most correct and up to date information about the transition process. Often the prospect of going to see a therapist can be rather frightening for a variety of reasons: What if the therapist doesn't support me in my transition? What if the therapist tells me I'm not ready? How do I know whether or not the therapist is really qualified to help me?

Dr. Baker-Hargrove has been working in the transgender/transsexual community for over 13 years and is considered a national expert on the mental health issues related to gender transition by other mental health professionals, medical doctors who work in the field, and the clients themselves. We consult with clients from all over the United States who are transitioning. Dr. Baker-Hargrove has spoken at national conferences, and worked with over 150 transitioning clients.

Below are a few frequently asked questions to help put your mind at ease:

FAQs:

What if my therapist does not support me in my transition?

You won't get that here. We don't tell people they should not transition. That is not the decision of the therapist and you don't need a therapist's approval. Our job is to help you make your transition successful.

What if I'm not sure whether or not I'm transsexual, or a cross dresser, or lesbian, or I'm just confused?

These are very common conversations we have with people who are in the beginning stages of the process. Whether you realize it or not, you have experienced a lot of negative programming about being transsexual from mainstream society. The point is that if you are asking these questions, something is definitely going on and we are the experts at helping you sort it all out.

How long will this take? How many sessions will I need to get my letter?

We follow the World Professional Association for Transgender Health Standard of Care 7 guidelines. We do not hold people to a certain length of time in order to "get a letter". If you are ready after the first session, then we are ready to support that. Our goal in working with you is to help you achieve the most successful transition possible by improving your relationship with yourself.

If you think I need additional psychotherapy, could that delay my "getting a letter"?

Typically, not. You can have other issues going on in your life or have a serious mental health condition and still be transgender/transsexual. Our goal is to help you become a better life manager, problem solver, and improve your relationship with yourself and your environment. We can do that while you transition, not before.

What more do I need to know about transitioning?

Dr. Baker-Hargrove has over 13 years of experience in working with gender identity issues and has counseled over 150 transitioners. His staff is fully trained and we are fully aware of procedures, processes, steps to take, people to refer you to, and places to get more information. We are here to help you realize your goals – not make attaining them difficult.



Don't live in the Central Florida area?
No Problem, We Skype!



ASSESSMENT
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ABOUT



Serving Central Florida since 1996, BHC Assessment & Consulting offers a variety of professional services designed to help individuals, couples, families, and organizations be the best they can be. BHC Assessment & Consulting is owned by Dr. David Baker-Hargrove, a noted specialist in the areas of GLBT mental health, relationship coaching, gender transitions, life coaching, and organizational reform. We are deeply committed to giving people real solutions to real problems. It is our passion and our pleasure.

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Mental Health Services for Gender Transitioners

Organizational Consulting • LGBT Mental Health
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Mental Health Boot Camp

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