**FAMILIES IN TRANSITION:**

**A PATHWAY FORWARD FOR CIS AND TRANS LOVED ONES**

​FACILITATOR: Kate Kauffman, LPC, owner of Brave Space, LLC

DURATION: 6 hours

TARGET AUDIENCE: licensed and unlicensed LPC, LCSW, LMFT, PsyD, EdD, PhD providers, graduate interns in mental health/social work fields, RNs, case managers, school providers, DHS caseworkers, CASAs, mentors, and other providers who care for transgender and non-binary youth.

PREREQUISITE KNOWLEDGE: basic knowledge of gender identity language and concepts

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COURSE DESCRIPTION

When a transgender person transitions, so do the cisgender people in their family. Professionals can find themselves over-aligned with one or more family members and lose sight of the path that helps maintain family connection and resilience. This training will help professionals, family members, and trans people build a new language for the experiences within transgender/cisgender family systems, and become more fluent and adept at navigating cross-cultural dialogues. Participants will be able to identify their own biases and stages of development that can lead to over-alignment with certain family members and build empathy and compassion across experience. Ultimately, these tools will increase the likelihood of families staying connected and resilient, and possibly prevent relational trauma.

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LEARNING OBJECTIVES
• Understand the stages of change and skillsets used by transgender and cisgender people when entering a cross-cultural relationship dynamic
• Identify our personal skills and stages, to better manage implicit bias or over-alignment
• Improve ability to “code switch” or dialogue from various perspectives to build connection with multiple family members

• Access interventions that can help family members enter new stages or skillsets

TRAINING MODALITIES
Training includes didactic lecture and presentation, group dialogue, video of client stories, modeling of treatment interventions, and practice role-plays.