

## How to Find Gender-Affirming\* Support

*\*We use gender-affirming to describe therapists who are experienced at providing affirming and trauma-informed mental health care to transgender(trans), gender expansive, and gender non-conforming clients.*

Thank you for inquiring about behavioral health support at Whitman-Walker Health (WWH). Unfortunately, at this time, we do not have the capacity to take on new clients for individual therapy. We do have many gender-affirming group options available. If you're interested in any of the group options below, you can find more information at [this link for psychotherapy groups](#), [this link for peer groups](#), or on page four of this document.

### Finding an Individual Therapist

Below are some other resources that you may use to locate a therapist in your community. We have included websites to help you find providers who are culturally responsive and affirming in a variety of areas, providers who specialize in other population-specific areas, as well as resources for therapy-informed + psychoeducational work that you can complete independently. These providers are not specifically vetted by Whitman-Walker. Please use the suggested questions found later in the document as you consider your options.

#### Start with Your Insurance Company:

It can be helpful to inquire directly with your insurance company for a list of nearby providers in your network. Some insurance companies have designated navigators who can help you find a provider that is currently accepting clients. You can start this process by calling the customer service number on the back of your insurance card or by searching the directories published on your insurance companies website.

If your insurance coverage includes "out-of-network" benefits, then you can see providers outside your network. Out-of-network services will usually cost more than in network services. Typically you will need to pay out-of-pocket for the services provided by the psychotherapist. After the service is rendered, ask your provider for a superbill that you can submit to your insurance company for reimbursement. Please be advised that your insurance may only reimburse you partially. It's best to submit a superbill as soon as possible in order to understand how your insurance will process and reimburse for the services.

#### Psychology Today to Find a Therapist:

One of the most common resources for locating a provider is the Psychology Today website: [www.psychologytoday.com/us](http://www.psychologytoday.com/us). This resource allows you to search for providers by issue, insurance, gender, type of therapy, age, price, and more. The site also allows you to review a therapist's philosophy and training. In some instances, providers include brief videos about themselves.

1. **Start the search with your zip code or city as your location. If you see a therapist virtually, they will need to be licensed in the state in which you are located.**
2. **Filter by your insurance.**
3. **Add any additional filters that you desire. For example, you can filter by race, ethnicity, sexuality, diagnosis/problem, or type of therapy. Know that with each added filter, the number of clinicians available will dwindle.**
4. **Cast a wide net and contact approximately ten providers.**
5. **Expect a response rate of three or four people. If someone does not have space, you can ask for referrals to other providers who take your insurance.**

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6. Set up 15 min phone calls with the clinicians who have openings.
7. Make an appointment with the provider who resonated with you most.
8. If they do not seem like a good fit after a session or two, try another provider.

The screenshot shows the Psychology Today website interface. At the top, there is a search bar with 'Therapists' selected and a search icon. To the right of the search bar are links for 'US', 'Log In', and 'Sign Up and Get Listed'. Below the search bar, there are navigation tabs for 'Therapists', 'Teletherapy', 'Psychiatrists', 'Treatment Centers', and 'Support Groups'. The main heading is 'Therapists in 20005' with a sub-link 'View cities in 20005'. Below this, there are several filter buttons: 'Issues', 'Insurance', 'Gender', 'Types of Therapy', 'Age', 'Price', and 'More...'. The 'More...' dropdown menu is open, showing four columns of filters: 'Ethnicity Served' (Black and African American, Hispanic and Latino, Asian, Native American, Show More Ethnicities), 'Sexuality' (LGBTQ+, Lesbian, Bisexual), 'Language' (Spanish, French, German, Mandarin, Show More Languages), and 'Faith' (Christian, Jewish, Buddhist, Muslim, Show More Faiths).

Some Other Popular Therapist Finders	Free and/or Low Cost Therapy Options
<a href="http://therapyden.com">therapyden.com</a> <a href="http://goodtherapy.org">goodtherapy.org</a> <a href="http://therapytribe.com">therapytribe.com</a> <a href="http://beingseen.org">beingseen.org</a> <a href="http://mytrucircle.com">mytrucircle.com</a>	<a href="http://borislhensonfoundation.org">borislhensonfoundation.org</a> <a href="http://drkbeautyhealing.org">drkbeautyhealing.org</a> <a href="http://thelovelandfoundation.org">thelovelandfoundation.org</a> <a href="http://freeblacktherapy.org">freeblacktherapy.org</a> <a href="http://probonocounseling.org">probonocounseling.org</a>

Note: It may be important to contact multiple providers in your effort to find a clinician as they may not be accepting new clients, may not be accepting specific types of insurance, or may not have availability at the times you are available.

### Telehealth Options:

Many therapists offer telehealth options. Additionally, national telehealth practices have emerged that take a variety of insurances like: [www.talkspace.com](http://www.talkspace.com) or [www.lyrahealth.com](http://www.lyrahealth.com) or [www.betterhelp.com](http://www.betterhelp.com).

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### Questions to Ask a Potential Therapist

If you are looking for an individual therapist, here are some questions as you look for a clinician.

**Availability:** Are you accepting new clients?

- If they are accepting new clients: What days and times are you available?
- If they're not accepting new clients at this time: Do you have a waitlist you can add me too? Do you know how long it will take to get off that waitlist? Do you recommend anyone who is currently accepting new clients?

**Fees:** What is your fee scale? Do you accept insurance or do your clients pay out of pocket? Do you offer any sliding scale options?

**LGBTQIA+ affirming or supportive care:** What percentage of your clients are LGBTQIA+? Have you previously worked with trans/gender expansive clients? Could you please tell me a bit about your experience with clients who are LGBTQIA+ or seeking gender affirming care?

**BIPOC competence:** What percentage of your clients are POC and what are their races/ethnicities? Have you been trained to provide culturally competent therapy for BIPOC individuals?

**Treatment models or types:** Can you tell me a bit about your training, areas of expertise, and the orientation that you use when working with clients?

Other questions: **Before calling the provider, ask yourself**, "What else might I want to know about this clinician?", or "What is important to me as I consider individual therapy?"

#### Race, Ethnicity and POC Therapist Directories:

This information is sourced from [mydestanation.com](https://mydestanation.com) and from [this article](#), which discuss going to therapy as a queer and/or trans POC and not being harmed.

[ngttcn.com/en/mental-health-directory](https://ngttcn.com/en/mental-health-directory)

[therapyforq poc.com](https://therapyforq poc.com)

[inclusivetherapists.com](https://inclusivetherapists.com)

[cliniciansofcolor.org](https://cliniciansofcolor.org)

[melaninandmentalhealth.com](https://melaninandmentalhealth.com)

[therapyforlatinx.com](https://therapyforlatinx.com)

[pridecounseling.com](https://pridecounseling.com)

[www.ayanatherapy.com](https://www.ayanatherapy.com)

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### **Clinician-led Psychotherapy Support Groups at WWH**

*You don't have to become an established patient to participate in groups at WWH. All groups at WWH currently meet via Zoom.*

#### **Trans-specific group therapy options at WWH include:**

***Please email [kwaldorf-cruz@whitman-walker.org](mailto:kwaldorf-cruz@whitman-walker.org) for more information.***

- Trans Stress Reduction, for adults
- Gender & Us, for youth ages 14 - 17

#### **Group therapy for caregivers of transgender youth at WWH:**

- Families in Transition

### **Peer-led Support Groups at WWH**

*Open to adults, 18+. Please email [peersupport@whitman-walker.org](mailto:peersupport@whitman-walker.org) or call (202) 939-7646 for more information.*

These peer support groups are for individuals across the gender spectrum and in any stage of gender transition. The focus of the groups is to promote social support and well-being for transgender and gender-expansive adults.

- Queer and Gender Expansive BIPOC Emerging Adults
- Transfeminine Group
- Beyond the Binary: Transmasculine Group
- Gender Expansive Group (non-binary, GNC, transfeminine, transmasculine, genderqueer and more identities welcome)

## Other Community-Based Groups for Transgender and Gender-Affirming Support

### The DC Center for the LGBT Community

The DC Center for the LGBT Community educates, empowers, celebrates, and connects the lesbian, gay, bisexual, and transgender communities.

See [thedccenter.org](http://thedccenter.org) for programming.

### DCATS

A social and support group for persons on the transmasculine spectrum and their significant others, family, friends and allies.

Virtual and in person meeting times can be found on their [dcats.org](http://dcats.org).

### HIPS

HIPS provides non-judgemental harm reduction services, advocacy, and community engagement for sex workers and drug users, including syringe exchange, safer sex materials, naloxone, clothing, snacks, mental health care, and case management.

See [hips.org](http://hips.org) for more information about their programming.

### La Clinica Del Pueblo

La Clinica Del Pueblo supports Trans Latinx community members living with HIV.

See [lcdp.org](http://lcdp.org) for programming.

### Mary's Center

Mary's Center has behavioral health clinicians who provide brief therapy for children, adolescents, and adults exploring gender identity.

See [maryscenter.org](http://maryscenter.org) for more information.

### Maryland Trans\*Unity

A support group for transgender, genderqueer, gender non-conforming, and questioning persons.

See [www.transunity.net](http://www.transunity.net) for programming.

### Metro Area Gender Identity Connection (MAGIC)

This organization primarily provides support for transsexuals in every stage of transition. The group also caters to family and friends of transsexuals looking to find out more about how they can support their loved one.

See [magicdc.org](http://magicdc.org) for programming.

### SMYAL - Supporting & Mentoring Youth Advocates & Leaders

SMYAL provides LGBTQIA+ youth support, outreach, and advocacy.

See [smyal.org](http://smyal.org) for programming.

### Stonewall Kickball DC

Stonewall Kickball DC is an LGBTQIA+ community-based, non-profit sports league.

See <https://skdc.info/> for more information.

### T-Families of PFLAG-Metro DC

[www.pflagdc.org](http://www.pflagdc.org)

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This organization provides facilitated support group for parents, other family members, spouse and partners of transsexual and transgender people.

See [pflagdc.org](http://pflagdc.org) for programming.

### **Transgender Education Association (TGEA)**

This organization provides a supportive environment and day-to-day assistance for transgender individuals and their significant others, friends, family and allies (SOFFAs), helping them overcome their sense of isolation and providing educational and social opportunities.

See [tgeagw.org](http://tgeagw.org) for programming.

### **Us Helping Us**

The organization offers an innovative care coordination model of culturally-appropriate, co-located clinical, behavioral, and social services for young Black MSM and transgender women, aged 13 - 34, in the Washington DC Area.

See [ushelpingus.org](http://ushelpingus.org) for programming.

### **Facebook Groups** (search by the bolded name below)

These groups do not necessarily host meetings or hangouts directly, though they are communities in and of themselves where people connect to share personal experiences and resources. Some are geographically-specific, or age specific. Others are open across age and location. Many people post in the DC and Maryland specific groups asking about therapist recommendations. You can search previous posts or make your own post to solicit community feedback.

- Trans Maryland Community
- DC Queer Exchange
- Top Surgery Support (removal/reduction)
- FTM Bottom Surgery Discussion
- FTM & NB hysterectomy group
- MTF Transgender Support Network
- Transgender Support 30+
- Non-Binary Gender Pride
- Non-Binary Social Space
- Transgender Women's Society

## Additional Mental Health Resources for the LGBTQIA+ Community

### Apps

- The Safe Place: Mental health awareness, education and hope app geared towards the Black Community. Available for [Apple](#) or [Android](#).
- Liberate: Daily meditation app for the Black experience. Available for [Apple](#) or [Android](#).
- Voda: Therapy programs crafted by LGBTQIA+ psychotherapists. Sign up [on their website](#).

### Websites

- [FOLX Health library](#): Articles about LGBTQIA+ health topics including transitioning, mental health, community, love, and sex.
- [The Trevor Project resources for mental health support](#): Articles about anxiety, depression, substance abuse, and more.
- [Cerebral](#): Expert help for your mental health
- [JoinCoa](#): Your gym for mental health
- [HelloAlma](#): Simplifying access to therapy
- [MeruHealth](#): The new standard of mental healthcare
- [LyraHealth](#): A Smarter Approach to Emotional Health

### Books

- [Trans, Nonbinary and GNC Voices to Help you Celebrate Pride](#) from the New York Public Library
- [Queer Theory Reading List](#) from the LGBTQ Center at Brown University
- [25 Black Queer Books to Honor Protests and Pride Month](#) from Lambda Legal
- [Black Queer and Trans\\* Reading List](#) from The Feminist Press

We hope this resource helps with your search. Finding a gender-affirming therapist who is available to take new clients can be challenging, but working with a professional who is trained to support the LGBTQIA+ community can be a very rewarding experience.