



WYNNS family psychology  
expert solutions for kids, teens & families



Spring 2019



## Exploring Gender Identity Group for High School students

***New: Reduced Rate!***

Many kids and teens express questions about their gender identity, and are also unclear about differences in gender identity, gender expression, and sexual orientation. If you have a high-school aged teen who has expressed feeling as though their gender does not match their sex assigned at birth (i.e., transgender, gender non-binary, gender fluid, gender queer, etc.) this group is for them.

**During our 6-week group, using a series of discussions, exercises, role-play, videos, and projects, your teen will talk with other teens in the exploration of their gender identity, feelings, and questions. Throughout, a psychologist will provide psychoeducation and encourage dialogue in a gender-affirming, respectful environment. Additionally, group members will:**

- Learn, discuss, and answer questions about information relating to gender identity, the gender spectrum, and gender expression
- Discuss and process challenges experienced in the home, school, and community setting
- Discuss and process actual or perceived concerns/challenges involved in the coming-out process

- Discuss and practice assertive communication strategies when asserting one's gender identity
- Discuss and improve upon protective factors for mental health and wellness (i.e., anxiety reduction, mood regulation, improved self-esteem)
- Gain information about age-appropriate community resources for trans, gender-nonconforming, gender-nonbinary, or gender-questioning teens
- Allow for questions and concerns to be processed in a safe, confidential, gender-affirming atmosphere

**When:** Session 1 in Cary (6 sessions): Thursdays from 6:00 p.m. to 7:00 p.m. April 25<sup>th</sup> through May 30<sup>th</sup>

**Where:** The Offices of Wynns Family Psychology, Cary Location  
Cary Office: 130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leader:** **Brittany Bate, Ph.D.**

*Dr. Bate has significant experience and training in providing gender-affirming care across a variety of settings and with diverse populations. Dr. Bate conducts individual therapy with adolescents and adults across the gender spectrum. Dr. Bate is also a member of the American Psychological Association Division 44 – Society for the Psychology of Sexual Orientation and Gender Diversity.*

*\*Each group will have co-leaders as needed, ensuring a small leader-to-student ratio*

**Grades:** 9<sup>th</sup> – 12<sup>th</sup>

**Fee:** \*\$85 for 30-minute individual consult, parent and teen (required) or \$127.50 for 45-minute consult (recommended)  
\* 50 per week; 6-week group prices; \$300 total or \$270 if paying for entire group in advance (does not include consult).  
\*Please note, most insurance plans will reimburse a percentage of these fees. Groups are coded as group therapy: CPT Code 90853  
\*Payment of consult plus first week of group is required to reserve a spot. \$135 with 30-minute consult or \$177.50 with 45-minute consult.  
\*Deposits and advanced payments are non-refundable  
\*A small snack may be provided. **Please let us know of any food allergies in advance.**

10% Discount for registering before April 15<sup>th</sup> !

10% Discount for returning WFP group members!

10% Discount for paying for all 6 sessions in advance!

**Register:** Call 919-467-7777 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com). Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the group leaders.