

# Effectively Responding to Transgender Beliefs.

Mary Rice Hasson, JD  
Person and Identity, EPPC  
Franciscan University  
March 19, 2024



**“Accompany...  
never abandon them”  
-Pope Francis**

**Pope Francis: Gender ideology is ‘one  
of the most dangerous ideological  
colonizations’ today**



**CNA**

Catholic  
News  
Agency

By [Courtney Mares](#)

Rome Newsroom, Mar 11, 2023



**At Easter, Pope Francis invited  
transgender group to Vatican to  
receive Covid-19 vaccine**



Claire Giangravé - Religion News Service

July 02, 2021

**“It is one thing  
to be understanding  
of human weakness  
...and another  
to accept ideologies  
that attempt to sunder...  
inseparable aspects of reality.”  
– Amoris Laetitia, 56**



Truth /Faith  
Anthropology

Pew 2014      **30%**

Science  
Reality

**10%**

Harm  
Lived experience

**48%**

3 windows into the heart and mind...

# “Who am I?”

## Christian anthropology - natural law

**Created:** by God out of love for love, eternal life

**Identity:** Son or daughter of the Lord (gift). Sexual identity - “male” or “female” (Genesis 1:27)

**Dignity:** Intrinsic. God’s image/likeness (Gen 1:26-31) Inalienable

**Unity:** body and soul. Embodied person

**Human nature** designed for human flourishing

**Body:** Reveals meaning. M or F. Design. Self-giving love.

**Sex:** life-giving, love-giving (inseparable purpose). M+F

**Marriage:** Covenant 1 male + 1 female. Permanent, faithful, fruitful

**Family:** Mother, father, child. “anthropological basis,” “Trinity”

**Sinful** but **redeemed** by Jesus Christ. Grace > **Eternal life**



# Catechism of the Catholic Church

*Created male and female, equal in dignity. Accept **sexual identity** as a gift.*

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**362** The human person [is] created in the image of God, a being at once **corporeal and spiritual**

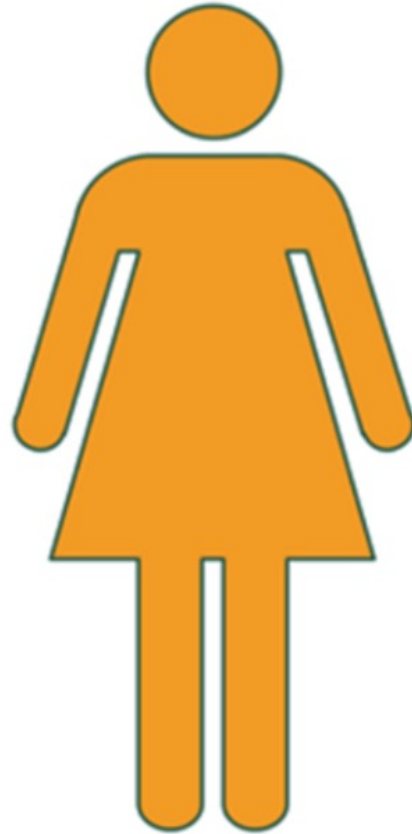
**2334** Created “male and female” with “**equal personal dignity**”

**2333** **Everyone, man and woman, should acknowledge and accept his [or her] sexual identity.** *Physical, moral, and spiritual difference and complementarity are ordered to the goods of marriage and flourishing of family life.*

XY (SRY gene)  
Small gametes  
sperm



XX  
Large gametes  
ova



6,500 genes differ. Brain patterns differ in utero.  
“Every cell has a sex.” (NIH) 30 trillion cells.

**Sexual difference is binary  
and immutable.**

“**Sex**” is a classification based on **body’s design for reproductive role** (produce sperm or egg).

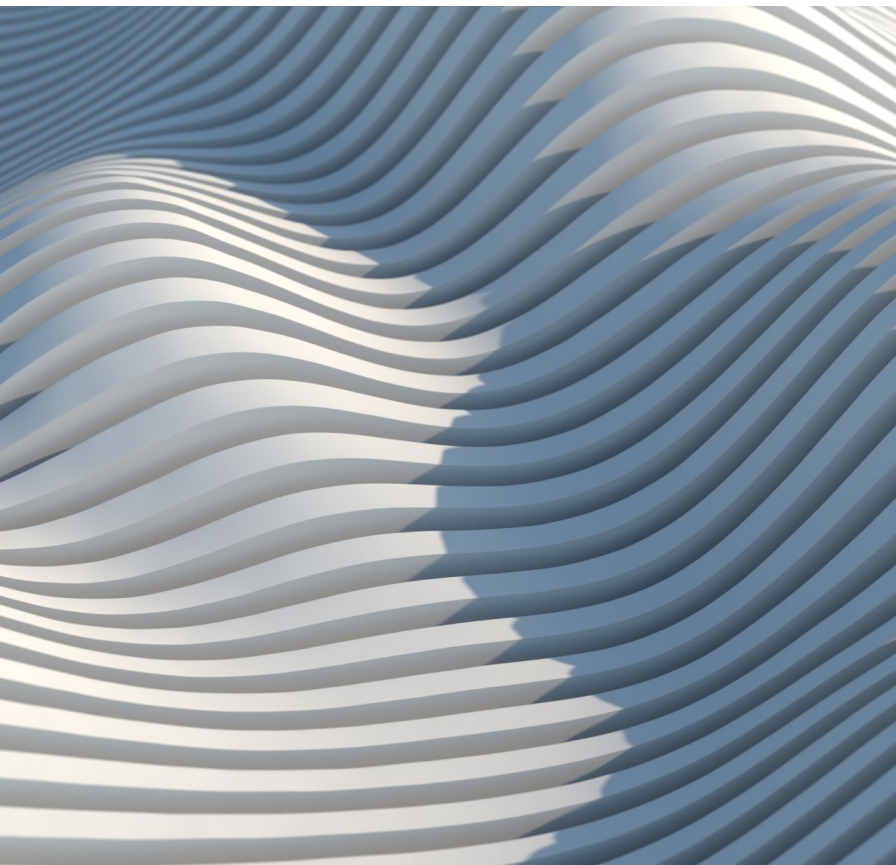
**Sex is binary** (M/F) because reproduction is binary (M/F).

**Sex** (male or female) is

- \* **Determined at conception**
- \* **Observed** in utero/at birth
- \* **Immutable.**

# “LGBTQIA”

“Intersex” = Disorder of sexual development (DSD)  
*not an “identity” or 3<sup>rd</sup> sex*



## DSD: ABNORMAL M/F BODY/DEVELOPMENT

**Objective diagnosis:** DNA, labs, images. Prevalence: .018%

Not a third sex (no third gamete)

**Treatment:** restore function and health

**DSD Ex: Klinefelter:** Male (XXY). Small penis, breast growth, testicular insufficiency (infertility, low T). 1 in 500

**DSD Ex. Mayer-Rokitansky-Küster-Hauser:** Female (XX). Missing or malformed vagina or uterus - 1 in 4,500

## “TRANS”: HEALTHY BODY - PSYCHIC DISTRESS

**Subjective feeling.** Identity- or body-related distress. No test.

Not a third sex. No “gender people.”

**Treatment:** Impair function, alter body - “embodiment” goal

Separation of faith and reason  
(Enlightenment) *leads to*  
*confusion about the person*

**Materialism** (consumer)

**Marxism/Marxist feminism** (relations as  
power)

**Individualism** (autonomy)

**Moral relativism** (will, pleasure)

**Nihilism** (pointless existence)

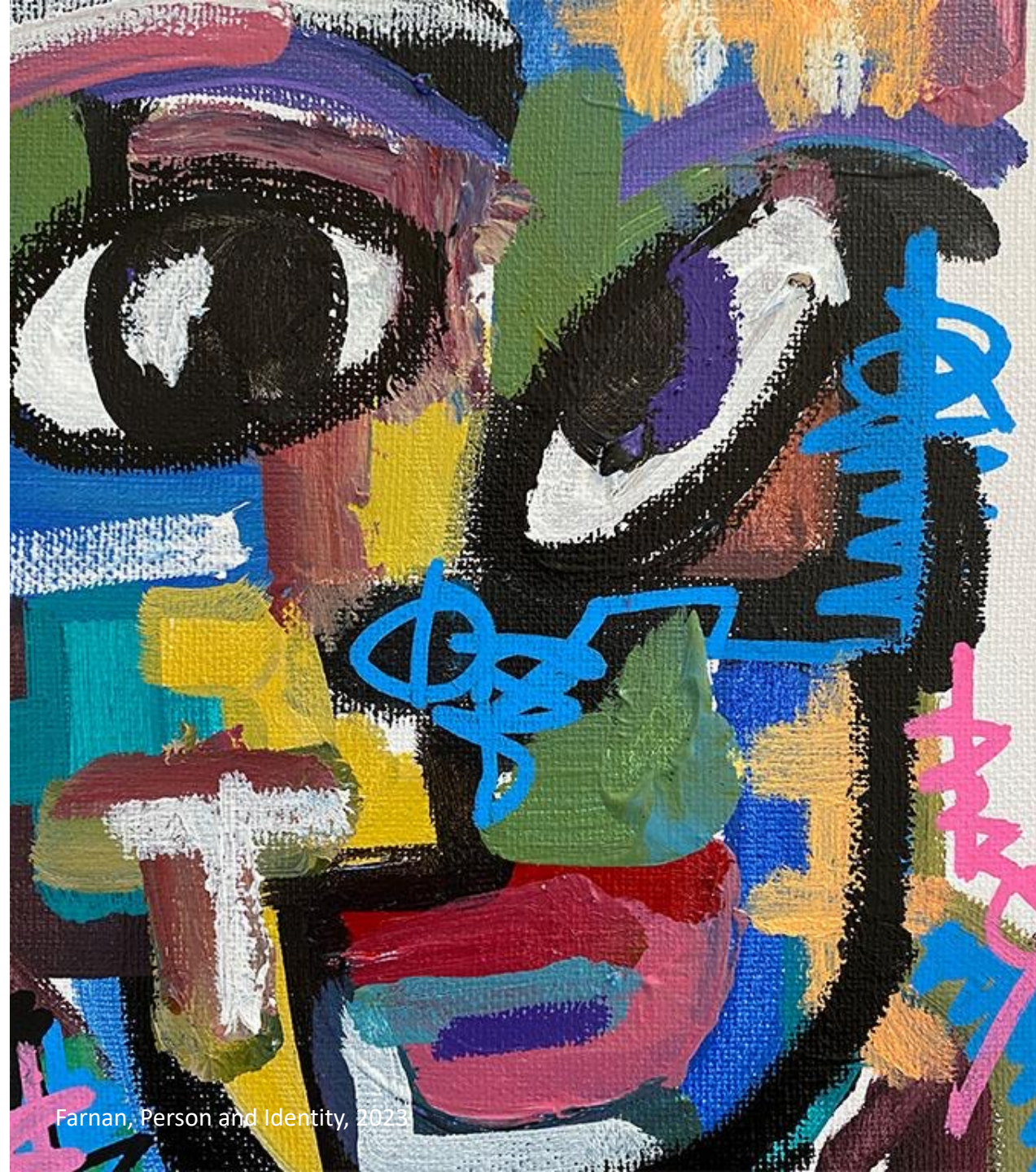
**Scientism** (science as authority)

**Psychological lens** (feelings, desires)



**Post-modernism** (no truth, no nature,  
Fragmented narratives, desires)

**Gender ideology** (self-defined identity)



Farnan, Person and Identity, 2023



# “Who am I?”

## Gender ideology - queer theory

**Self-creating.** Autonomous self (**Atheistic**)

**Identity:** Self-determined, spectrum (“gender identity”), fluid

**Dignity:** Extrinsic. Contingent. Requires validation

**Dualistic:** Person = mind/will. Body = thing to be used

**No human nature** (no design). “Autonomy”

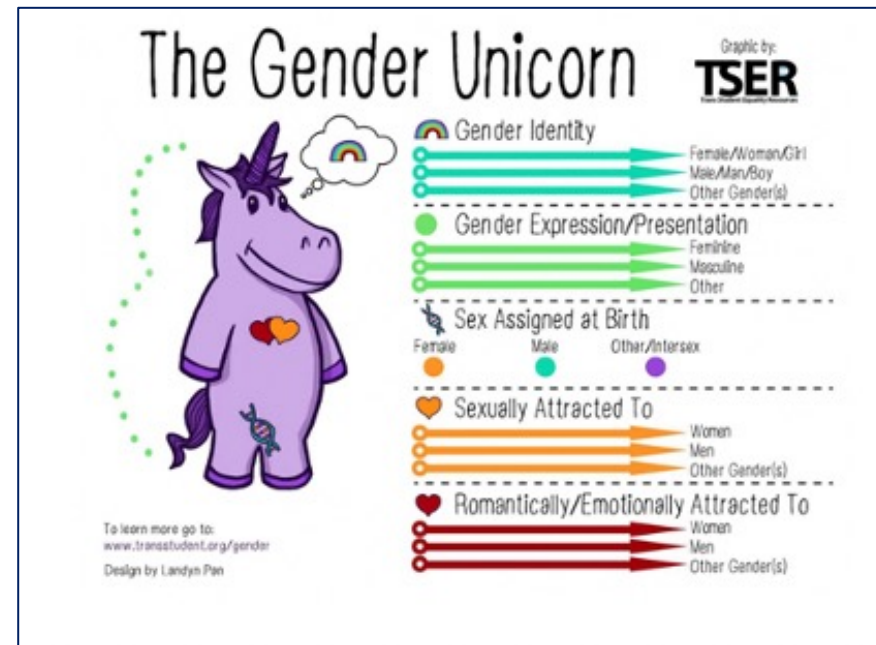
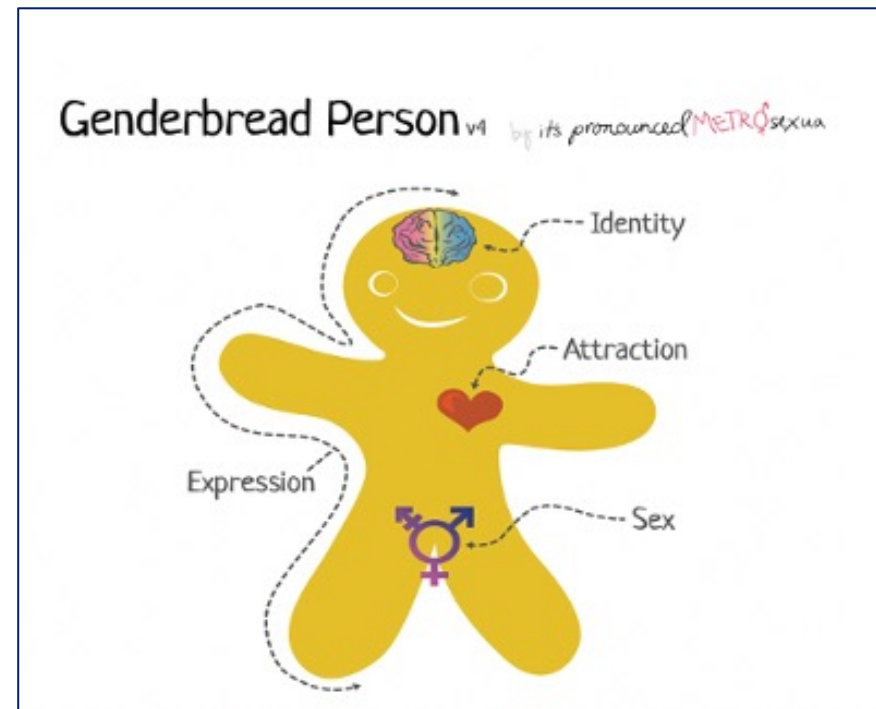
**Body:** **No intrinsic meaning.** “tool” or “canvas”

**Sex:** Pleasure. Solo or with others. Consent is only limit.

**Marriage:** Contract for adult desire/benefit.

**Family:** Chosen. Consent. (Deny import of parent-child bond)

**Oppressor/oppressed:** Power struggle. Dismantle oppressive systems. **Utopia** (Death)



# The person: a bundle of disconnected dimensions, each on a spectrum

 **Gender Identity** ←

 → Woman-ness


 → Man-ness

 → Man-ness

(“self-perception”)

 **Romantically Attracted to...**


 → Women a/o Feminine a/o Female People

 → Men a/o Masculine a/o Male People

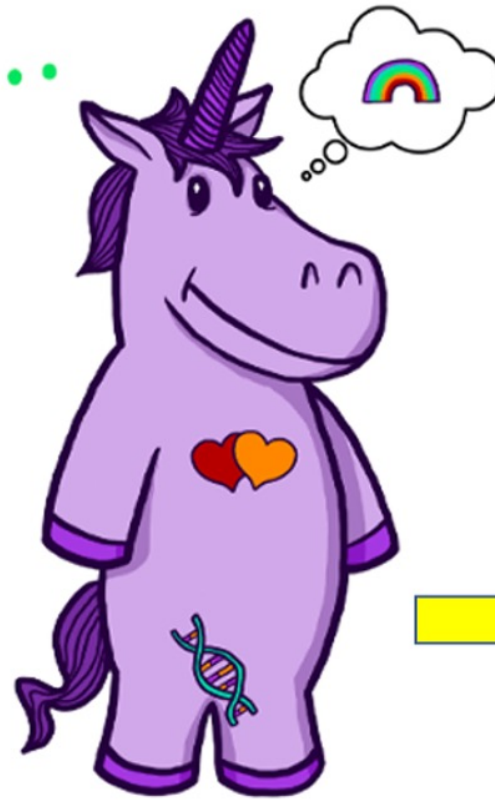
(“feelings”)

 **Sexually Attracted to...** and/or (a/o)

 → Women a/o Feminine a/o Female People

 → Men a/o Masculine a/o Male People

(“desire”)



 **Gender Expression**

 → Femininity

 → Masculinity

(“outside”)

 **Anatomical Sex**

 → Female-ness

 → Male-ness

(“parts”)

**Sex Assigned At Birth**

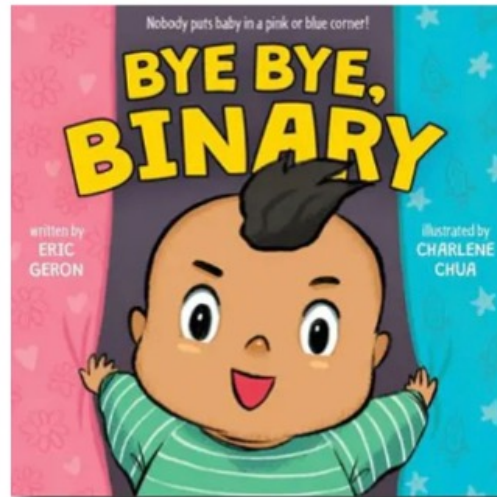
Female  Intersex  Male

“gender assigned at birth”  
“label”

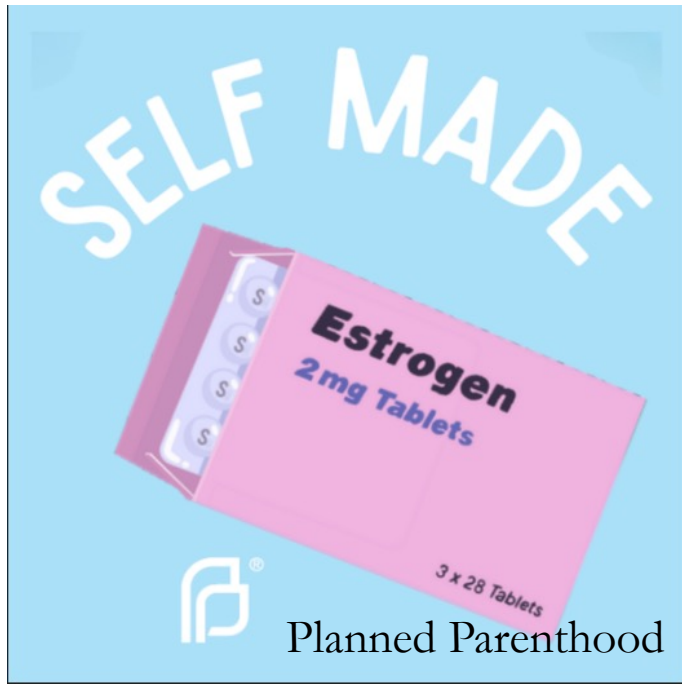
**“Today children-children!-are taught in school that everyone can choose his or her sex.**

**Why are they teaching this?  
Let us not play with truths...  
behind all this we find gender ideology.”**


- Pope Francis, *Aleteia*, 9.1.2017



## False anthropology



And kids believe the lies.



BYE BYE BINARY

- LGBTQ 2024 (PRRI)

Gen Z 28%

Millennials 16%

Gen X 7%

Boomers 4%

- LGBTQ CDC 2023

1 in 4 teens “LGBT”

- TRANS Pediatrics 2021

9.2% H.S. “trans”

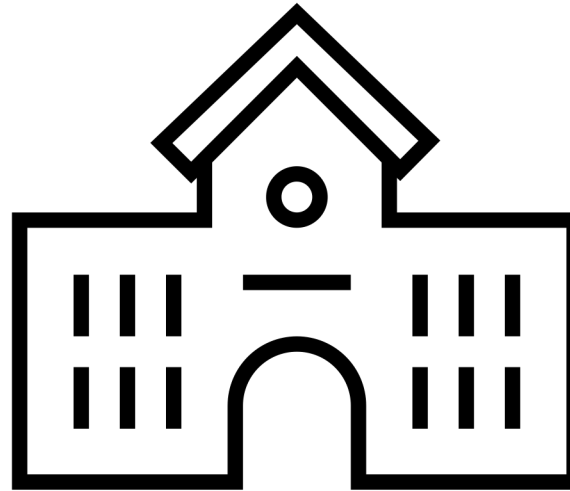
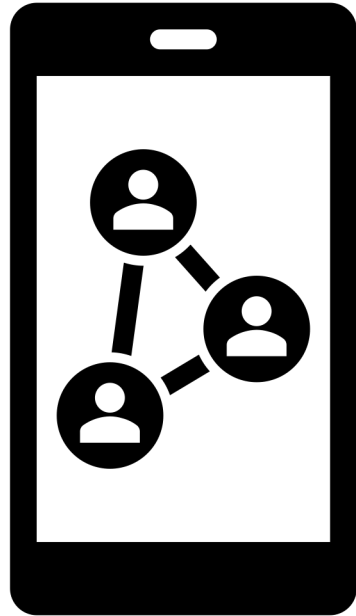
(Past: .002 “trans”)

*“Everyone must be an Ally”*

A confused generation

# Influencers: Social media + porn, schools, healthcare

“Am I transgender?”



“gender transition”

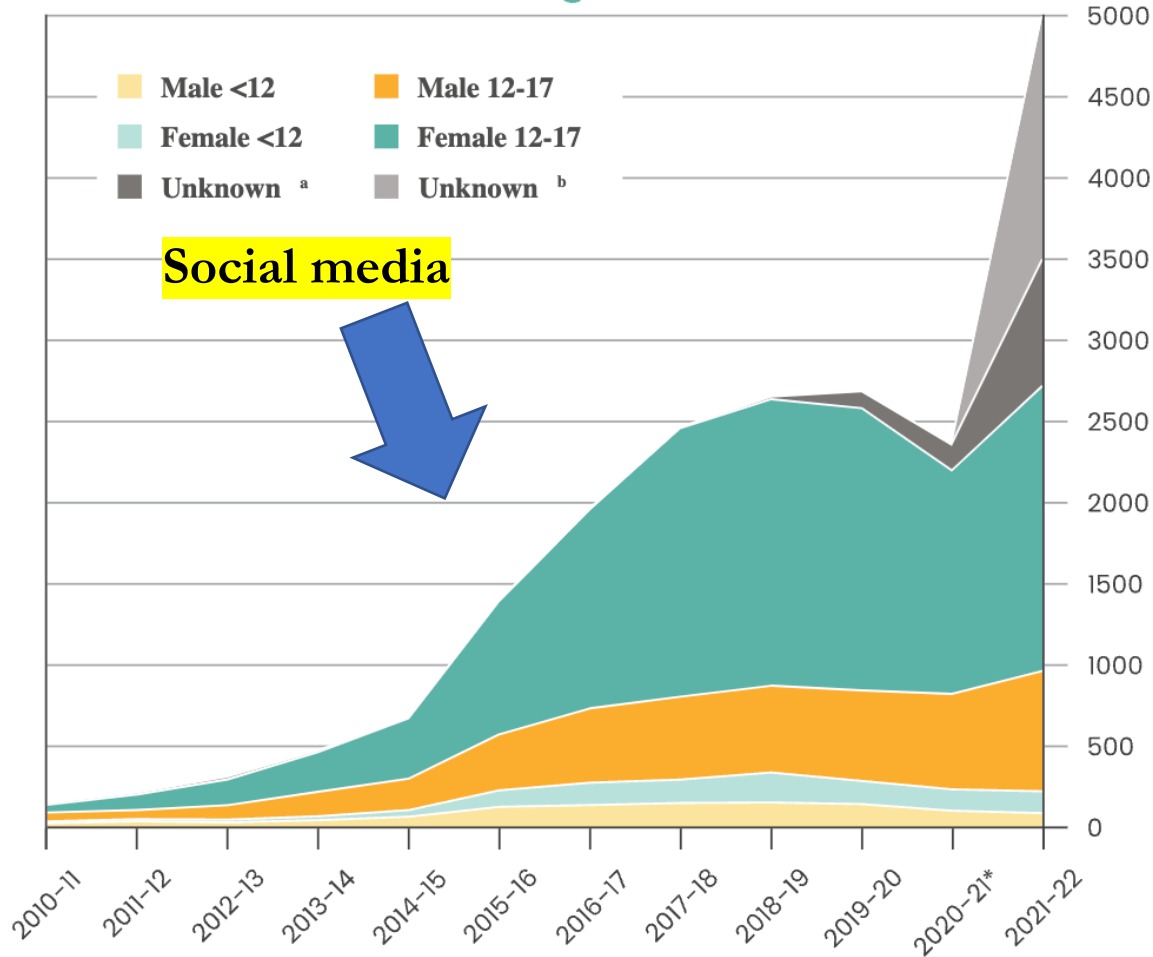


**Youth Gender Clinics**

# Shocking rise in youth seeking “gender transition”

UK: 4000% increase. US: 2007: 1 youth gender clinic; 2024: 100s clinics

Child and Adolescent Referrals for Gender Dysphoria  
United Kingdom (GIDS)



# “Gender-affirming care”



Affirmation of  
“trans” ID (false belief)

Psycho-social transition

97.5% persist

Puberty blockers

Bone/brain harm; 98-100% go to hormones

Cross-sex hormones  
Permanent harm

Surgery  
Permanent

Harms body + mind



## Debunk the lies

**Claim: “Trans kids”**

**Fact: No “trans kids.”**

Hurting / vulnerable M or F kids

No one is ever born in the wrong body. (USCCB doctrinal note)

Goal:

- \* Accept sexual identity (M/F) as gift from God.
- \* Integrate feelings with reality
- \* Know they are good, loved, and belong

Self-hatred. Fear of becoming man/woman



# Attachment Patterns in Children and Adolescents with Gender Dysphoria (Kozłowska 2021)



## Psychiatric Diagnoses (DSM-V):

**Gender Dysphoria** code 302.6

**Comorbid mental health dx (DSM-5)** 88%

Autism	16%
Depression.	63%
Anxiety.	67%
Self harm history	52%
Suicide Ideation	49%
Suicide attempt	10%
Child Protective Services Involvement	21%



Adverse childhood events,  
unresolved loss, trauma

- Family conflict 67%
- Loss of a loved one. 60%
- Maternal mental illness. 52%
- Paternal mental illness 40%
- Domestic violence 25%
- Physical abuse 19%
- Sexual abuse 17%
- Note: 19% Superior intelligence



Kids w/ gender dysphoria and kids w/ other psych disorders have similar co-morbidities, histories of poor attachment, high rates of adverse childhood events (ACE)

# Claim: “Transition” is “authentic,” medically necessary

Fact: We are **immutably male or female.**

“Trans” identification rejects truth, then seeks to alter body/function to pursue impossibility.

“Transition” is mimicry not “authenticity”  
seek validation of imagined self - “passing”

“Transition is **not “medically necessary.”**”

- \* Harms healthy body
- \* Alters appearance
- \* Disables natural functions
- \* Need lifelong hormones to maintain charade
- \* Removes healthy body parts. Replace w/  
non-functional “parts.”
- \* Inner wounds not healed. Continual anxiety.



# The (harmful) “gender-affirming” house of cards is collapsing



## Europe’s U-turn

### PSYCHOTHERAPY FIRST

Finland, UK, Sweden, Norway, Denmark  
ban/limit minors’ “gender” med/surg.  
Caution: France, Germany, Dutch, Italy, Aus

## State laws

**23 U.S. states** ban or limit minors’  
access to “gender” med / surg

## Lawsuits de-transitioners

Female Detransitioner Sues American Academy of Pediatrics for  
Pushing Youth Gender Transition

Story by Caroline Downey • 3d

## Whistleblowers

No informed consent  
Medical malpractice -harm  
Lack of evidence, research  
Ideological Bias  
Unethical

‘Gender-Affirming  
Care Is Dangerous. I  
Know Because I  
Helped Pioneer It.’

*My country, and others, found there is no solid evidence supporting  
transitioning of young people. Why aren’t American clinicians pa*

By Riittakerthu Kaltiala  
October 30, 2023



March 2024

## The WPATH Files

PSEUDOSCIENTIFIC SURGICAL AND HORMONAL  
EXPERIMENTS ON CHILDREN,  
ADOLESCENTS, AND VULNERABLE ADULTS

By Mia Hughes



## Claim: “gender affirmation” is loving and compassionate

FACT: Love means willing the good of  
the other

Lying to someone is not loving.

“Gender interventions” don’t address  
root issues

Facilitating self-harm is not loving  
Facilitating exploitation by others is not  
loving.



“Using the bodies of children and the mentally ill for  
experimentation isn’t a human right. It’s a crime.”

– Prisha Mosely

**“Detransitioner” Testimony**

Chloe Cole, 18-yr old female

Identified as “a boy” at 12

Parents scared, turned to experts

“live son or dead daughter”

Extreme duress.

13 – puberty blockers

One month later – testosterone

15 –double mastectomy

De-transitioned at 16.

“Medicine failed me.”



# Claim: “Transition” is “lifesaving”

FACT: “Transition” doesn’t prevent suicide

Trans-identified persons usually have significant pre-existing risk factors that should be treated.

Keep vulnerable people safe.  
Amputating healthy body parts is not lifesaving.

When suicide occurs, it is typically about 6 years AFTER transition has begun

WHO ARE **YOU** TO TELL HER  
**SHE'S NOT FAT?**



**LIPOSUCTION  
IS A HUMAN RIGHT**

@sometherapist

Is “gender transition”...

“lifesaving”?  
No.

“Suicide prevention”?  
No.

- **NEW!** Finland 2024: “dysphoric” youth suicide **rare** (.3%)
  - **Suicide risk linked to pre-existing psych issues**
  - **“gender-affirming” hormones do not reduce suicide (control for psych disorders)**
  - “Not justified” to tell parents “that a young person is at risk of suicide without medical treatments and that the danger can be alleviated with gender reassignment” (Kaltiala 2024)
- UK Tavistock **clinic suicide data: .03%** (Biggs 2022)
- **Dutch: median time to suicide 6.7 years** *after begin “transition”* (Wiepjes 2020)
- Dutch: **long-term suicide rate 19x general population, post-transition** (Dhejne 2011)
- **“Time to bury the ‘trans kid or dead kid’ trope.”** – Dr. Zucker



# Accompaniment “leads others closer to God”

“[S]piritual accompaniment must **lead others ever closer to God**”

“To accompany them would be **counterproductive if it became a sort of therapy** supporting their self-absorption and **ceased to be a pilgrimage with Christ to the Father.**”

*Evangelii Gaudium* 170



Source: USCCB media

Why do these questions of identity matter so much?

Because the truth about “who we are” matters.

**False anthropology**

**Gender ideology** is incompatible w Christian anthropology

**Real-life harm**

**Gender ideology** undermines human flourishing.



# Practical Guidance

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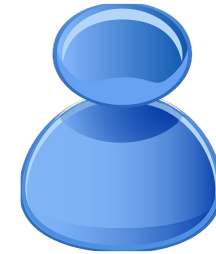
## Proactive

Truth about the person  
Strengthen relationships  
Get healthy



## Protective

Explain, warn about gender lies  
Monitor / Limit (phone, media,  
peers) Healthy boundaries



## Personal

Lead with Love  
Ask questions (understand)  
Listen. Empathize.  
Guide – “truth and charity”



# Young Catholics vulnerable to gender ideology

## Culture, Experts and Peers - Messages

“love is love,” “you do you,” etc.

“I decide” (autonomy)

“My true self” (authenticity)

**(false) Compassion** “transition” resolves pain

Same-sex marriage “settled”

Decline in religiosity (desire meaning, belonging)

Poor mental health

“Allyship” = endorse, participate, validate

“right side of history” - “human rights”

Cancel culture – fear

**Desires do not = identity.  
Desires do not define us.**

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**No one is “born trans” or “born gay”**

- No “gay gene” (2019 Science)
- Environment/experience account for  $\frac{3}{4}$  SSA

**There are no “trans” or “LGBTQ” kids**

The person is not defined by desires or feelings

Identity: son/daughter of the Lord

**Sexual attraction can shift until mid-20s (studies)**

Authentic compassion wants “the good”

**God’s law and reason must govern desires**

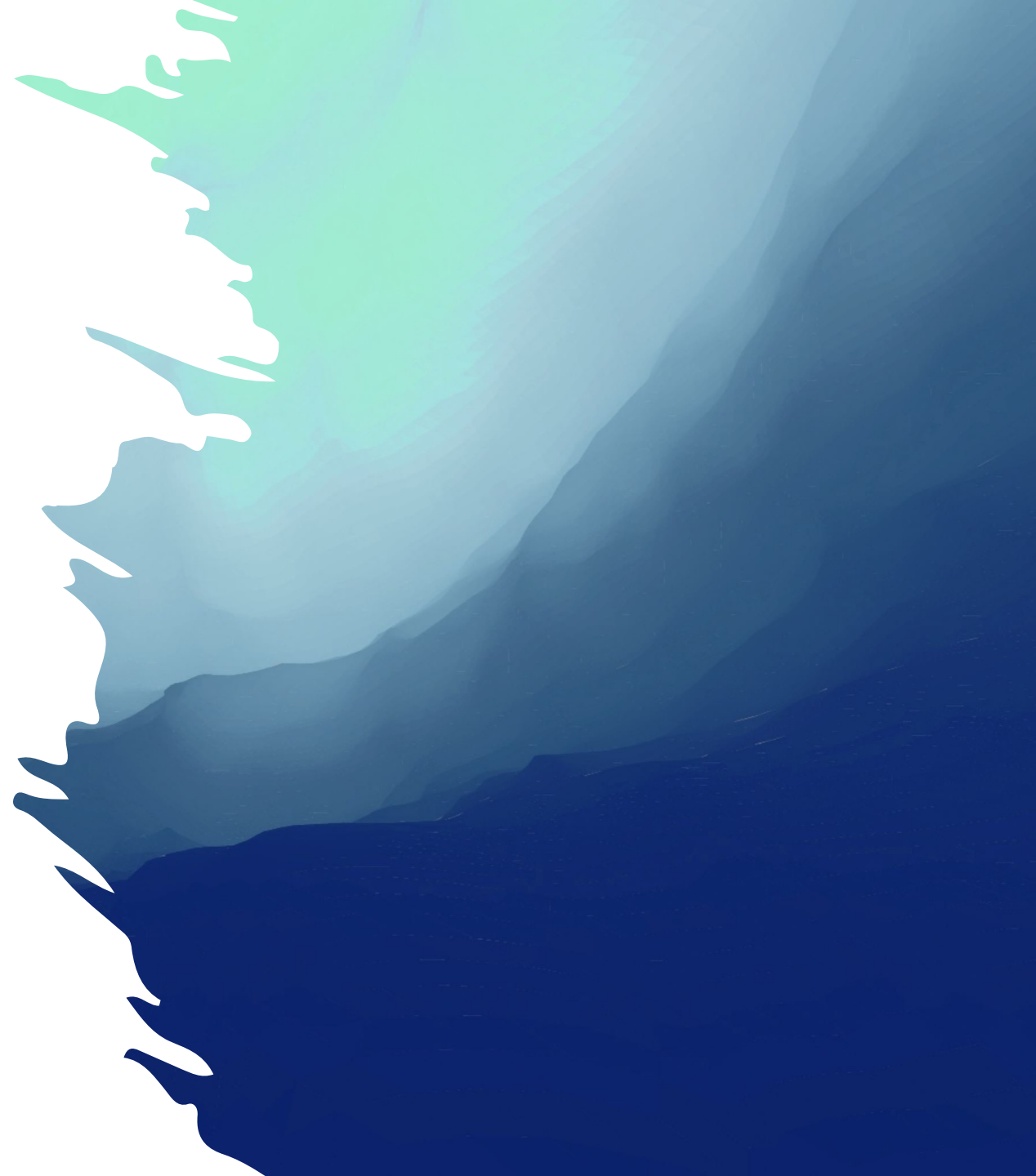


**Ask the right questions...**

**What is true** about “who we are”?  
*(Gender ideology? Or Christian anthropology?)*

**What is good?**  
*(Is what I desire truly good for me? Is it in accord with my nature?  
Love is willing the good of another.)*

**Trust God, who loves us with an infinite love.**



The good news

The Truth is...You are “wonderfully made.”

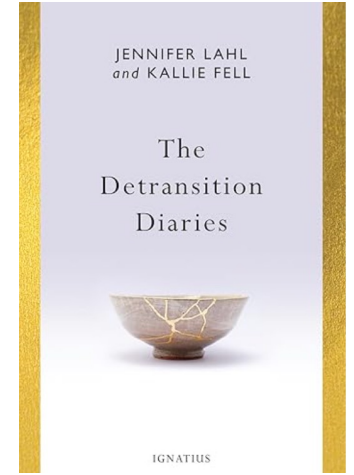
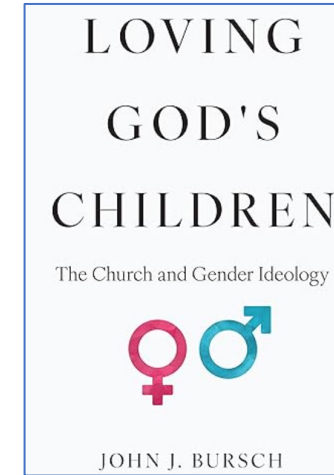
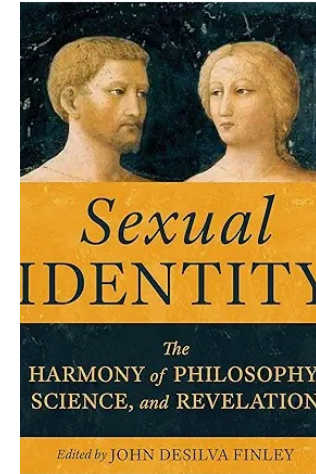
Male and female  
Your body. Your identity.  
God’s gift to you.

Man and woman, created one for another

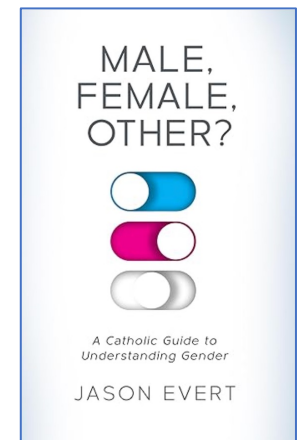
# Trusted Sources. Experts. Resources. Networks.



Catholic Resources, FAQs, videos



EWTN  
5-part video  
Series (free)







# Catholic professional resources (1)

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Professional network



Medical network (and trainings)



Support for individuals (SSA)



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

Support for families (SSA and gender)



<https://couragerc.org/for-families/>

# Catholic Professional Resources (2)

## Catholic Psychotherapy Association

“CPA members affirm that man was created in God’s image and likeness as male and female. CPA members endeavor to treat patients presenting as gender dysphoric with care and respect while remaining faithful to the reality of sexual dimorphism reflected in the created order.”

“CPA members will not encourage a client to take immoral action related to grave/mortal sin as part of a clinical treatment plan (i.e., promoting abortion, sexual sin, mutilation of the body, etc.).”



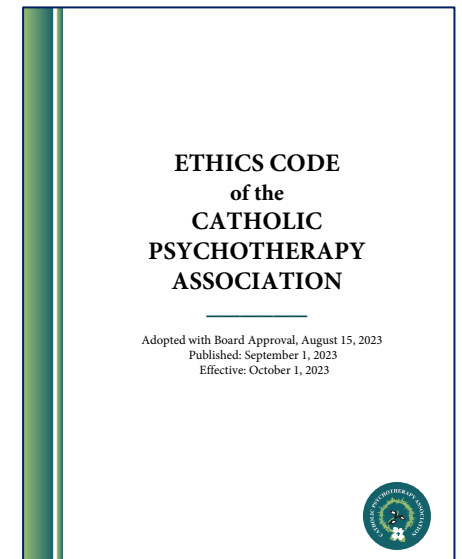
**WEBINAR**

### Treating Gender Dysphoria: Psychotherapeutic Considerations (CPA Roundtable)

**Average Rating:** Not yet rated  
**Speakers:** [Dr. Andrew Sodergren Psy.D.](#) | [Dr. Jerry Lawler](#)  
**Duration:** 1 Hour 30 Minutes  
**License:** Never expires.

**Dates**  
Fri, Nov 10, 2023 - 10:00am to 11:30am CST

[catholicpsychotherapy.org](http://catholicpsychotherapy.org)



# Secular, medical and psychotherapy-first resources

Medical advocacy



**Do No Harm**

**Detransitioner Bill Of Rights**



Medical research  
and analysis



**SEG M**  
SOCIETY FOR EVIDENCE  
BASED GENDER MEDICINE



[ABOUT](#) ▾ [FIND THERAPISTS](#) [JOIN](#) [START HERE](#) ▾ [LEARN](#) ▾ [CONTACT](#)

WHEN KIDS  
SAY THEY'RE  
**TRANS**



*A Guide for Parents*

SASHA AYAD, LISA MARCHIANO  
and STELLA O'MALLEY

Lost in  
Trans Nation

A Child  
Psychiatrist's Guide  
Out of  
the Madness

MIRIAM GROSSMAN, MD  
FOREWORD BY DR. JORDAN B. PETERSON

**Gender Dysphoria**

A Therapeutic Model for Working with  
Children, Adolescents and Young Adults

Susan Evans and Marcus Evans

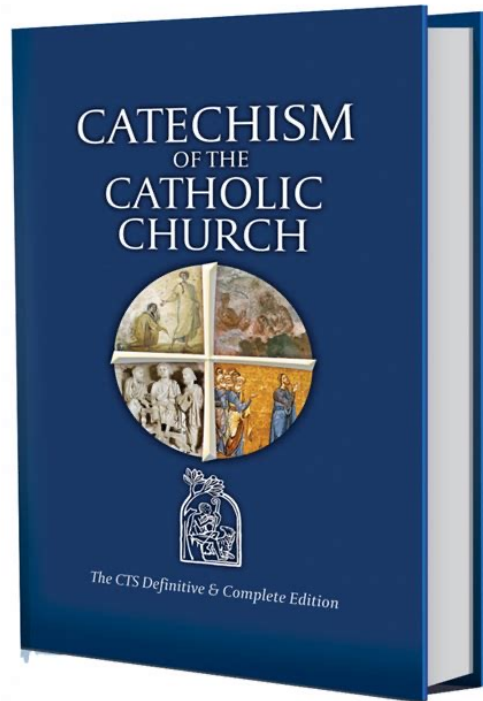
**Welcome to GETA**

Gender Exploratory Therapy  
Association

*A psychological approach to  
psychological distress.*



# Gender Ideology Undermines Catechesis



## Gender ideology rejects:

- God the Creator
- Unity of person
- Human nature
- Christian anthropology
- Catholic teaching on marriage, sexuality, and family, parents' role

## Undermines core beliefs:

Incarnation/ Christology; Divine Fatherhood; Trinity (relationship, family); Moral theology: Actions of body affect soul; Account of virtue; Remote preparation for marriage; Catechesis on human sexuality; Human life issues – contraception, reproductive technology; Conscience



Truth in Love:  
Boundaries

- \*Affirm the person as good, loved by God (and you)**
- \*Reassure – long haul. Listen. Understand. Kindness**
- \*Do not validate the false belief / rejection of sex**
- \*Use sex-based pronouns always**
- \*Slow things down: Don't agree out of fear**
- \*Do not “compromise” in ways that reinforce lies (binders, packers)**
- \*ACT: Boundaries. Limit toxic influences/ media use. Professional help (aligned w truth)**
- \*Never facilitate self-harm or exploitation by others**

# 10 facts parents need to know (“protective”)

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Kids are bombarded with “LGBTQ” messages and need clear guidance. (Silence is not an option)

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Parents are the primary educators of their children. Be confident. Love. Ask. Listen. Guide.

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Church teaching on the person and gender ideology is clear.

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Gender ideology is a false set of beliefs about the person (body, sex, marriage, family, purpose)

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“Male and female he created them.” Everyone must “acknowledge and accept” his or her sexual identity.

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Science supports Catholic teaching: Sex is determined at conception and never changes.

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“Gender identity” = feeling, perception. Feelings cannot dictate reality.

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Distress about identity, the body, or puberty is normal and temporary. There are better ways to address pain.

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No one is born in the wrong body: “Gender transition” does not change the person. It harms the body.

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Anyone who tells a child to keep a secret about “gender” should not be trusted. Set boundaries.

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# Language: Avoid ideological terms (false premises)

## **Instead of ....**

- 1. Gender:** Person's internal sense of self as male, female, both or neither; How individual perceives self compared to stereotypes (also: "gender identity")
- 2. Gender identity:** "An internal, deeply felt sense of being male, female...both or neither." Feelings or self-perception
- 3. Cisgender:** A person whose gender identity aligns with the sex assigned...at birth.
- 4. Transgender:** person whose self-perception or "felt" identity doesn't match person's sexed body.
- 5. Sex assigned at birth** – label "assigned" by doctor's glance at external genitalia at birth. Can be discarded/changed at will.

## **Say....**

- 1. Sex:** Male or female (immutable). Determined by reproductive role. Accept the sexed body + identity (M or F) as a given.
- 2. Identity (M/F); Self-perception or asserted identity** (if referring to claimed "gender identity")
- 3. Male or female.** "Cisgender" is an invented term that serves as a foil to normalize "trans."
- 4. Male or female** who identifies as "transgender"
- 5. Sex/biological sex:** Sex is an immutable biological fact - the body's organization for a reproductive role. Determined at conception (not "assigned") and observed in utero or at birth.



# Know your experts (must vet)

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Catholic psychotherapy association

<https://catholicpsychotherapy.org/>

Catholic therapists

<https://www.catholictherapists.com/>

Catholic Charities (depending on diocese)

CatholicCounselors.com

Ruah Woods (Dr. Andrew Sodergren)

Local Catholic or Christian therapists

Secular: Gender Exploratory Therapy Association\* <https://www.genderexploratory.com/>

\*not aligned with Catholic teaching on homosexuality

No “gender therapists” or gender clinics

“Better no therapist than  
a bad therapist.”

The background is a blurred library with wooden bookshelves filled with books. In the foreground, a stack of three books is on a wooden table, with the top one open. Floating around the books are various white mathematical symbols and icons, including plus signs, zeros, question marks, infinity symbols, and a magnifying glass. The text "Know the truth. Be Confident." is centered in white.

Know the truth. Be Confident.

