

Title: An introduction to working systemically with gender diverse and gender questioning young people and families.

Abstract: This workshop provides a comprehensive and up-to-date introduction to understanding and supporting children and young people with pressing gender identity issues. The presenters from the nationally-commissioned Gender identity Development Service, Tavistock Centre, will cover a range of theoretical, clinical, practical and ethical issues in the care of young people with gender dysphoria. There will be a mix of didactic presentation, lively discussions and an opportunities to apply learning to dilemmas in the therapy room.

Gender Identity Development Service – Tavistock Centre, London

The Gender identity Development Service (GIDS) is the only specialist service in the UK working with gender variant children and adolescents and the largest in the world. GIDS interfaces daily with professionals from education, psychiatry, social work, general practice, youth services, psychology and nursing who are keen for more information and more understanding about how best to support the development of these young people who are striving to harmonise mind and body.

GIDS offers support, therapy and treatment to children and young people who are unhappy about their biological sex and who experience marked incongruence between their perceived gender and their assigned gender. Established in 1989, this busy multidisciplinary service, based at the Tavistock& Portman NHS Trust in London, Leeds and Bristol has developed an approach to the situation of these young people and their families which is compassionate, concerned with psychological and bodily experience equally, and attuned to changing social mores. The service has a family based approach and systemic theory and practice are embedded within the work.

Anastassis Spiliadis

Anastassis Spiliadis is a senior systemic & family psychotherapist and psychologist working in the Gender Identity Development Service (GIDS) at the Tavistock Centre in London, in the Maudsley Hospital Eating Disorders service and in private practice. He is also a registered systemic supervisor and trainer and teaches at the systemic and family therapy trainings at the Institute of Psychiatry at the Maudsley, Kings College London. Anastassis set up and currently runs the first Family Therapy & Consultation Service in GIDS.

He has a background in psychology and organisational management and his clinical interests lie in identity development, embodiment, **attachment** and life-cycle transitions.

Dr Anna Churcher Clarke

Dr Anna Churcher Clarke is a senior clinical psychologist at the Tavistock Centre in London; she works in both the Gender Identity Development Service and Child House, a pioneering new service to transform the recovery process for children who have been sexually abused. She has an interest in gender and sexuality in child and adolescent identity development; the mind-body relationship, trauma and attachment. She draws on systemic and psychoanalytic approaches in her clinical work with families and consultation to complex networks. She is an experienced teacher and trainer to multi-agency professionals in the field of gender and

sexual identity development and teaches on professional mental health training programmes both in the UK and internationally.