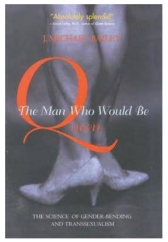
Autogynephilia and Gender Dysphoria in Youth

Dr James Morandini

Adjunct Research Fellow: **The University of Sydney**
Director & Clinical Psychologist: **King Street Psychology Clinic / The Gender Centre Psychology Service**

AGP milestones

2010: Mike Bailey gave me his book



2015: IASR Toronto (ETII symposium: Kevin + Mike + Ray)

2016: First AGP client

2018: Gender Centre Psychologist

THE GENDER CENTRE INC
SERVICES FOR THE TRANSGENDER AND GENDER DIVERSE COMMUNITY

2020 ongoing: AGP longitudinal study with Kevin

2021: Established KSPC

KING STREET PSYCHOLOGY CLINIC

Parent Groups

Metro Parents
Wollongong Parents
Digital Monthly Parents

"The parent group to us has been a safe place, a place of acceptance, a place of wisdom and knowledge, a place to laugh, to cry, to rejoice our daughters and our achievements, no matter how big or small. A place to vent and not be judged"

"Peer-to-peer support is so beneficial. Professionals are great and all. It lived experience is such a powerful dimension"

wealth of shared resources"

These groups offer support to parents as they ddress the issues that arise from their roles as amily members and caregivers. We accept all ents whether they are accepting or not of their 's diversity. The only requirement for participants that they come with open minds to explore and k towards understanding their child. It is hoped at through these support meetings parents will able to understand their child in a more open and informed way

To RSVP call Liz
on
02 9569-2366
or email
reception@gendercentre.org.au

Scan Here For More Info!

THE GENDER CENTRE INC
SUPPORTING & CARING FOR TRANSGENDER CHILDREN

KING STREET PSYCHOLOGY CLINIC

KING STREET PSYCHOLOGY CLINIC GENDER IDENTITY SERVICES

General Mental Health Services

Providing psychological therapy and assessment for children, adolescents, and adults.

Child & Adolescent Gender Services

Providing assessment, diagnosis, and management of child and adolescent gender dysphoria and parenting support.

Group Therapy

Group therapy programs for children, adolescents, and adults (e.g., DBT, social skills, Tuning into Teens groups).

Adult Gender & Sexology Services

Psychological therapy related to adult sexual identity, gender identity, sexual dysfunction, and sexual disorders.

Referral Pathway: Adolescents

General Public (e.g., CAMHS, CYMHS)
General & Specialist Private Psychology

Psychosocial Assessment

Psychotherapy/ Individual & Family

Case management, resources, psycho-education

Social Transition Support

GP REFERRAL

WPATH Hormone Readiness Assessment completed elsewhere e.g., specialist private clinic

Medical Affirmation Support

Westmead Gender Clinic (02) 9845 2446

Up to 16 yrs

Maple Leaf House (Newcastle) (02) 4016 4980

Up to 25 yrs

True Colours (Albion St Centre, Surry Hills)

16 to 25 yrs

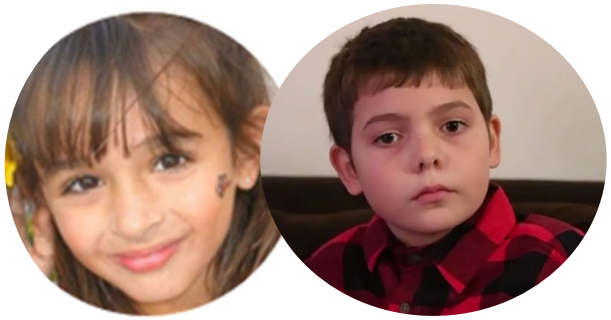
Up to 6 sessions at Public Gender Clinics to assess for appropriateness of GAHT and informed consent **(WPATH Hormone Readiness Assessment)**

Private Endocrinologist

Duration: Minimum 6-month process in adolescents at KSPC (following "Dutch Protocol")

KING STREET PSYCHOLOGY CLINIC
GENDER IDENTITY SERVICES

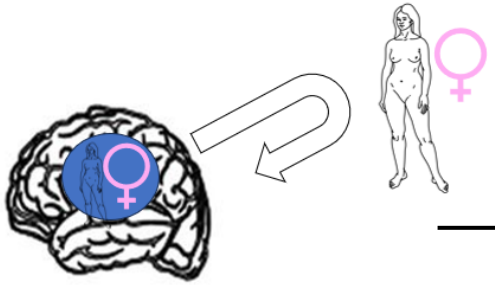
Gender Dysphoria



	Childhood Onset AMAB & AFAB	**Adolescent & Adult Onset AMAB**	**Adolescent & Adult Onset AFAB**
Etiology	Atypical Brain Sex Differentiation Pervasive Gender Nonconformity	Autogynephilia	Heterogeneous Atypical Brain Sex Differentiation Autism Spectrum Disorder
Sexuality	Same-sex attracted	Autogynephilia	Mixed
Course	Historically, most desist by puberty	Progressive (can be intermittent or desist in some cases)	Unknown
Historical Presence	More frequent pediatric clients pre-1970 to ~2000	Most frequent adolescent and adult trans women/non-binary femmes	Most frequent pediatric clients post 2010+

Pathway 2: AGP pathways

Fascination with feminine clothing; anime/media with transformation themes; transgender women; feminine gaming avatars



- Autogynephilic AMAB (XY) brain

Outwardly gender conforming boy

Minimal/No dysphoria

Cisgender adolescent man/cross dresser

Minimal/No dysphoria

Cisgender adult man/cross dresser

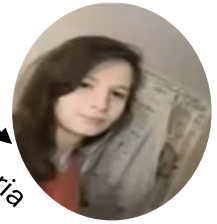
Strong/Consistent Gender Dysphoria

Strong/Consistent Gender Dysphoria

Non-binary femme

Trans woman

Strong/Consistent Dysphoria



Gender Dysphoric adolescent AMAB

Trans woman/Non-binary femme (Adolescent/Young Adult Transitioner)

Etiology
- ASD
- Autohet family members
- Typical CNS sexual dimorphism/ altered self/other processing

prenatal

infancy/early childhood /middle childhood

PUBERTY

adolescence

adulthood

middle-age

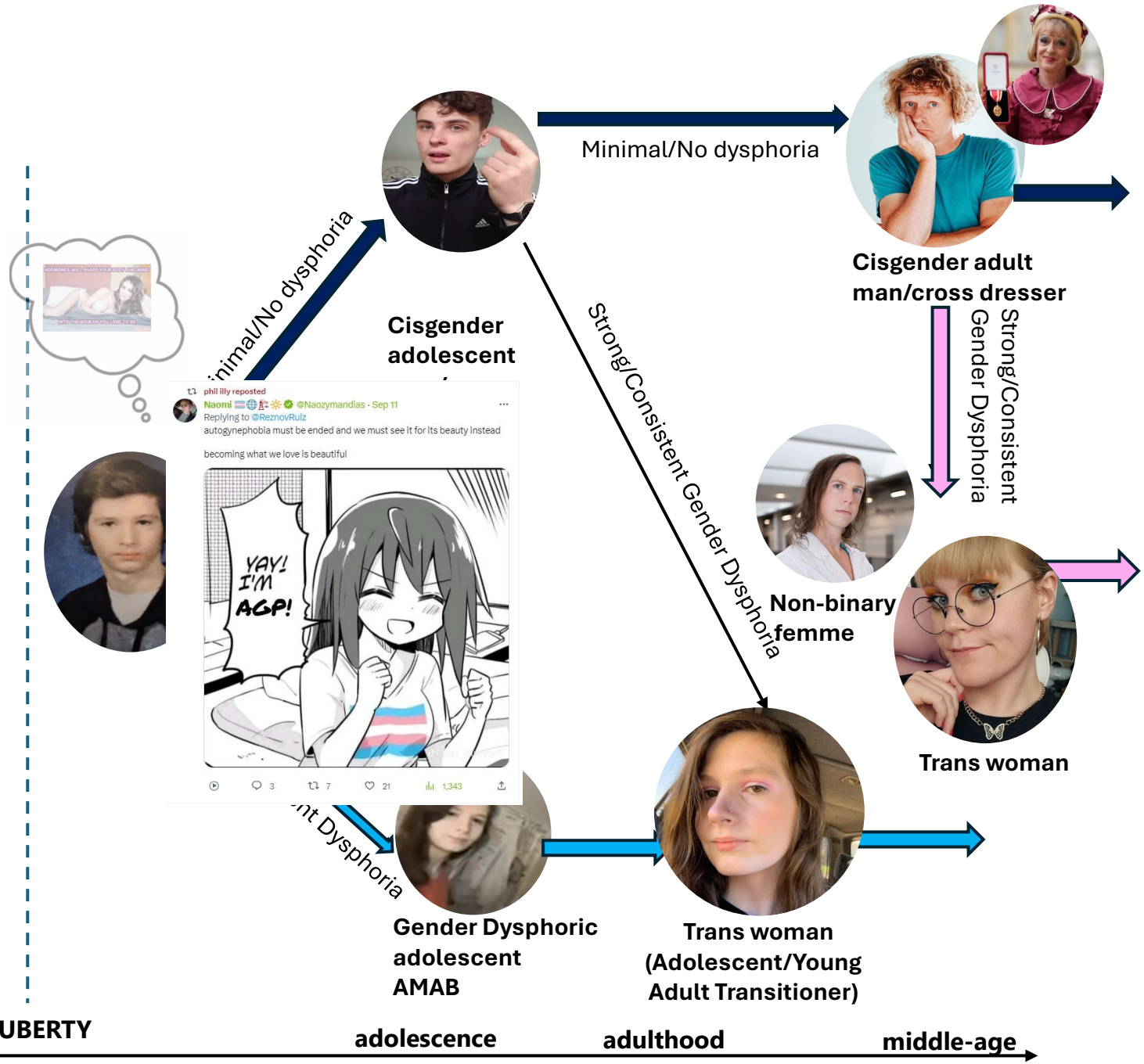
Pathway 2: AGP pathways

1. **Cisgender man/cross dresser**

2. **Late-transitioning transwoman**

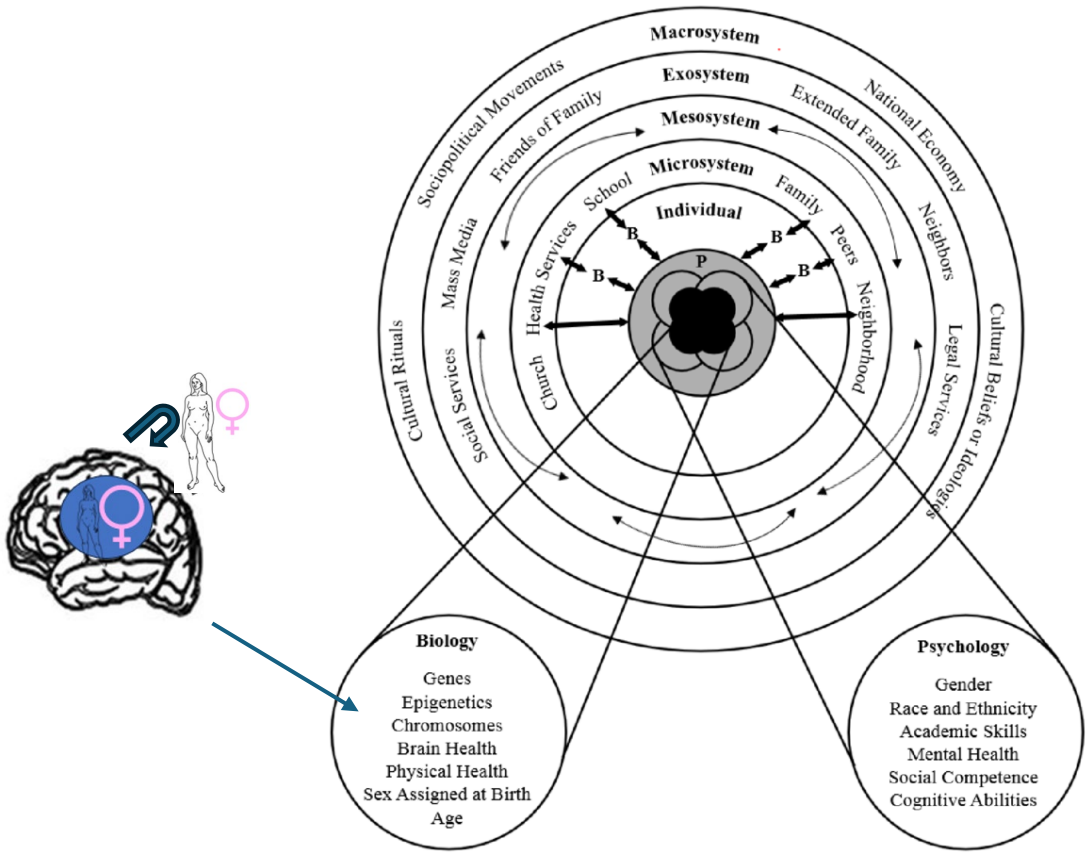
3. **Adolescent-transitioning transwoman or non-binary femme**

- Often limited or absent cross-dressing phase
- Challenges notions of progressive identity development occurring over years or decades
- Challenges notion that gender identity needs to precede gender dysphoria



Biopsychosocial Model of Autogynephilic Gender Dysphoria

Autogynephilic Pathway



<u>Individual Factors</u> e.g.,
- Physical morphology (height, facial features)
- Autism traits
- > strength and type of autogynephilic pathway
- How makes sense of autogynephilic feelings
- Distress caused by autogynephilic yearnings

<u>Microsystem</u> e.g.,
- Family of origin (attachment factors)
- Family of origin/peer gender views
- Gender composition of friendship groups
- Presence of gender services

<u>Exosystem</u> e.g.,
- Media representations of transgender people
- Visibility of transgender people in society

<u>Macrosystem</u> e.g.,
- Cultural beliefs about gender/gender roles

AGP or ROGD boys?

ROGD Boys Exist! with Lydia | Episode 200

Gender: A Wider Lens
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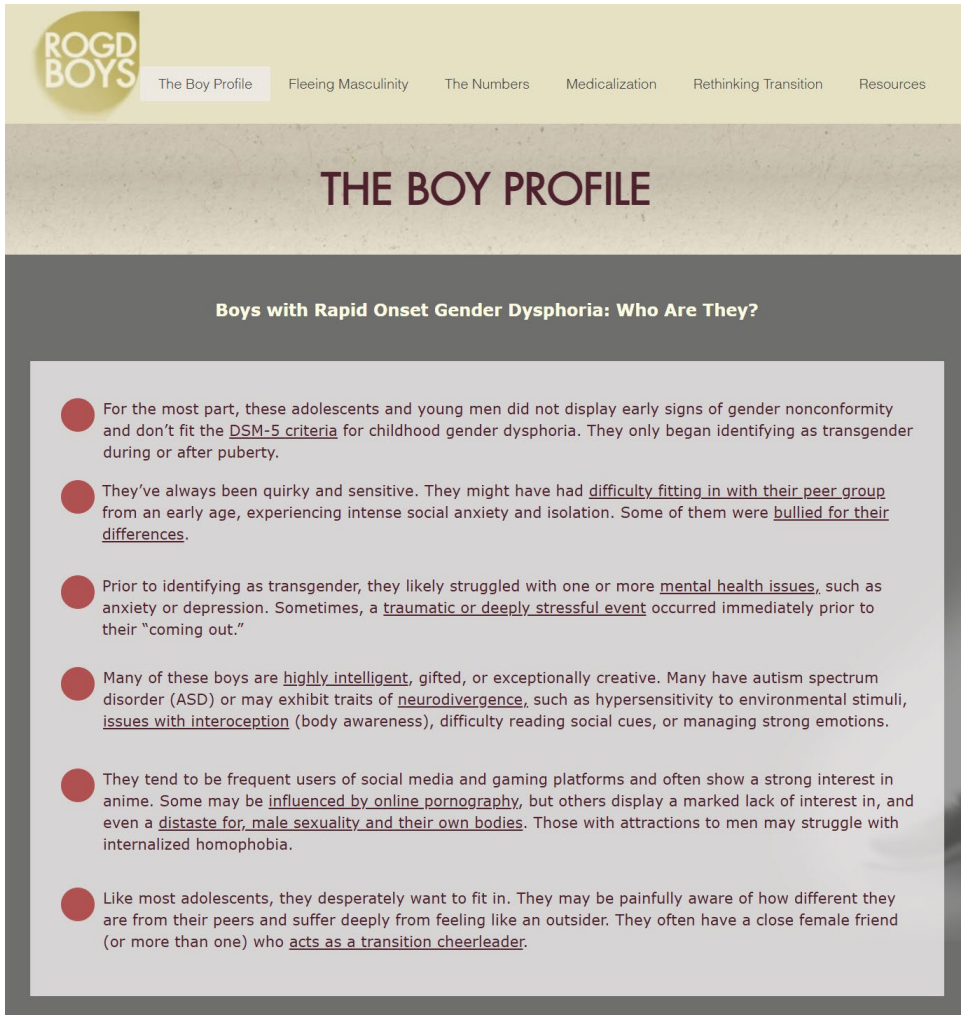
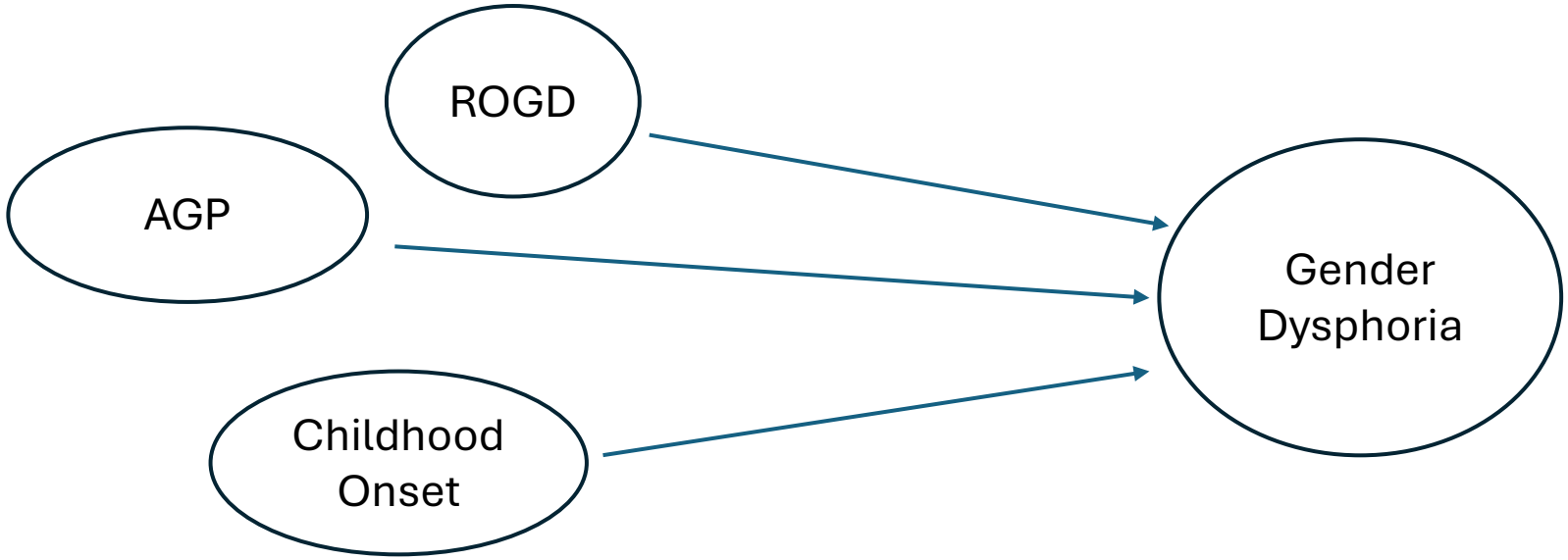
16K views 5 months ago Gender: A Wider Lens – Season Four
Sasha and Stella welcome mother and advocate, Lydia, to the show for an insightful discussion about the emotional and relational dynamics impacting boys experiencing gender dysphoria. They reflect on the critical work of ROGDBoys.org, a website dedicated to raising awareness and providing vital information about the impact of medical interventions on boys and men with gender identity confusion. (ROGD stands for Rapid Onset Gender Dysphoria and is a term first coined by Lisa Littman. You can learn more about it in our Episode 2 • EPISODE 2 - Rapid Onset Gender Dysphoria) ...more



AGP or ROGD boys?

- The Strong Claim:
  - There exists a new pathway to gender dysphoria and transition in adolescent natal males.
    - These males **ARE NOT** autogynephilic
    - These males **DID NOT** have childhood onset gender dysphoria OR marked gender nonconformity in childhood
    - The males may be homosexual, bisexual, or heterosexual
    - Etiology similar to "ROGD girls" (i.e., social contagion, co-morbid mental health issues, and gender related pressures [i.e., fleeing masculinity])



AGP or ROGD boys?

Note. They don't make this claim. They aren't this granular or informed.

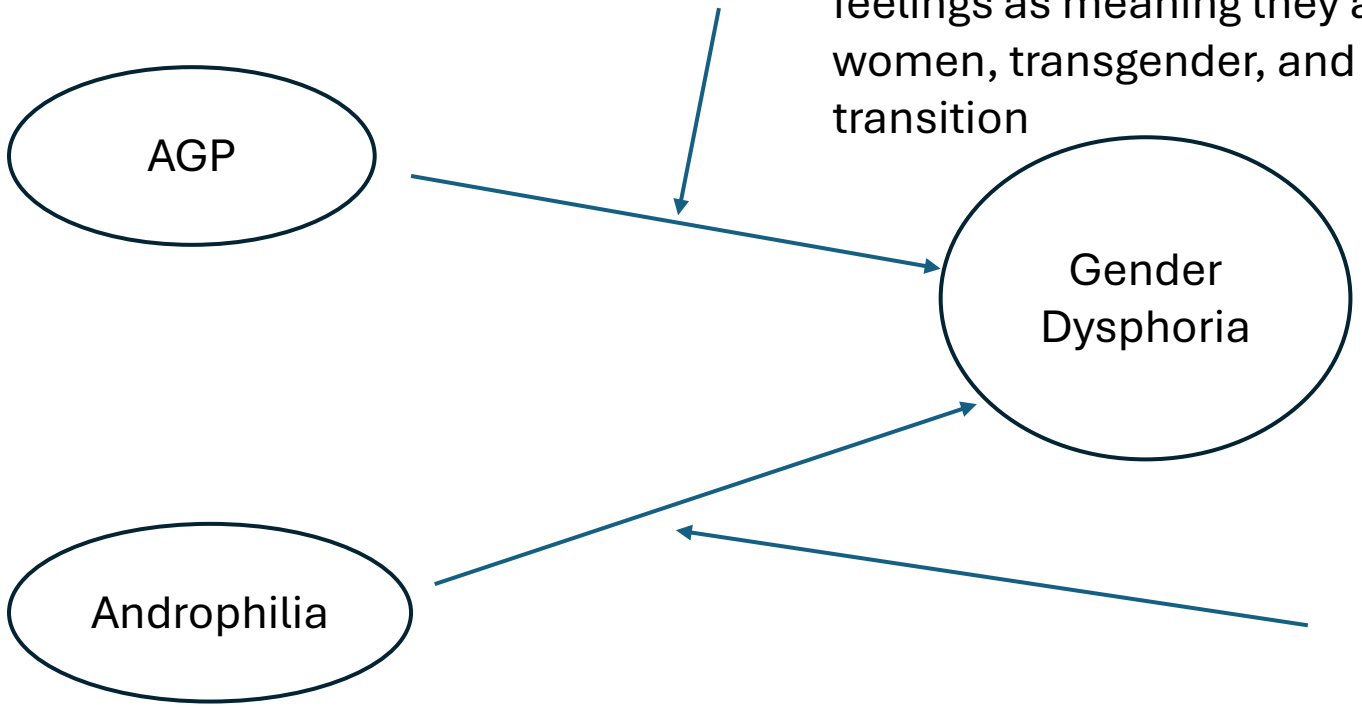
- The Weak Claim:
  - The proportion of androphilic birth-assigned males and autogynephilic birth-assigned males who are developing gender dysphoria and wishing to transition socially and medically is increasing – due to a range of factors (including social factors) – and they are transitioning at lower levels of gender dysphoria or distress
    - ROGD boys **may be AGP (i.e., there need not be a distinct new 3rd type of gender dysphoria)**

*** Note: I'm not sure "ROGD" is a good term for this phenomenon – the "weak" version of ROGD boys is nothing that has been articulated by Littman or others.**

AGP or ROGD boys?

- The Weak Claim:

GD predisposing factors:
- Social factors (greater acceptance; “fleeing masculinity”)
- Interpretation of co-morbid mental health issues or AGP feelings as meaning they are women, transgender, and must transition



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PATHWAY 2: Autoheterosexual

https://drive.google.com/drive/folders/1i36PSGWbnOVoA1E2y_IhC4CpHdf0pyia?usp=drive_link

An example from my clinic...

Name	AGP Status	Age at presentation	Duration of Treatment	Neurodevelopmental Disorders	Social Transition at Presentation	Transition Status / Course	Medical Intervention	Medical Intervention	
X.A.	AGP?	11	5		YES	Non-binary femme	HRT	16	
X.T.	HSTS	11	0.5		NO	Desisted	Decided against		
X.B.	HSTS	12	4	Cerebral Palsy/Borderline Intellectual Functioning	YES	Trans girl	Blockers	14	
X.K.	AGP	11	2	Autism Level 2	PARTIAL	Trans girl	Blockers	12	
X.C.	AGP	14	3		NO	Boy-mode	Getting HRT soon	15	
X.W.	AGP	14	6	Autism Level 1	NO	Trans girl	HRT	17	Dad Cross-Dresser
X.C.	HSTS	14	6		YES	Trans girl	HRT	17	
X.C.	AGP?	14	1		NO	Trans girl	Wants HRT		
X.C.	AGP	15	0.5		NO	Desisted	Decided against		
X.M.	HSTS	15	2		YES	Trans girl	HRT	16	
X.G.	AGP	15	1	ADHD	NO	Non-binary femme	HRT	18	
X.B.	AGP	16	1.5		YES	Trans girl	HRT/SRS	16/18	
X.C.	AGP	16	2	ADHD	NO	Trans girl	HRT	16	Dad Transitioning
X.G.	HSTS	16	0.5	ADHD	PARTIAL	Boy	Decided against		
X.W.	AGP	17	0.5	ADHD	NO	Trans girl	HRT	18	
X.M.	AGP	17	4	ADHD (definitely ASD)	NO	Boy-mode	Getting HRT soon		
X.M.	AGP	17	1		NO	Trans girl	HRT	17	
X.L.	AGP	17	3	Autism Level 1	NO	Trans girl	HRT	19	
X.A.	AGP	17	2		NO	Trans girl	HRT	18	
X.M.	AGP	17	2	ADHD/Autism Level 2	NO	Non-binary femme	Unclear		
X.C	AGP	17	3	ADHD/Autism Level 1	NO	Non-binary femme	HRT	18	
X.D.	AGP?	17	0.5		NO	Trans girl	HRT	17	
X.M.	AGP	17	3	ADHD/Autism Level 2	NO	Trans girl	HRT	17	
X.S.	AGP	17	0.5		PARTIAL	Non-binary femme	HRT	17	
X.S.	AGP	17	1		YES	Trans girl	HRT	16	
X.S.	AGP	17	2	ADHD	NO	Non-binary femme	HRT	19	
X.L	AGP	17	0.5		NO	Trans girl	HRT	19	
X.C.	AGP	18	4		NO	Non-binary femme	HRT	18	
X.G.	AGP	18	0.5	ADHD	PARTIAL	Non-binary femme	Getting HRT soon		
X.P.	AGP	18	1		PARTIAL	Non-binary femme	HRT	18	Youner Brother Transitioning
X.B.	AGP	18	0.5		NO	Trans girl	Unclear		
X,M,	AGP	18	3	ADHD/Autism Level 1	NO	Trans girl	HRT	19	
X.S.	AGP	18	1		NO	Trans girl	HRT	19	
X.F.	AGP	18	0.5		NO	Trans girl	HRT	18	
X.F.	AGP	18	0.25		NO	Non-binary femme	HRT	18	
X.B.	AGP	15	< 1 month	Autism Level 1	NO	Boy	Unclear		
X.S.	AGP	18	< 6 months		NO	Trans girl	HRT	19	

Case impressions

- 38 natal male GD cases, between age 12 and 18
  - 29 (80%) verifiably AGP
  - 3 (8%) could not verify
  - 5 (14%) HSTS

- How many volunteered information that verified AGP during assessment
  - Maybe 3/29 = 10%
  - AGP verified targeted questions and triangulation of information collected over the course of treatment
    - None said: “I am autogynephilic”
    - None said: “I am a transvestic fetishist”
      - AGP status is gathered over extended assessment (over the course of treatment) via direct and indirect indicators. You won’t see it unless you know what you are looking for.

Case impressions

- Social Transition:
  - 90%of AGPs not socially transitioned (living as boys wanting to be girls)
  - Almost all wished to commence HRT > Socially transition
  - In comparison, most HSTS had fully or socially transitioned

- Medication Transition:
  - 22/29 have started HRT
  - 3/29 Getting HRT soon
  - 1 decided against HRT
  - 3 unclear

- Desistance/Detransition:
  - No dramatic detransitions
  - Some with HRT desire haven’t progressed to HRT treatment

Indirectly Ascertaining AGP:

I. Sexual Orientation and Identity Confusion

These indicators reflect fluidity, ambiguity, or staged shifts in sexual and gender self-understanding, often consistent with AGP trajectories:

1. Being uncertain of what their sexual orientation is
2. Wondering whether they were bisexual at onset of puberty (perhaps coming out as bisexual) before realising they were transgender
3. Uncertain about their bisexuality or attraction to males (in some instances), whereas attraction to females is less in dispute
4. Identifying as asexual/aromantic or otherwise on the ace spectrum
5. Identifying as a transgender lesbian
6. Female partner or interest in female partners

Case Examples:

1. Example case (AGP verifiable)

2. AGP? (probably not verifiable)