

عنوان مقاله:

Spiritual Psychotherapy for a Client with Gender Dysphoria

محل انتشار:

اولین کنفرانس بین المللی دین، معنویت و کیفیت زندگی (سال: 1398)

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خلاصه مقاله:

Gender dysphoria refers to the noticeable incongruence between gender identity and biological sex along with clinically significant distress or impairment in important domains of functioning. We presented a case study to illustrate the effective use of spiritual psychotherapy in a female with gender dysphoria. For this case, a total of thirty, 90-minute sessions were held with a spiritual therapist up to 8 months. A psychiatrist assessed the symptoms of gender dysphoria and life functioning at preintervention, 4 months after starting the intervention, postintervention, 1-year and 2-year follow-up using the psychiatric interviews according to Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5). She showed no symptoms of gender dysphoria at postintervention and did not experience any relapse in the 1-year and 2-year follow-up. She could resolve her gender identity conflicts, improve life functioning, and continue her life as a female. Overall, spiritual psychotherapy can offer a potential new therapeutic approach to treat the clients with gender dysphoria.

کلمات کلیدی:

Case study; Gender Dysphoria; Spiritual Therapies

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