



# SIX EVIDENCE-BASED INTERVENTIONS TO DEAL WITH GENDER IDENTITY AND SEXUAL ORIENTATION DISORDER.

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# Gender identity and sexual orientation disorder (GID)

Sexual orientation is the set of the emotional, sexual, and relational factors that address the interest of individual of the same sex (homosexuality), opposite sex (heterosexuality), or both sexes (bisexuality). Several researchers have suggested that sexual orientation forms a continuum and cannot be so easily categorized. Gender identity disorders (GID) are defined as disorders in which an individual exhibits marked and persistent identification with the opposite sex and persistent discomfort (dysphoria) with his or her own sex or sense of inappropriateness in the gender role of that sex.

#### **Evidence-based Interventions:**

We present here six interventions which are evidence-based, and could help clinicians working with people who have Gender Identity and Sexual Orientation Disorder.

## Cognitive Behavioral Therapy (CBT)

- Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness.
- Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life.
- CBT is based on several core principles, including:
- 1.Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
- 2. Psychological problems are based, in part, on learned patterns of unhelpful behavior.
- 3.Peoplesufferingfrompsychologicalproblems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.
- People with Gender Identity and Sexual Orientation Disorder often have problems with their thinking, and the best way to deal with those thought is CBT.

#### Cognitive **Eye Movement Narrative** Behavioral Desensitization Therapy & Reprocessing Therapy Therapy (EMDR), (CBT) Solution Dialectical Motivational Focused Brief Behavioral Interviewing Therapy Therapy

# Dialectical Behavioral Therapy (DBT)

- Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT).
   Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.
- DBThelps in acknowledgingone's own feelings and emotions, and the way to deal with them.

# **Eye Movement Desensitization and Reprocessing Therapy (EMDR)**

- EMDR is a psychotherapy treatment that was first designed to alleviate the distress associated with traumatic memories (Shapiro, 1989a, 1989b).
- Shapiro's (2001) Adaptive Information Processing model posits that EMDR therapy facilitates the accessing and processing of traumatic memories and other adverse life experience to bring these to an adaptive resolution.
- Most people with Gender Identity and Sexual Orientation Disorder have suffer from some forms of traumas throughout their lives, e.g. rejection, abuse and others. It can be helpful to use EMDR to overcome those traumas.

## Solution Focused Brief Therapy (SFBT):

SFBT is a set of conversational tools that help

build rapid desired change in many different areas involving people and the relationships they have, ranging from business to therapy.

- Contains a mind-set, characterized by a set of assumptions that are radically different from most other approaches, helping people and organizations move forward.
- SFBThelps in picturing a future desired state,
   e.g. the Miracle Question.

# Narrative Therapy (NT):

- NY is a method of therapy that separates
   a person from their problem. It encourages
   people to rely on their own skills to minimize
   problems that exist in their lives.
- Throughout life, personal experiences become personal stories. People give these stories meaning, and the stories help shape a person's identity. NT uses the power of these stories to help people discover their life purpose. This is often done by assigning that person the role of "narrator" in their own story.
- Most people with Gender Identity and Sexual
   Orientation Disorder have a story. NT can help
   them to develop an insight toward their life,
   and the reasons that helped them to be who
   they are currently. It can assist in reflecting on
   major life incidents to interpret their current
   behavior

## Motivational Interviewing (MI):

- MI is often recommended as an evidencebased approach to behavior change.
- MI is a guiding style of communication, that sits between following (good listening) and directing (giving information and advice).
- MI is designed to empower people to change by drawing out their own meaning, importance, and capacity for change.
- MI is based on a respectful and curious way of being with people that facilitates the natural process of change and honors client autonomy.
- Mlincreases motivation of people with Gender Identity and Sexual Orientation Disorder. In addition to understanding whether their current behavior is consistent with their future goals and desires.

#### Conclusion:

Dealing with Gender Identity and Sexual Orientation
Disorder these days is quite different to what it was
a couple of decades ago, and from our experience
hereat Behavioral Healthcare Center we are getting
good outcomes from all these modules which are
used by our treatment and rehabilitation team with
a proportion of situation.

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