

Psychotherapeutic and behavioral approaches to treating gender dysphoria (including gender identity disorder & transsexualism) in adults and adolescents					
STUDY	DESIGN	N	POPULATION	INTERVENTION	OUTCOME
Barlow DH, Reynolds EJ, Agras WS. Gender Identity Change in a Transsexual. Archives of General Psychiatry. 1973;28:569-576.	Case series	1	Male age 17, diagnosed with transsexualism	Behavioral therapy (tied to stereotypes)	Success in treating his gender identity issues. He remained homosexual.
Barlow DH, Abel GG, Blanchard EB. Gender Identity Change in Transsexuals: Follow-up and Replications. Archives of General Psychiatry. 1979;36:1001-1007.	Case series	2	Two adult males	Behavioral therapy (tied to stereotypes)	Success. Also reports 6.5 years follow-up of 1973 case (Barlow et al 1973); that patient still doing fine.
Beigel HG. Three Transvestites under Hypnosis. The Journal of Sex Research. 1967;3:149-162.	Case series	3	Three adult males	Psychoanalysis and hypnosis	Success. All three reported no longer to have problems with transvestism.
Davenport CW, Harrison SI. Gender identity change in a female adolescent transsexual. Archives of Sexual Behavior. 1977;6:327-340.	Case report	1	Female age 14	Inpatient psychotherapy, recreational therapy, encouragement of female staff, etc. for 20 months	Success. At 2.5 years follow-up, the young woman was stable and content as a lesbian.
Dellaert R, Kunke T. Investigations on a Case of Male Transsexualism. Psychotherapy and Psychosomatics. 1969;17:89-107	Case report	1	Male age 18	Psychotherapy and psychoanalysis	Success. Young man is happily married, not conflicted.
Hakeem A. Psychotherapy for gender identity disorders. Advances in Psychiatric Treatment. 2012;18:17-24	Descriptive	82	Wide range of "trans" types. Comorbidities unclear.	Group psychotherapy	Unclear. Does not report outcomes specifically. Suggests that many patients now see that the transgender process wasn't necessary.
Keller AC, Althof SE, Lothstein LM. Group therapy with gender- identity patients--a four-year study.	Descriptive cohort	28	21 adult males, 7 adult females, 84% with significant comorbid psychopathology	Group psychotherapy (groups of 3-12), one male and one female therapist co-leading each group.	Mixed success. During the 4-year period, 8 patients carried on to transsexual interventions; 8 "showed a lessening of character pathology"; 11

American Journal of Psychotherapy. 1982;36:223.					no longer wished to be transsexuals; one had psychotic break and kept changing his mind.
Kirkpatrick M, Freidmann CT. Treatment of requests for sex-change surgery with psychotherapy. American Journal of Psychiatry. 1976;133:1194-1196.	Case series	1	Male age 19, female age 18, diagnosed with gender identity disorder	Supportive psychotherapy 2x/week (male: 15 weeks; female: 2.5 years).	Success. Both desisted from their desire for sex change surgery. Both content as homosexuals.
Kronberg J, Tyano S, Apter A, Wijsenbeek H. Treatment of transsexualism in adolescence. Journal of Adolescence. 1981;4:177-185	Case report	1	Female age 15	Inpatient psychotherapy, recreational therapy, encouragement of female staff, etc. for "several" months	Success. Young woman stable and content as a female.
Lothstein LM. The adolescent gender dysphoric patient: an approach to treatment and management. Journal of Pediatric Psychology. 1980;5:93-109.	Case series	27	17 boys, mean age 16.5 years [12-19] and 10 girls, mean age 16.8 years [13-19], all diagnosed with gender identity disorder. Some on hormones, some prostituting. All presented in acute crisis with much family dysfunction and psychopathology.	Psychotherapy	Mixed success (14/27). 11 boys dropped out; status unknown. At 4-5 years, two young women and one young man had persisted and had transsexual surgeries. In one male who had been on hormones and "living as a woman" for 2 years, gender dysphoria resolved completely. At 4-5 years, the remaining 5 boys and 8 girls were still attending therapy or had desisted.
Lothstein LM, Levine SB. Expressive Psychotherapy with Gender Dysphoric Patients. Archives of General Psychiatry. 1981;38:924-929.	Retrospective cohort with five cases highlighted	50	50 adults, adolescents and children. Breakdown by sex and age range not reported.	Expressive psychotherapy	Mixed success. 35/50 (70%) lost their desire to become transsexuals. 10 were still in therapy. Five received transsexual surgery.

Meyenburg B. Gender identity disorder in adolescence: Outcomes of psychotherapy. <i>Adolescence</i> . 1999;34:305-313.	Case series	3	Female (age 17), female (age 17), male (age 17), male (age 13), all demanding surgery, all "living as" opposite sex.	Psychotherapy, several months up to 2 years	Mixed success (2/3). One girl carried on and had "trans" surgeries. One girl stopped attending psychotherapy after several months; they later learned that she was in a lesbian relationship and living with her partner. One boy came to see himself as a flamboyant gay man. Younger boy's fetishism, which had arisen due to family issues and incipient borderline psychopathology, resolved.
Philippopoulos GS. A case of transvestism in a 17-year-old girl. <i>Acta Psychother</i> . 1964; 12:29-37	Case report	1	Female age 17	Brief intense psychoanalysis and psychotherapy 3x-4x/week for 6 months	Success. At 5-year follow-up, young woman was stable and content as female.
Shtasel TF. Behavioral treatment of transsexualism: a case report. <i>Journal of Sex & Marital Therapy</i> . 1979;5:362-367.	Case report	1	Female age 25	Cognitive-behavioral therapy	Success. Patient accepted herself as a woman and as a lesbian. Important note: This is the only reported use of cognitive behavioral therapy (CBT) for alleviating gender identity issues. CBT came into the mainstream in the 1970s. By now, CBT-based approaches are the standard in treating much mental illness – including borderline and other personality disorders (many clinicians of the 1950s-1980s observed borderline, narcissistic and/or histrionic traits in their patients with gender identity issues). Research should be conducted to assess the potential efficacy of CBT-based therapies in resolving gender dysphoria and other gender identity concerns. Since this study was published in 1979,

					there has not been a single additional study exploring the use of CBT-based therapies in treating gender dysphoria or any type of gender identity disturbance.
Wise TN. Psychotherapy of an aging transvestite. Journal of Sex & Marital Therapy. 1979;5:368-373.	Case report	1	Male age 43	Weekly psychotherapy for 16 months	Provisional success. Resolved for now. Patient no longer had desire for surgery. Clinician correctly notes the episodic nature of adult male transvestism and suggests that clinicians should remain available to help.