



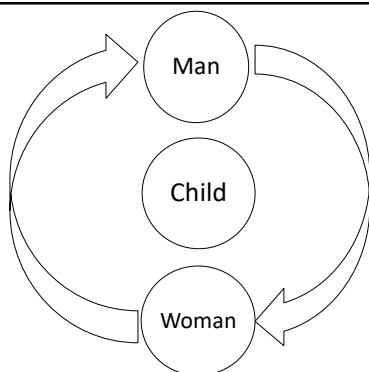
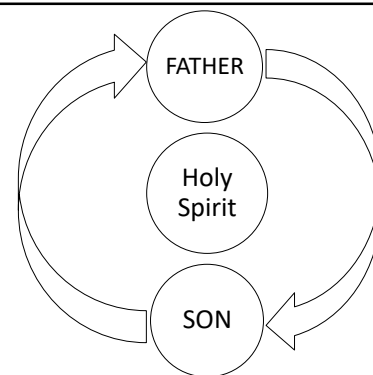
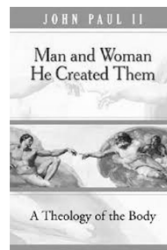
TOB and Current Challenges

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Catholic Anthropology: *Review of Key Concepts*

Catholic Anthropology

- Man as **creature**
- Man as **unity of body and soul**
- Man as **sexually dimorphic**
 - Male and female: 2 ways of being human
 - **Unity-in-distinction**



Catholic Anthropology (cont.)

- Sexual difference affects **every aspect** of the human person
 - We discover our maleness and femaleness in the body, but these reflect a reality that is more than physical
 - CCC 2332: "Sexuality affects all aspects of the human person in the unity of his body and soul...."
 - JP2: sexuality is "constitutive for the person" not merely "an attribute of the person" (TOB, 10:1)

Catholic Anthropology (cont.)

"The importance and the meaning of the sexual difference, as a reality deeply inscribed in man and woman, needs to be noted. 'Sexuality characterizes man and woman not only on the physical level, but also on the psychological and spiritual, making its mark on each of their expressions.' It cannot be reduced to a pure and insignificant biological fact, but rather 'is a fundamental component of personality, one of its modes of being, of expressing and of living human love.'"

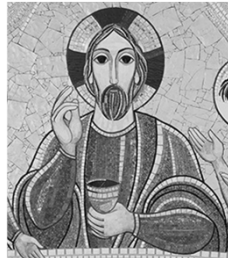
CDF (2004), no. 8

Catholic Anthropology (cont.)

- Maleness and femaleness are fundamental to our **identity and our vocation**
 - Identity: sons and daughters
 - Vocation: husband/father and wife/mother
 - Spousal significance of the body
 - Marital meaning of the sexual faculty
- This call to Spousal Love and Fruitfulness is universal.

Catholic Anthropology (cont.)

- Man as **Fallen**
- Man as **Redeemed**
- Man as called to **Holiness**



Our Moral Life in Christ

Question:

What is the purpose of the moral law?

"Those who live 'by the flesh' experience God's law as a burden, and indeed as a denial or at least a restriction of their own freedom."

JP2, *Veritatis splendor*, no. 18

"Truly, truly, I say to you, every one who commits sin is a slave to sin."

John 8:34

"If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free."

John 8:31

"For freedom Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery."

Gal 5:1

Question:

What is the purpose of the moral law?

"If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in His love. These things I have spoken to you, that my joy may be in you, and that your joy may be full."

John 15:10-11

**Basic Moral Principles
Flowing from TOB**

Basic Moral Principles

- We must honor and respect our bodies

"... man is not allowed to despise his bodily life, rather he is obliged to regard his body as good and honorable since God has created it and will raise it up on the last day."

Gaudium et spes, no. 14

Basic Moral Principles

- We must honor and respect our bodies

- We must strive for self-mastery

"Nevertheless, wounded by sin, man experiences rebellious stirrings in his body. But the very dignity of man postulates that man glorify God in his body and forbid it to serve the evil inclinations of his heart."

Gaudium et spes, no. 14

Basic Moral Principles

- We must honor and respect our bodies

- We must strive for self-mastery

- We receive our identity as a gift and a task

- Become who you are!

Catechism of the Catholic Church

2156 In Baptism, the Christian receives his name in the Church. Parents, godparents, and the pastor are to see that he be given a Christian name...

2158 God calls each one by name. Everyone's name is sacred. The name is the icon of the person. It demands respect as a sign of the dignity of the one who bears it.

2159 The name one receives is a name for eternity....

Basic Moral Principles

- We must honor and respect our bodies

- We must strive for self-mastery

- We receive our identity as a gift and a task

- All are called to acknowledge and accept the sexual identity revealed by the body

Catechism of the Catholic Church

"Everyone, man and woman, should acknowledge and accept his sexual identity..."

CCC No. 2333

Compendium of the Social Doctrine of the Church

'Everyone, man and woman, should acknowledge and accept his sexual identity...''

No. 224

Compendium of the Social Doctrine of the Church

"Faced with theories that consider gender identity as merely the cultural and social product of the interaction between the community and the individual, independent of personal sexual identity without any reference to the true meaning of sexuality, the Church does not tire of repeating her teaching:

'Everyone, man and woman, should acknowledge and accept his sexual identity...''

No. 224

Basic Moral Principles

- Use of our sexual faculty is meant to signify a total gift of self that is always open to new life. The only "place" where this gift is legitimate is within marriage.
- Marriage is the lifelong, exclusive union of a man and a woman.
- Even within marriage, the sexual drive must always be subordinated to the good of the person.
- All are called to chastity

Final Considerations

Final Considerations

- The value of human experience
 - "When we speak of original human experiences, we have in mind not so much their distance in time, as rather their foundational significance... they are at the root of every human experience... they are so interwoven with the ordinary things of life that we generally do not realize their extraordinary character" (TOB 11:1).

Final Considerations

- The value of human experience
- Faith and reason
 - "Faith and reason are like two wings on which the human spirit rises to the contemplation of truth; and God has placed in the human heart a desire to know the truth—in a word, to know himself—so that, by knowing and loving God, men and women may also come to the fullness of truth about themselves" (JP2, 1998).

Final Considerations

- The value of human experience
- Faith and reason
 - The value of science
 - "Only a Christian anthropology, enriched by the contribution of indisputable scientific data, including that of modern psychology and psychiatry, can offer a complete and thus realistic vision of humans."

John Paul II, 1995

Case Study in Applying TOB: *Gender Ideology*

"Accompany... never abandon them"
-Pope Francis

"It is one thing to be understanding of human weakness ...and another to accept ideologies that attempt to sunder... inseparable aspects of reality."

— *Amoris Laetitia*, 56

Charity and Truth



Pope calls gender theory a 'global war' against the family

"Gender theory... 'enemy of marriage'"
- 10.1.2016

Duke San Martin October 1, 2016
VATICAN.COM/COMMENTARY

Why Does Gender Ideology Matter?

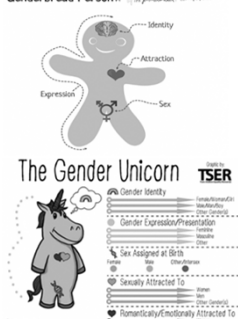
Because the truth about "who we are" matters.

False anthropology
Gender ideology is incompatible with Christian anthropology

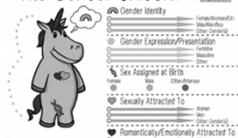
Real-life harm
Gender ideology undermines human flourishing and wounds people.



Genderbread Person © 2014 by genderbreadperson.com



The Gender Unicorn © 2015 by TSER



"Who we are" according to Gender Ideology

Self-creating: Infinite spectrum of identities
 Identity: Self-defined, fluid, variable
 Dignity: Depends on recognition, validation
 Destiny: Self-actualization, here and now
 No human nature. Complete autonomy.
 Dualism: Person = mind/will. Body = tool
 Body: No intrinsic meaning. Blank canvas.
 Sex: For pleasure alone. Any way you want it.
 Marriage: Social construct. Mere contract.
 Family: Chosen. Any configuration.
 Authority: I am oppressed. Must struggle for power.
 Purpose: Explore, express, find "authentic self"

Popular View Today

Sexual Identity

- biological sex, "assigned" sex, etc.
- Viewed as discardable, changeable, "not me"

Gender Identity

- My internal perception of myself in regard to male & female and the roles and behaviors I ascribe to each
- Viewed as my "real" or "true" self even when it is incongruent with objective reality (i.e., the body)

A Catholic View

Sexual Identity

A Catholic View

Sexual Identity



A Catholic View

Sexual Identity



Objective Component

- my maleness or femaleness
- revealed in the body and affecting the whole person
- "given"

A Catholic View

Sexual Identity



Objective Component

- my maleness or femaleness
- revealed in the body and affecting the whole person
- "given"

Subjective Component

- my growing understanding of myself and free acceptance of what is "given" (i.e., revealed by the body)

HEALTH
=
HARMONY



What is Gender Dysphoria?

- ▶ The experience of "clinically significant distress or impairment" associated with the perceived incongruence between one's psychological "gender identity" and one's biological sex.
 - ▶ **Essentially, I am not at home with my body and sexuality**
- ▶ Formerly known as "Gender Identity Disorder"
- ▶ With or without an underlying DSD (i.e., intersex condition)

What is Gender Dysphoria?

- ▶ Subtypes
 - ▶ Early vs. Late Onset
 - ▶ Blanchard's typology:
 - ▶ FtM
 - ▶ MtF
 - ▶ Androphilic (i.e., attracted to men)
 - ▶ Autogynephilic

How persistent is gender dysphoria?

- ▶ The majority of early onset cases remit before adulthood.
 - ▶ DSM:
 - ▶ 2-30% of GD males persist
 - ▶ 12-50% of GD females persist
 - ▶ WPATH: 6-27% of GD children persist to adulthood
- ▶ If GD lasts through puberty or is late-onset, it tends to be more persistent
- ▶ If social transitioning and/or puberty suppression occurs, then persistence goes WAY up

Psychological Suffering

- ▶ Gender Dysphoria is associated with...
 - ▶ Children: anxiety, depression, disruptive / impulsive behavior problems, autism spectrum disorder
 - ▶ Adolescents & Adults: anxiety, mood disorders, eating disorders, substance abuse, self-harm, and suicide

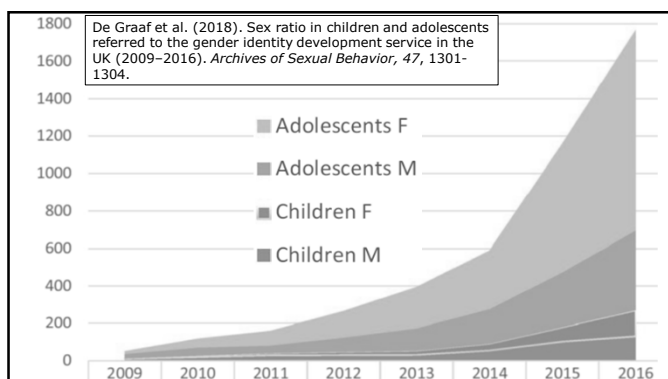
Psychological Suffering

- ▶ Zucker (2019) offers three explanations for all the comorbidity:
 - ▶ "gender dysphoria has emerged as secondary to another, more 'primary' mental health diagnosis"
 - ▶ "gender dysphoria is inherently distressing"
 - ▶ social ostracism, rejection, minority stress, etc.

Zucker, K. J. (2019). Adolescents with gender dysphoria: Reflections on some contemporary clinical and research issues. *Archives of Sexual Behavior*, 48, 1983–1992.

How common is gender dysphoria?

- ▶ DSM-5:
 - ▶ .005 to .014% of adult males
 - ▶ .002 to .003% of adult females
- ▶ If you let people self-select "transgender":
 - ▶ Rates are higher
 - ▶ Recent study of HS: 1-2% (Johns et al., 2019)
- ▶ Historically, males are 3-5x more likely, but...



Kaltiala-Heino et al. *Child and Adolescent Psychiatry and Mental Health* (2015) 9:9
DOI 10.1186/s13034-015-0042-y

CHILD & ADOLESCENT
PSYCHIATRY & MENTAL HEALTH

RESEARCH Open Access

Two years of gender identity service for minors: overrepresentation of natal girls with severe problems in adolescent development

Riittakerttu Kaltiala-Heino^{1,2*}, Maria Sumia², Marja Työläjävi² and Nina Lindberg^{3,4}

- ▶ All cases referred to two specialty gender clinics in Finland between 2011-2013 (n=47)
- ▶ Surprising increase in adolescent females with a history of psychosocial problems

PLOS | ONE
RESEARCH ARTICLE

Rapid-onset gender dysphoria in adolescents and young adults: A study of parental reports

Lisa Littman*

Department of Behavioral and Social Sciences, Brown University School of Public Health, Providence, Rhode Island, United States of America

Citation: Littman L. (2018) Rapid-onset gender dysphoria in adolescents and young adults: A study of parental reports. PLoS ONE 13(8): e0202330. <https://doi.org/10.1371/journal.pone.0202330>

- Surveyed 256 parents of ROGD young people
- Identified cluster outbreaks and possibility of social contagion



HEALING

"We wish to make it clear that departure from the Church's teaching, or silence about it, in an effort to provide pastoral care is neither caring nor pastoral. Only what is true can ultimately be pastoral."

Congregation for the Doctrine of the Faith (1986). "Letter To The Bishops Of The Catholic Church On The Pastoral Care Of Homosexual Persons", no. 15.



Moral Principles for Treatment

- Persons with gender dysphoria (like all persons) must be accepted with respect, compassion, and sensitivity
- Publicly simulating the other sex is dishonest / deceptive and potentially scandalous
- While medicine can be used to treat physical illness, it must never be used to poison or mutilate a healthy body system

Moral Principles for Treatment (cont.)

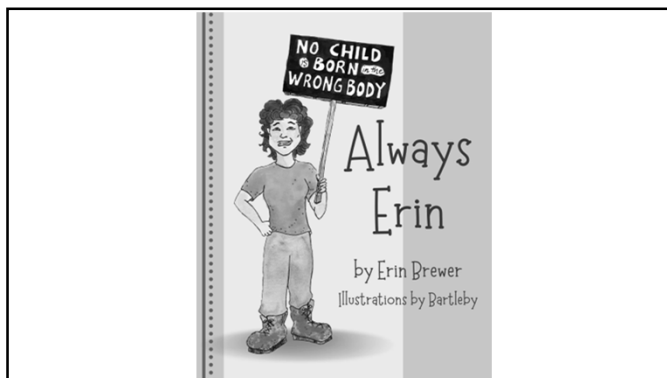
- DSDs: favor the least invasive approach possible that resolves the difficulty in line with the dominant, natural sex expressed in the person's reproductive anatomy, if possible
- In cases of **gender dysphoria** without an underlying DSD, we should seek treatments to help the person accept and find peace with the natural sexual identity revealed by the body

Morally Problematic Options

- The “Affirmative” Approach (the Dutch Protocol)
 - Social Transition
 - Puberty Suppression
 - Cross-sex Hormones
 - Plastic Surgery

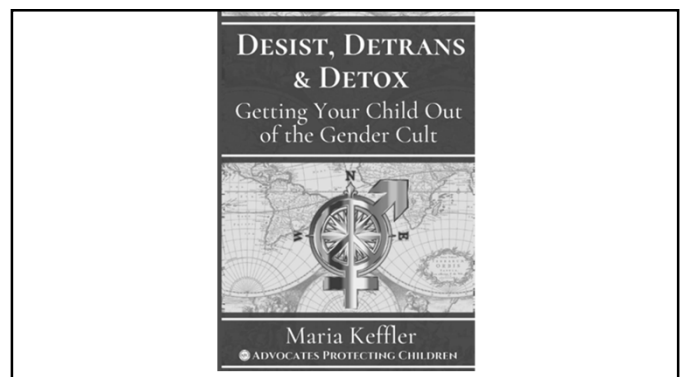
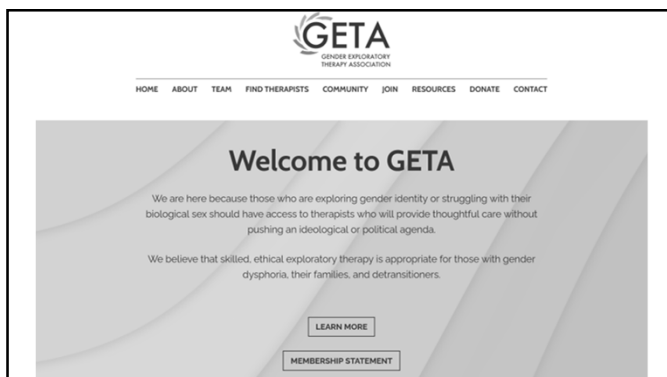
Morally Acceptable Tx Options

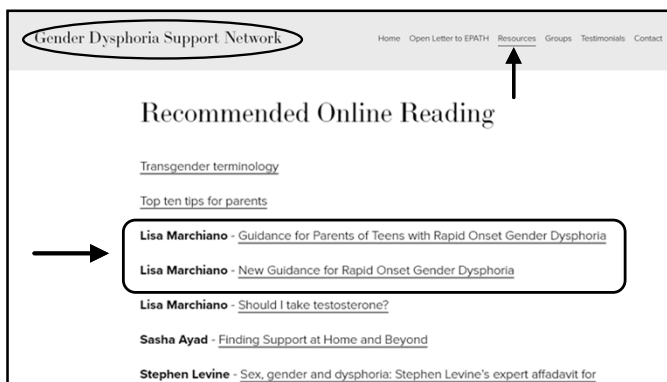
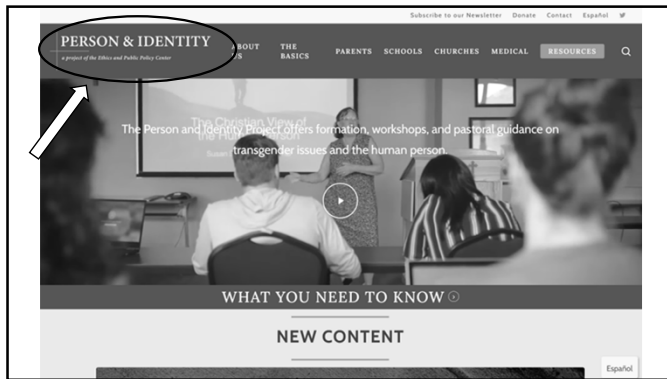
- Watchful Waiting
- Therapy to treat comorbid psychological problems and promote healthy coping
- Exploratory therapy to identify and work through underlying factors
- Psychosocial Tx to accept bodily sex



Morally Acceptable Tx Options (cont.)

- For Adolescents and Adults:
 - Tx for comorbidities
 - Therapy to support healthy coping
 - Exploratory therapy to identify and work through underlying factors
 - Tx to promote acceptance of body and bodily sex
 - Therapy with Parents





Referral Options & Resources

- CatholicTherapists.com
- Catholic Psychotherapy Association
- Catholic Medical Association
- Christian Medical and Dental Association
- American College of Pediatricians
- Focus on the Family Christian Counselors Network
- EnCourage support groups (CourageRC.org)

PREVENTION

Prevention

- Cultivate Strong Marriages
- Protect children from gender ideology
- Teach children the truth about sexuality
- Support healthy sexual identity development

ACCOMPANIMENT

General Principles

- Don't Panic!
- Take the "Long View"
- Show Them the Love of Christ
- Ask open-ended questions
- Listen, listen, listen
- Give them C.O.A.L.
 - Curiosity, Openness, Acceptance, Love

General Principles (cont.)

- Show empathy & validation for the pain
 - Not the same as agreement or approval
- Affirm young person's identity as child of God
- Gently teach when there is an opening
- Make good referrals

General Principles (cont.)

- If they want you to use a different name, seek a reasonable compromise that doesn't go too far
- Set clear boundaries around gender-bending behavior.
 - Patiently, help them to see the difference between loving the person and approving one's actions

