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June 2020



**LGBTQ+ HISTORY**

While we celebrate, reflect, and acknowledge the growths of the LGBTQ community, there is still a significant amount of work to be done, specifically for our transgender community. Understanding what it is like to be transgender can be hard, which can make acceptance difficult. In this month’s newsletter, we will focus on the transgender community and help you gain an understanding of transgender individuals and the best ways to support the community.

Transgender is a broad term that can be used to describe people whose gender identity is different from the gender they were thought to be born with. To treat a transgender person with respect, you treat them according to their gender identity, not their sex at birth. Using correct gender pronouns is the first step in acknowledging, respecting, and accepting a transgender person for who they are.

When a person decides to live according to their gender identity, they begin to go through a gender transition. This can take a lot of reflection. Many transgender people risk social stigma, discrimination, and harassment when they tell people who they really are. Despite those risks, being open about one’s gender identity can be life-affirming and even life-saving.

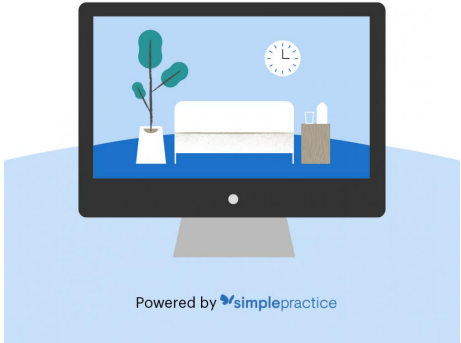
Some transgender people identify as neither man nor woman. They may use terms like non-binary or genderqueer. Those who are non-binary often prefer to use pronouns such as “they or them”.

The best thing you can do to provide support and acceptance is to practice the guidelines below and remember to treat EVERYONE equally.



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**LGBTQ+ Pride Month**

## Supporting the Transgender Community

Every transgender community is diverse and complex. This means that different members have different needs and priorities. Be respectful, educate yourself, do your best, and keep trying.

### **You don't have to understand someone's identity to respect it.**

It is important to use respectful terminology and treat transgender people as you would treat any other person. This includes using the name the person has asked you to call them as well as their preferred pronouns. If you aren't sure what pronouns a person uses, ask politely. If you use the incorrect pronoun, apologize. Asking someone's name and pronouns is almost always appropriate, as we use that information in talking to and about each other every day.

### **There is no "right way" to be transgender.**

Some choose to medically transition, some choose to change their name, some choose to change their appearance and some do not. Either way, be careful and considerate about what questions you ask.

#### Topics to Avoid:

- Their birth name (never call it their "real" name)
- What hormones they are (or aren't) taking
- What surgeries or transitions they have (or haven't) had
- Questions related to sexual relationships

On the same note, avoid compliments or comments based on stereotypes or the stigmas of how men/women should act.

#### Compliments/Comments to Avoid:

- You look like a real woman!
- I never would have known that you're trans.
- I'd date him, even though he's transgender.

Overall, be respectful and kind, just as you would to any other person. Think to yourself, "Do I need to know this information to treat them respectfully" or "Would I be comfortable if this question were asked to me".

### **Be Outspoken**

One of the best things you can do to provide support to the transgender community is to be outspoken in larger groups, at work, or at school.

Politely correct others if they use the wrong name or pronoun. More broadly, challenge anti-transgender remarks, jokes, and conversation. It can be scary to speak out, but loud and visible support for transgender rights can show that the community is accepted. Make it clear you will support the transgender people in your life.

June 2020 marks the 50th anniversary of annual LGBTQ+ Pride traditions. The first Pride march was held in New York City on June 28, 1970. The very first U.S. Gay Pride march was meant to give the community a chance to gather together. Estimates state there were upwards of 3-5,000 marchers in NYC. Since 1970, [...]

The post [LGBTQ+ Pride Month](#) appeared first on [CW Psychological Services](#).

### **Do You Know the Signs of Someone Who is Suicidal?**

05/25/2020 20:00

According to the American Foundation of Suicide Prevention, over 47,000 people died by suicide in the United States in 2017. In the same year, there were an estimated 1,400,000 suicide attempts. Knowing the signs of suicide is the primary step in preventing someone you know and love from successfully taking their own life. The Warning [...]

The post [Do You Know the Signs of Someone Who is Suicidal?](#) appeared first on [CW Psychological Services](#).

### **5 Free Ways to Improve Your Mental Health**

05/13/2020 15:00

When we talk about our mental health, we're talking about much more than a clinical diagnosis. Your mental health also refers to your psychological well-being. Having a healthy psychological well-being means you're able to better manage your emotions as well as your mood. Every day presents its unique challenges, and a healthy mental state can [...]

The post [5 Free Ways to Improve Your Mental Health](#) appeared first on [CW Psychological Services](#).



Meet  
THE TEAM

**I'm excited to announce I've teamed with two wonderful Clinicians!**

**Susan D. Draper, M.S., M.A., LPC**

Pictured Left

I strive to create a safe, accepting, affirmative, and confidential space for clients to explore their identities, trauma experiences, barriers to growth, and interpersonal relationship issues that are preventing them from experiencing their best lives. Everyone has a lens through which we view the world created by our unique







## Amanda Adams, M.S., LPC, NCC

Pictured Right

As a Licensed Clinical Therapist, I believe it is my job to be your guide in learning how to overcome your own personal battles. Everyone experiences their own form of suffering, and I am trained to treat a wide variety of concerns including but not limited to depression, anxiety, bipolar, PTSD, anger, grief and loss, and borderline personality disorder. I also treat individuals and couples experiencing challenges in their relationships and marriages. I have worked extensively with individuals recovering from addiction and am passionate about not only helping others find the road to recovery but to remain in their sobriety long term. One of the areas I am most passionate about is helping individuals who have been diagnosed with a chronic condition and have to learn to cope, grieve, adjust to, and accept their new normal.

I believe there is great power in the reconciliation of relationships among those with cultural and spiritual differences and strive to reflect that in my practice. As a holistic therapist, I find that it is extremely important to incorporate all parts of being-physical, mental, emotional, and spiritual-into our sessions. I believe that each individual is the expert and work hard to build a personalized and collaborative therapeutic relationship to help you reach your goals and find healing. I have worked with a diverse range of individuals ages 16 or older. I utilize a variety of theoretical approaches in my practice, including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, and Emotion-Focused Therapy. I look forward to working with you!

experiences, struggles, triumphs, and diverse cultural languages, but so often we feel as if we lack the voice to express our true selves and needs to others. We struggle to find the courage to live authentically in a world that often doesn't understand or validate our humanity, empathy, and sense of self, and seeks to silence our voices and dismiss our contributions to society based on individual prejudices and lack of understanding. Therapy can help us move more fully into our identities, overcome past trauma, and find our unique voices that the world so needs to hear. As we find self-empowerment, we can come together to empower our families, communities, and ultimately our world as a united whole to meet the challenges we face as human beings.

I offer services to ages 10 and up, including individual, couples, and family system sessions to help individual clients move forward in pursuing their life goals. I specialize in working with LGBTQ+ clients and I am a certified LGBTQQIA Ally through the Safe Spaces Ally Project at Texas A&M University-Commerce. I also work with non-LGBTQ+ clients in areas of panic disorders, separation anxiety, OCD, Bipolar Disorder, couple's therapy, anxiety disorders, depressive disorders, stress management, life changes, grief, chronic illness/pain, co-dependence, relationship issues, substance abuse/dependence, PTSD, aging, women's issues, trauma, ADHD/ADD, social phobias, adjustment issues, gender issues, and self-esteem issues. I utilize an integrative and client-centered therapeutic approach that combines Cognitive Behavioral (CBT), Family Systems, Adlerian, Existential, and Narrative therapies along with Motivational Interviewing to help clients achieve the change and motivation necessary to achieve their personal life goals and restore functionality to their everyday lives and relationships.



**"Although the the world is full of suffering, it is also full of the overcoming of it."  
-Helen Keller**

**To set up an appointment with Amanda or Susan, please reach out to us today!**

*Your health and wellbeing is our utmost priority, if you have any questions or concerns, please do not hesitate to contact our office.*

**Contact us here!**

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