

Treatment of Gender Identity Disorder base on Cognitive Behavioral Family Therapy: Case study

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Abstract:

Although behavior and preferences of most of children are appropriate to their physiological gender, some have strong desire to live as a member of other sex and involve in action that are judged to be long to other sex. The major type of gender identity is transsexual disorder. According to DSM-IV-TR, figures and statistics indicate that 1 per 30,000 for men, & 1 per 100,000 for women demand surgery for considering other sex. Some experts in health psychology believe that sex reassignment surgery is not always successful. Thus, they believe treatment of gender identity disorder in children and adolescent is essential as a preventive action for involving in homosexual activity. Accordingly, the **purpose** of present study is presenting a successful case study treatment for, transsexual disorder, by using family therapy base on Cognitive-Behavioral Technique. The **method** of the study was case study. The case was a 16 years old girl. Self-monitoring, mutual training, cognitive-restructuring, problem solving, and positive thinking were used. **Results** indicated Cognitive-Behavioral Family Therapy is highly efficient. The treatment was completed in 30 session and one year follow up study showed there has not been any symptoms of transsexual disorder. Consistency and inconsistency of the results was **discussed**.

Keywords: Gender Identity Disorder, Family therapy, Cognitive-Behavior Technique, adolescent girl, case study.