

Parent Support

with Stephanie Winn

Updated March 2026

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Welcome

You're probably here because you are feeling desperately worried about an adolescent or young adult child who is at risk of permanent bodily harm due to a dangerous ideology.

I've helped hundreds of families in this position. I've learned a lot about what works, and who's a good match for my style of coaching. Let's help you determine whether my approach is a good fit for you.

First, I want to make sure you understand that the best starting point I can recommend for any concerned parent who doesn't believe affirmation is the healthiest approach is *ROGD Repair*. I poured my heart and soul into building this self-paced course and community based on experiences helping hundreds of families like yours. If you're not already enrolled, you can get started today at rogdrepair.com and use code `SOMETHERAPIST2026` to take 50% off your first month.

Many parents choose to work with me one-on-one as a coach in addition to the program. Sometimes students who've been enrolled in *ROGD Repair* for several months find it helpful but recognize they need support customizing and applying the tools to their situation. Others come across my work all at once, immediately seek out coaching, and begin the program at the same time. In any case, the best results come from a proactive approach that involves both self-study and personalized guidance.

This comprehensive guide aims to answer any questions you might have about my coaching services.

So — are you in the right place? Let's find out!

How to Know if You're in the Right Place

You Might Be in the Right Place if..

You're a concerned parent or relative worried about a young person's transgender or nonbinary identity. You understand that social transition is detrimental to mental health, but feel trapped by the pressures of your child's behavior and pressure to "affirm."

You've researched the potential impacts of gender-related medical interventions and feel frustrated that your extensive knowledge hasn't improved your relationship with your child.

You feel overwhelmed, stuck, and uncertain about how to effectively communicate or help your child, oscillating between worry, anger, and despair.

You recognize there's a complex psychological dimension to this situation that goes beyond surface-level understanding, and you're seeking expert guidance.

You're ready to move from information overload to a focused, structured approach that helps you navigate this challenging family dynamic.

You understand that your child has free will, must ultimately change of their own accord and volition, and may end up medicalizing (or perhaps already has). But you want to do all you can to protect them and encourage healthy development, and you're willing to turn over every stone in search of what your role here could be.

You have perhaps begun the *ROGD Repair* program, and found it helpful, but reached a point where you realized you need more intensive support formulating a plan of action.

If this mostly describes you, we've got our work cut out for us!

Mission and Worldview

In this section, you'll learn about how I think and what I value.

I do this work because I believe in protecting innocence, health, and truth. People who succumb to transgender ideology have vulnerabilities that are being exploited by something much bigger and darker than they can comprehend.

I don't believe in "trans"

At best, claims such as "born in the wrong body," or "a male brain in a female body," are earnest, if socially influenced, metaphorical attempts to convey a feeling of distress.

There are only boys and girls, men and women — of all shapes and sizes. "Trans" is not a legitimate identity, but a misguided and dangerous attempt to solve a psychological problem.

Is it a social contagion? Yes. Is it driven from the top down by the sexual fetishes of powerful and corrupt men? Also yes. Are there billions of dollars in this industry, though it's been cleverly marketed to naive young people who believe they hold anti-capitalist values? Again, yes.

But knowing all that doesn't solve your problem. So, what does? Developmental psychology, family systems theory, and advanced persuasive communication techniques.

Youthful folly isn't new – only the form it takes

Not unusual for their age, your adolescent or young adult child is suffering psychologically. Unfortunately, they have fallen prey to some of the most harmful delusions available in our time. Some call this phenomenon a form of mass psychosis. Others describe it less hyperbolically as the symptom pool — that is, the ways of conceptualizing and manifesting distress that are part of the popular lexicon and socially acceptable in a given place and time.

The stakes for succumbing to bad ideas have never been higher. I did some dangerous things as an adolescent, and though I didn't walk away entirely unscathed, at least I still have all my body parts intact.

These beliefs harm – but give the seductive illusion of helping

Stated as simply as possible, transgender ideology is harmful because it is based in lies and results in physical damage to the body while tearing relationships apart. This makes it inherently short-sighted and unsustainable, clashing with your instinct as a parent to set your child up for a successful life ahead. But your child doesn't see it that way — and you won't be successful pointing it out.

Your child sees this harm as a way out of suffering — as the solution to a problem. Some elements of this are conscious, while others are unconscious. And to make matters more complex, some elements

are ego-syntonic, meaning fused with one's sense of self, and result in secondary gain, or a hidden psychological benefit to remaining unwell. Such dynamics significantly complicate the process of challenging your child's beliefs and offering them healthier solutions. This is where my strategic advice comes in.

We need to creatively problem-solve

My goal is to help you understand precisely what problem your child hopes to solve — consciously or not — and then, through our work together, to discreetly improve your child's quality of life. We also want to water your child's natural and healthy seeds of doubt in this extreme ideology, while allowing them to maintain a sense of autonomy and experience those doubts as coming from within.

My role as a helper here is unique because of its grounding in psychology, family systems, human development, and strategy. I understand the unique obstacles presented by youthful folly, and the ways this ideology capitalizes on precisely the psychological vulnerabilities of kids like yours. At the same time, I have tremendous compassion for these kids — and for you.

Developmental psychology must be taken into account

Many parents fail at efforts to help their child due to a lack of understanding of the fragile stage their child's ego, personality, and psyche are in at a given time. For instance, a common mistake is trying to educate, inform, or argue with a 19-year-old — or even thinking that your goal should be to ensure your child knows what you think and feel.

Wrong. It's not necessary to center your own perspective in this, and efforts to do so could worsen the situation. Change needs to feel like your child's own idea. And doubts, if they're not to be met with resistance, must come from within.

At this age, youth desperately need a sense of autonomy, control, confidence, and competence. The last thing they want is to be intellectually one-upped by mom and dad, made to feel small, naive, and vulnerable. But all too often, parents with the best of intentions behave in ways that trigger defensive reactions, such as angrily doubling down on "I know who I am!" This is a sign you are heading in the wrong direction.

Parents must learn to proceed in ways that support, rather than threaten, the feelings and experiences of self that their children so desperately long for. This is a key component of the strategies I teach.

It's equally important to factor in your child's unique personality, habitual responses, and likely underlying motivations. Homework assigned throughout ROGD Repair is designed to help course participants customize and apply the concepts to their particular child. One-on-one coaching takes this to the next level.

This ideology is unsound not only logically, but also morally

I'm not a religious fundamentalist, but hear me out. We are all a work in progress, and we all make mistakes, especially in our youthful folly. But none of us deserve to suffer for the rest of our lives because of the silly things we believed when we were young. I believe that goodness favors grace, forgiveness, redemption, and renewal.

"Trans," on the other hand, punishes people for the rest of their lives — it literally tortures people with physical pain, as well as psychological suffering and social isolation — for the innocent, forgivable errors they made in their youth. If that isn't evil, I don't know what is.

My approach as a coach

I work with parents to build a mental map of their child's psyche and family dynamics; identify what harm-reducing goals we can reasonably aim for, given a comprehensive assessment of all influential factors; and strategize our approaches to communication accordingly.

My approach is logical and analytical, helping you plan your moves in a game of 4D chess — often thinking several steps ahead and working backwards. At the same time, I rely heavily on metaphors and intuition.

I'm happy to incorporate your faith or incorporate non-denominational spirituality. With your permission, we can set intentions, role play, visualize, tap into intuition, and even pray.

The precise coaching process is detailed in [How We Will Work Together](#).

To learn more about my views

You can find my podcast, *You Must Be Some Kind of Therapist*, on any listening platform. I've been releasing episodes weekly since May 2022 — usually interviews well over an hour — so there's a lot of content! Many people seek out my guidance after having listened extensively, so they feel as though they are already familiar with my perspective.

Professional Background

I obtained a Masters in Counseling Psychology from the California Institute of Integral Studies in 2013. My first full-time job as a therapist involved residential treatment of young adults ages 18–24 with severe and persistent mental illness, such as schizoaffective disorder. Most were impoverished, with complex trauma, a history of psychiatric hospitalization, and often multiple suicide attempts.

In 2015, I relocated to Oregon and transferred my licensure process between states. I completed postgraduate Marriage and Family Therapist internship hours at a community mental health clinic primarily serving Native American children and families involved in the foster care system.

After obtaining my license in 2016, I shifted to a suburban group clinic that accepted insurance, allowing me to treat a wide range of patients and lead therapy groups. I remained there for four years and had considerable experience treating “trans” patients, “affirming” their gender as I was taught to do, though numerous concerns mounted in the background. I experienced unconscious cognitive dissonance — a concept highly relevant to understanding gender ideology.

I started my private practice in 2020 during the social shifts of the early pandemic. I had no idea how much life was about to change. I had a lot of time to reflect and study, and eventually became vocal online about my growing concerns regarding “gender affirming care” as well as “wokeness” in general. This was the beginning of my experience in the public eye, and it led to attacks on my therapy license from online trans rights activists. I was ultimately successful in defending my license, but the attention and stress changed the course of my career beginning in 2022. I began hearing from parents like you looking for help that therapy couldn’t provide. My podcast gained notoriety. I was featured in the film *No Way Back: The Reality of Gender-Affirming Care* and served as its media representative. At the same time, I struggled to manage the demands of publicity with my obligations to my clients, family, and health.

In early 2024, I stopped treating patients altogether to dedicate my professional capacity to helping parents through coaching, education, and soon after, the *ROGD Repair* program that I launched that year. I retain my status as a Licensed Marriage and Family Therapist in good standing, but am not accepting patients, as I have a full schedule of parents like you coming to me for coaching.

I launched *RepairBot* about a year after *ROGD Repair*. It’s an AI chatbot trained on not only the entire *ROGD Repair* curriculum, but also de-identified transcripts from coaching sessions with real families like yours who’ve consented to this use.

What I Do with Parents Like You

ROGD Repair was developed based on my experiences working with families like yours one-on-one. My approach is unique in several ways.

With *ROGD* families, I provide parent coaching, not therapy. I do not diagnose or treat mental illness, nor am I here primarily for your emotional support (although many clients do find our work to be supportive). I am here to help you rescue your child from the cult of transgender ideology, however I can, to the extent possible — or at least to minimize the harm inflicted. In the process, I want to help everyone in the family become a better version of themselves — even and especially those who have never met me and have no idea how I am working behind the scenes. But also: you. I want you to become the best version of yourself possible given the circumstances, and I want your growth to help your child.

I work exclusively with parents, not with the youth they're concerned about. Yet I work from a holistic perspective, informed by family systems theory. We talk a great deal about your child(ren). You will help paint a picture in my mind of everyone in the family, and I will hone in on various parts of that picture — zooming in here, zooming out there, connecting dots — until it is roughly complete, to the point where I can accurately predict how your loved one would respond to a hypothetical situation. This lays a foundation for planning potentially complex, delicate interventions you will eventually execute — whether through a series of subtle gestures or one earth-shaking conversation.

I work with parents in a wide range of situations, including those with little leverage and high stakes, such as when youth are out of the home, have begun to medicalize, and/or are threatening estrangement. While I certainly prefer to get ahead of problems and do more preventative work in families that aren't so far along, and while I have no perfect solutions or magic pills to offer, I am one of the only people in the world with both the skills and the audacity to suggest that maybe there's something we can do about your 23-year-old college graduate's mastectomy appointment next summer. Can I promise it will work? Of course not. But I'll be damned if we shouldn't try to use every tool at our disposal and do our level best to preserve your daughter's bodily integrity until she's old enough to thank you. Fortunately, psychology offers an incredible toolkit when properly applied to this novel crisis.

Toward that end, I'm collaborative but directive, diving in with detailed questions and honest feedback. Sometimes, I push you to make big changes. Others, I encourage you to slow down and appreciate the more granular level of day-to-day interactions that don't directly target the "gender" issue, but carefully address the sensitive areas it's connected to.

Unlike in therapy, I do give advice. You implement it and report back and that feedback helps guide our next move. If you fail to act on it, I learn from what that pattern has to tell us as well.

No matter what, working with me will feel like you're taking action.

What I Ask of Clients

*Before we proceed, it's crucial to understand what working with me may require of you.
Not every parent is ready for my style of coaching.*

Study on your own time

One-on-one coaching is not an alternative to going through the ROGD Repair curriculum, but an addition to it. It's not a good use of your funds to pay my hourly rate just to tell you things I've already said elsewhere, which you could have learned on your own time.

My most successful clients put in several hours a week reviewing course materials and reflecting on our visits between sessions. Learning new ways of communicating takes time, practice, and repetition. Yes, this is hard. But your family is worth it.

Include designated family members

It's important that we include your spouse, and potentially any other supportive family members. Anyone involved in your child's life who shares your concerns and wants to help prevent them from going down the wrong path is potentially invited to play a role. In my work with other families, I have met aunts, grandparents, siblings, step-parents, amicably divorced co-parents, and godparents.

Some of the roles we'll explore will be uniquely suited to an individual who has a type of relationship with your child that cannot be substituted by someone else. That cool older cousin may have a way of getting through to your daughter that you, the uncool mom, can never hope to emulate. If she's on our side — rooting for your daughter's health and bodily integrity, however stealthily — she's welcome to join. The more imminent the risk of estrangement and/or bodily harm, the more important it is that everyone be on the same page.

I've met several families where both parents ultimately share the same concerns, but have different ideas for how to approach the situation. Sometimes this means one of them wants to be disengaged and not try to "fix" anything, whether this means accepting estrangement or caving in to the child's demands.

You might be tempted to believe that the more engaged, motivated-to-change parent can pursue coaching with me while the other sits back, believing it's a waste of time but willing to indulge for the sake of their spouse's mental health. If this is you, you're likely to be frustrated by my insistence on taking a more systemic approach. I might insist that the disengaged parent step up and play a role uniquely suited to them, which cannot be substituted by the other parent simply because they're more motivated.

Be coachable

You're paying for my time, so let's make the most of it. This is not about your intellectual capacity; I coach incredibly smart, accomplished, and emotionally intelligent people. However, the situation you're in is uniquely tricky, requiring special expertise. The process will ask you to shift deeply-ingrained habits.

Sometimes, my advice will seem counter-intuitive. You may feel inclined to shut down a given approach that I've suggested because you can imagine how your child might react to it. This is valuable data, and I need to hear it from you in a helpful manner so we can incorporate it into my mental model of your family and the route we're mapping out of this mess. Your child's predicted reaction doesn't necessarily mean that a given approach is counterproductive. It may mean we anticipate that reaction and plan for it, or it may mean we take a different approach.

Be able to regulate your emotions

Some parents are so emotionally overwhelmed that they become flooded and can't think straight. While I can hold space for the emotional wreckage this situation has caused, our appointments cannot become unproductive trauma-dumping sessions. If our first few meetings are tearful and chaotic, that's understandable. But if after several meetings this is all I've seen, you're not ready for coaching; I'll refer you to a therapist instead.

Understand the nature of our work

It's important to know that our work is not psychotherapy. You are not my patient, and neither is your child. You may call me your coach, not your therapist or counselor. You may not call me a psychologist, psychiatrist, or doctor. Those are distinct titles, each with their own qualifications.

I am a Licensed Marriage and Family Therapist in the state of Oregon, but I have chosen to pause on therapy for this chapter of my career, focusing instead on coaching families worldwide through novel approaches to this niche issue. I draw upon what I have learned from working as a therapist; studying issues I am passionate about; and coaching hundreds of parents like you.

I am not diagnosing or treating anyone for a mental illness, and I am not the person to contact in a psychiatric emergency. Your child has not consented to receive services with me, so there is zero professional relationship between me and your child. You are working with me, without your child's knowledge, for your own sake, to improve how you communicate with your child.

Follow strategic advice

While I cannot guarantee outcomes, I excel at recognizing patterns and predicting behaviors. Once I develop a comprehensive mental map of your family, I can help you anticipate likely interactions, assess possible outcomes of different approaches, warn you about potential escalations, and provide strategic guidance. You will know we've reached this point when you find that, even though I've never met your child, I am able to tell you precisely how he or she would react in a given situation.

At times, I may caution you that a corrective measure that feels counter-intuitive now may be the only way to prevent further escalation down the line. This is especially likely to occur regarding boundary-testing in late adolescence and early adulthood (17-19). I urge you to heed these warnings. If you don't follow recommended actions and the situation escalates as predicted, it becomes exponentially more difficult to address.

Trust the process

Some of my clients are concrete thinkers, looking for a structured approach to coaching and an action-oriented plan while missing some of the emotional nuance that goes into my approach. This could be due to their cultural background; their temperament, upbringing, or career path; or being somewhat on the autism spectrum themselves, perhaps like their child in question.

These individuals may have difficulty with aspects of the process that feel abstract, chaotic, slow-moving, seemingly irrelevant, or overly intricate. They may also have difficulty distinguishing between ways of saying the same thing that sound similar enough, but carry different meanings depending on word choice, inflection, and context. I may place what seems like an undue amount of emphasis on those small distinctions between your way of saying something and my slightly altered suggestion for how to say it next time.

Another issue these folks may have when they're especially impatient is that I sometimes work around the issue rather than tackling it head on. Think of it like this: if you have a really tight knot in your back, and you go get a professional massage for the first time in a year, the massage therapist won't just attack the center of the knot with full force; that will make you clench up, causing your muscles to become even tighter. Instead, he will gently knead the muscles around the knot — the ones maintaining the holding pattern of tension keeping that one locked up — until you're loosened up enough that he can touch the most sensitive area without making you twitch. Sometimes, psychological issues can be like those knots. It's best to gently "massage" the connected issues, not pound away at the sore spot.

So, if this concrete thinker I described sounds like you or your spouse, I ask for your patience and faithfulness. Please trust the process, especially in our first few meetings while I am still gathering information and formulating an approach. I am good at what I do, and most people find our work quite valuable as the process comes together. Trust that there are reasons behind my suggestions, even if they seem disconnected at first to your presenting problem.

Understand my expertise and limitations

My strengths are in psychology, relationships, communication, language, social issues, pattern recognition, and behavior prediction. I can be incredibly precise about communication strategies. However, I am relatively weak at memorizing specific names, dates, and historical facts; recalling exact study details; and providing comprehensive medical data. This doesn't mean I haven't done my research; it means my retention works better for some categories of information than for others.

For detailed medical information, I recommend these starting points: statsforgender.org, rogdboys.org, theparadoxinstitute.org, genspect.org, segm.org, partnersforethicalcare.org, pitt.substack.com

Likewise, I am no expert on legal resources, or tools for navigating the educational system. I would refer out to websites such as transitionjustice.org. None of this is meant to serve as a comprehensive resource list.

Finally, a crucial part of our work together is understanding my reasons for recommending against sharing medical or other factual information with your child. You should be familiar with these facts for yourself, but take a tactically informed approach when it comes to communication — unless you want your efforts to backfire.

Guard your online security

If you are to work with me, it's critically important to protect your email, texts, calendar, browser history, and even auto-fill from being accessed by your child — likely a digital native with a technological advantage over you. Discovery could severely damage your relationship with your child and impact our work together. Before proceeding, if your child lives with or near you, or you have an upcoming visit in person, please take the following steps:

- Change passwords used to access all personal devices — even if you think your child doesn't know them.
- Change passwords to your email, browser, calendar, and social media accounts if there is any possibility your child could have obtained these at any point. (For instance, have you left a device unlocked while logged into Chrome? If so, all your child would need to do is go to passwords.google.com and copy your passwords.)
- Eliminate your child's ability to unlock your phone, tablet, and computer using their face or fingerprint.
- Log out of your personal calendar, messaging apps, and email on any shared devices, such as a desktop computer in a common area or a family tablet.
- Adjust notification settings so texts and emails don't appear on your locked screen.
- Adjust your settings so that your screen locks after a short amount of time spent idle.
- If you have me saved as a contact, use my first name only.

Let me know if you need help understanding or implementing any of these instructions.

Investment and Structure

This section explains how my coaching services are structured, priced, and packaged.

You can begin with an Onboarding Package or a Saturday Morning Intensive.

Both can be followed by ongoing coaching. Each option is explained in detail below.



The Onboarding Package – \$3,957

What's included:

- **Intensive coaching:** eight 75-minute coaching appointments, spaced weekly
- **Summaries and transcripts** of each meeting, delivered to your secure portal. Use these to review what we discussed. Optionally, upload them to *RepairBot* for further insight.
- **ROGD Repair:** lifetime access to my comprehensive, self-paced course
- **RepairBot:** lifetime access to 24/7 emotionally intelligent AI-powered support trained on *ROGD Repair*, plus de-identified transcripts from coaching sessions with families like yours
- **Rate lock:** guaranteed pricing for any future appointments past the 8-series

The Onboarding Package is the place to begin for new clients. We work together intensively for two months to customize a plan that uniquely suits your situation, while you also study and apply the toolkit I've built.

The package is structured in such a way as to ensure that we lay a solid foundation together. You get a solid grounding in the concepts I find essential to helping families like yours, while I develop a comprehensive mental map of everything I need to understand in order to help you: history, family dynamics, personalities, communication styles, mentalities, and relationships.

Our first few meetings are spent getting acquainted with the personalities, communication styles, relationships, histories, psychological traits, and other relevant factors involved. We map out a shared understanding of your child and family, and begin identifying areas of potential change. In the middle of the process, we dive into specific strategies and approaches that I think are likely to make an impact with your child, and begin testing them out.

Once our foundation is established, we can take into account all relevant factors when preparing for any specific upcoming conversation, conflict, or opportunity for connection. This allows us to think several steps ahead and even plan backwards from our desired outcomes. Together, we will work to identify the essential problem your child is looking to solve and help your child find other solutions without calling attention to your role.

We will set overarching goals that target the main issues affecting your family, choose a direction for you to move in, and chart a course forward. From there, we develop communication strategies, including specific phrases, and predict and prepare for your child's potential actions and reactions.

We also work to repair relationship damages and past hurts and create contingency plans for various scenarios. Throughout this process, we navigate your child's enablers, "rainbow family," and "flying monkeys," as well as the potential dangers lurking in systems and institutions. We learn to see past the mask of what this issue is covering up — or as I like to call it (at least in girls), "the 'masc' mask." I will also assign you "homework," whether from the course or customized to your situation.

By our eighth meeting, you will have a clear understanding of what you need to be working on to continue moving in a positive direction. At that time, you can make an educated decision as to whether it would be helpful to continue meeting and if so, what frequency and intensity are needed to sustain positive momentum. Some families stop working with me at this point; some follow up in month or two; and some choose to continue a consistent, but less intensive schedule, such as 50 minutes weekly, or 75 minutes biweekly. Once we've completed the initial eight session package, these follow-up appointments are billed as needed (\$420/75 minutes; \$280/50).

It's important to go into coaching with realistic expectations about what it takes to establish our relationship; develop my understanding of your unique situation; learn new ways of being; put interventions into practice; and feed the results back into our planning process. The Onboarding Package creates the structure that allows for us to be successful in this intricate and often labor-intensive process. That being said, many parents reach out in desperation, hoping for immediate solutions to time-sensitive problems. While I no longer allow people I don't have existing relationships with to book one-off appointments, I did create the Saturday Morning Intensive option as a compromise for those who feel the need to create a plan as quickly as possible. We'll discuss that alternative next.

Saturday Morning Intensive – \$1,497

What's included:

- **Intensive coaching:** one three-hour intensive meeting with Stephanie on a Saturday morning (10am-1pm Pacific Standard Time), with two short breaks
- **Priority scheduling:** skip the line and get prime time access
- **Summary and transcript** of our meeting, delivered to your secure portal. Use these to review what we discussed. Upload them to *RepairBot* for further insights and applications.
- **Rate lock:** guaranteed pricing for any future weekday appointments (\$420/75 min, \$280/50)
- **ROGD Repair and RepairBot** not included

The Saturday Morning Intensive was born out of a recognition of the tremendous urgency some parents feel for life-changing, trajectory-altering advice. Many people seek out my guidance at the eleventh hour, with some looming deadline, such as a surgery scheduled; an eighteenth birthday; a move away to college; or a threat of estrangement.

If this describes you, the first thing you need to do, if you haven't done so already, is enroll in *ROGD Repair with RepairBot Unlimited* and begin studying the tools, focusing especially on reflection questions for the lessons you find most applicable to your family situation.

My coaching process takes time; there's no way around that. And my standard procedure — The Onboarding Package, detailed above — requires a careful intake process. The Saturday Morning Intensive offers a compromise, allowing desperate parents to skip over the usual procedures and pay a premium rate for priority access to my time and focus.

I cannot offer the sort of advice people are looking for in a single hour or even two. Setting aside three whole hours, on a day I'm not committed to any other clients, will give us just enough time for me to assess the situation at the level of detail I need in order for my recommendations to match your situation. It will still be up to you to implement them, which may feel very counter-intuitive and could require more ongoing support. Once we've had this one meeting, we can continue meeting for the locked-in rates of \$420/75 minutes or \$280/50.

The remainder of the logistics described below apply primarily to the structure of the Onboarding Package, since that is the more common route.

Logistics

In this section, we'll go over the practical details of working with me, from start to finish.

Platforms, websites, and portals

It can be difficult to keep track of the different websites and portals your various providers use, so here's an overview of the ones you'll navigate when working with me, and what each is used for.

SimplePractice

SimplePractice is an EHR system I used for therapy, then evolved into using for coaching instead. It operates the portal I'll invite you to when we set you up as a new client. I use this platform to store your contact information and personal details; send you intake documents initially, then meeting summaries and transcripts after each appointment; securely store your credit card information and bill you for services; keep track of appointments and send you automated reminders; and exchange private messages with you.

Login to SimplePractice when you need to:

- Complete initial intake documents
- Upload any additional documents you wish to share (family photos, email exchanges)
- Download transcripts and summaries I've sent you after we meet
- Send me a private message that gets prioritized over email
- View your upcoming appointments
- Update your billing or contact information

DoxyMe

DoxyMe is our video call platform. The software that transcribes our meetings and generates summaries is built into it. Meet at doxy.me/realtalkwithstephanie

Calendly

Calendly allows you to view my availability and book meetings when we're not face-to-face. This is also the place to get started if you're new to working with me. calendly.com/sometherapist

Other sites

Teachable hosts *ROGD Repair* (rogdrepair.com), while **Delphi** hosts *RepairBot* (rogdrepairbot.com). My other links can be found at bio.site/sometherapist.

How we begin

If you're considering an Onboarding Package, begin by booking a free new client inquiry appointment at calendly.com/sometherapist/new-client. In this meeting, we'll have about 10 minutes each for: discussing your situation; getting acquainted and assessing fit; addressing any questions you may have that aren't answered in this document; and setting you up as a client. I send you forms to complete in SimplePractice and we schedule your future appointments.

During this meeting we also begin to assess who should join us. We will likely include your spouse (if married and supportive), co-parent (if amicably divorced and on the same page), and/or new partner (if remarried). We may also include other family members as well.

After our call, you'll complete intake forms and billing information in SimplePractice. You'll also receive meeting reminders from SimplePractice.

Alternately, the Saturday Morning Intensive can be booked and purchased at calendly.com/sometherapist/saturday-intensive

Meeting protocol and etiquette

Our meetings will always be held at the same website: doxy.me/realtalkwithstephanie. While this link is included in reminder texts (USA & Canada only) and email, please bookmark it and be sure to share the link with any relatives we've agreed to include in our meetings. The platform can accommodate visitors from multiple locations. By attending one of your meetings, your relatives are consenting to the terms we've discussed here, including transcription.

For each meeting, you need to ensure a stable internet connection — and a stable surface for your device. Holding the phone in your hand or setting the tablet on your lap are not permitted, as these create a wobbly, dizzying experience for me to view on my larger laptop screen.

Privacy is also paramount. No one may be present, or allowed to overhear the conversation, who we did not agree to include in our work. Many parents choose to meet from parked cars as this is one of the few places they can find privacy for our call. If you choose this option, please ensure your cell signal is strong enough to sustain a video call. You can test your connection speed at speedtest.net.

Your safety is important to me, and your full attention is required for our work together. Therefore, I do not consent to meeting with people who are driving a moving vehicle, or under the influence of drugs or alcohol.

After every meeting, you will receive a summary and transcript of the meeting via SimplePractice. Depending on my other commitments, you will receive this note anywhere between minutes to days after our meeting. If you have a particular need to receive it right away, please let me know and I will do my best.

Summaries and transcripts

When you complete intake forms in SimplePractice, you'll be asked to sign a two-part consent form regarding transcript generation and usage.

All of my coaching clients consent to having our meetings transcribed and summarized by AI within the meeting platform doxy.me. As detailed above, I share these documents with you afterward. Both the generation and the sharing of these documents takes place within secure, HIPAA-compliant platforms. These documents are incredibly helpful for both of us, and they're yours to keep. The first part of the consent form confirms this agreement as a precondition of our work together.

In contrast, the second part of the consent form is optional. Here, you're asked whether or not you consent to additional uses of these transcripts and summaries. If you consent, here is what you're agreeing to: copies of your documents will be subject to a de-identification process; names will be replaced with pseudonyms. These may then be used to train *RepairBot* and/or to create educational materials.

Using documents to train *RepairBot*

Families who consent to this usage allow these de-identified transcripts to be uploaded to *RepairBot* on the back end as training data, to improve how *RepairBot* responds to families like you. No one can see the documents besides me. In general, other materials used to train *RepairBot* have citation sharing turned on. This means that *RepairBot* can tell you where it's getting its information. For instance, if you're chatting with *RepairBot* and it's drawing from my *ROGD Repair* lesson on Reflective Listening, it can point you to that page in my course as a citation for its response to you. In contrast, your de-identified transcripts have citation sharing turned off. So while *RepairBot* learns from the approach I use when coaching you, it will never show your transcripts to anyone.

Using documents to create educational materials

The most common way I presently use de-identified transcripts to create educational materials is as follows. I upload batches to an AI project trained on my approach and ask it to identify themes that have emerged in coaching sessions, and/or guide it to hone in on particular concepts I have in mind, especially if a topic has come up recently in coaching work that I have yet to create an *ROGD Repair* lesson on. I then have the AI turn some of these into articles, which go in the articles section of *ROGD Repair* and/or of my X account. I edit, finalize and publish the articles so others can learn. These articles do not contain personal details, though occasionally specific issues are provided for context or examples. Most articles are based on an amalgamation of several families' experiences and seek to address common themes rather than individual circumstances. You can check out previously published articles for examples.

In the event that your work with me becomes a success story, we may use the transcripts to create content detailing what your family did so others can learn from your story. One such example will be

found in the story of Alice (which will be found in the Desistance Stories section of *ROGD Repair* in Spring 2026). Any such stories will be paywalled, available only to enrolled students in *ROGD Repair*, and shared only with your permission.

When consent is given, I reserve the right to develop new uses of de-identified, privately held transcripts for teaching and training purposes. These transcripts will never be shared publicly, and the resources made from them will never identify you or your family members with personal details.

Why consent to these uses?

The advantage of opting in and consenting to these uses is that others benefit from even more robust versions of *ROGD Repair* and *RepairBot*. If you find these resources helpful, remember they are developed in part by my work with other families like yourself. Test out *RepairBot* and the articles section of *ROGD Repair* for a sense of how my work with other consenting families has helped these resources.

Why not consent to these uses?

Do not consent if you don't want to, or if someone in your family who may be involved in our work would not want you to. If you are uncertain, do not consent. Revoking consent later, after having given it, would create a time-consuming and labor-intensive set of responsibilities for me. I prefer only to use de-identified transcripts from fully consenting families.

How our work unfolds

Each parent or set of parents that I work with has their own way of processing and communicating. Your personality, values, and culture are as unique as the set of circumstances that led your child to pursue a transgender identity. Therefore, I adapt to your style and needs, while directing the conversation into and out of various areas of focus, asking detailed questions, gathering background information, observing relational styles, and so on. I help you build on your strengths while identifying patterns that need to shift to support optimum development.

Generally speaking, the first few meetings are more focused on information-gathering, including context, history, personalities, and relationships. I try to deliver value up front and follow my clients' leads when there are particular time-sensitive issues they need to address. However, my feedback gets better with time, the more I know you and the more robust my map of your child's psyche.

By our fourth or fifth session, it should be pretty clear what we're working on. We should have identified at least one or two major centers of gravity that the problems hinge upon, and what role you and your spouse can optimally play in shifting the dynamics. We will have come up with "homework," begun scripting conversations and forming contingency plans.

When the package is complete

By our eighth meeting, you will have a clear understanding of what you need to be working on to continue moving in a positive direction. At that time, you can make an educated decision as to whether you'll need my ongoing guidance and if so, what frequency and intensity are needed to sustain positive momentum, such as 50 minutes weekly or 75 minutes biweekly. Once we've completed the initial eight-session package, these follow-up appointments are billed as needed (\$420/75 minutes; \$280/50).

Several factors determine how we proceed from there. We might slow down at this point if the situation has reached a stable, predictable holding pattern and you know what to work on because we've identified core themes, key goals, and how to implement desired changes in practical ways. Slowing down also makes sense if you are handling situations well between appointments without coaching, you are seeing positive incremental changes in response to your actions, and your child is not rushing to medicalize or further entrench social transition. It may also be appropriate if your child is an adult who does not live with you or see you often, or if you recognize and feel heartened by your child's signs of ambivalence about the identity, or even early indicators of desistance, without putting too much pressure on these or calling undue attention to them.

On the other hand, we should maintain frequent appointments if you are responding well to coaching and see the benefits, but you're not out of the woods yet. This is especially true if you aren't yet confident about what to work on between sessions and how, or if your child is under 18 and/or lives with you and/or is approaching some milestone or change of plan, meaning we have a limited window of time to give this our best shot. Maintaining frequency is also important if the situation feels chaotic and unpredictable.

We will stop meeting when you feel confident about the path your family is on and you are happy with where your child is at, or you at least feel you know what you need to do to continue moving things in a positive direction. We may also stop if either of us feels it is not a constructive use of our time.

Billing

How billing works

After our initial meeting, you'll complete forms and provide billing information in SimplePractice. I charge your card on file for the package (\$3,957). I deduct a \$597 value from this credit and upgrade your *ROGD Repair* and *RepairBot* accounts so you will retain unlimited access forever (whether you've not yet enrolled or have been a student for months). The balance of \$3,360 remains as a credit in your SimplePractice account. Each 75-minute is valued at \$420, and the value is subtracted from your remaining credit after each meeting.

After our first eight visits are complete, the balance reaches \$0. From that point onward, any ongoing sessions are billed individually after each appointment at your locked-in rate.

Alternatively, the Saturday Morning Intensive is paid in advance through PayPal when you book via Calendly.

Rate lock

I never raise rates on current clients. Whatever rate you sign up at is your rate for as long as we work together, including any ongoing sessions you may choose to continue with after we have completed our package. Beginning in March 2026, new clients can expect to pay \$420 per 75-minute and \$280 per 50-minute meeting.

Pro-rated pricing

If you initially began working with me during a previous pricing structure, your rate for 75 minutes is 1.5x your 50-minute rate and your 50-minute rate is two-thirds of your 75-minute rate. The rate per unit of time is consistent.

Appointment Scheduling and Format

We will meet weekly for eight weeks. Coaching sessions are 75 minutes long, sometimes with a quick bio break in the middle if either of us needs it.

It's important that we reserve your meeting times in advance. The further out we plan, the more likely we are to find a consistent weekly time that fits your scheduling preferences. I ask 48 hours notice when canceling or rescheduling an appointment. You may skip a week here or there due to travel plans or illness, but it's important that our initial eight meetings are held in fairly close proximity to one another.

Appointments that we confirm are reserved for you are yours unless otherwise specified. However, if we reserved, say, Thursdays at 10am PST for you for eight weeks, that time may be given to someone else the ninth week unless you let me know that you want me to reserve it for you beyond our initial commitment. Therefore, if you have particular scheduling needs, and you wish to continue meeting beyond what we have already committed to, please let me know as soon as possible so I can reserve your preferred times. Recurring appointments can be reserved either weekly or biweekly.

How to schedule

The easiest way to schedule is while we are meeting.

If scheduling needs to take place outside of meetings, you may use my Calendly. Calendly automatically adjusts to your time zone. Simply visit [Calendly.com/sometherapist](https://calendly.com/sometherapist), select Follow-Up, select the time length from the drop-down menu (1 hour and 15 minutes if you're in an Onboarding Package), and book your meeting. You will receive an automated reminder from Calendly, but then I will transfer the meeting into SimplePractice and delete it from Calendly. This means the meeting will appear canceled in Calendly, but confirmed by SimplePractice.

You may also message me in your SimplePractice portal regarding scheduling.

Please text me at 503-468-6242 if you are running late or need to discuss a last-minute change to an existing appointment. Please do not text me outside of normal working hours or for non-urgent reasons.

As a reminder, I work with clients all over the world, in many different time zones. I personally am in Pacific. When communicating about scheduling, always include your time zone in your message. Be extra careful around spring and fall clock changes.

Meeting reminders

Automated meeting reminders are sent by SimplePractice as a courtesy, via email and text (US/CAN only). Clients are responsible for managing their own calendars. Not receiving a meeting reminder is not a valid excuse for missing a meeting we scheduled.

Text reminders are automatically sent to US and Canada residents only (+1 country code). Residents of other countries must rely on email reminders only.

Cancellation policy

Please give as much notice as you can. I request a minimum of 48 hours notice when canceling or rescheduling an appointment. Appointments canceled less than 48 hours in advance are subject to a late cancellation fee of half the regular appointment fee. Appointments no-showed are charged the full fee.

Because life can be complicated and we could all use a little grace, I waive the late cancellation fee as a courtesy once per party, applying it only from the second cancellation onward. I recommend reserving this courtesy for unexpected circumstances. This is not extended to no-shows.

Communication policies

How to contact me

As my client, please use your SimplePractice portal to message me. While this requires an extra step — logging in — messaging me via the portal ensures that your message is granted priority and kept secure. It is therefore superior to email and text.

The correct email for me is hello@sometherapist.com, but I cannot guarantee I will see all emails, as they can pile up quickly.

You can text me at 503-468-6242, but I ask that texting be reserved for last-minute issues (eg., notifying me you're running 10 minutes late to our meeting), not used as a default method of communication, nor used outside of regular working hours.

You cannot reach me by replying to automated emails or texts from SimplePractice.

Asynchronous communication policy

Synchronous communication refers to real-time interactions, like our video calls, while asynchronous communication is that which takes place over text, email, or other forms of messaging. I reserve asynchronous communication exclusively for scheduling and other brief logistical matters. I do not give advice between meetings in an asynchronous format except via the resources I have already provided by creating *ROGD Repair* and *RepairBot*. Please use these tools, and our meeting notes, when you need help between visits.

It can be easy for new clients to underestimate the level of detail in my approach to formulating strategic approaches to communicating with your loved ones. Sometimes I receive well-intended messages from clients asking me for what they anticipate to be a succinct answer on what to say or do in a given situation — but I don't feel comfortable oversimplifying delicate, high-stakes communications. Therefore, please limit requests for personal advice to our scheduled meetings.

I also receive questions about what to work on between visits. My advice is always to review your summaries and transcripts, and work through *ROGD Repair*. If you feel you are not gaining enough clarity during our meetings as to what I want you working on the rest of the time, please bring this up in our next meeting.

If an urgent situation arises and you feel you must respond quickly, you can consult your transcripts and summaries from our previous meetings. You can even upload these to *RepairBot* and have a detailed dialogue to help you figure out your best approach. To do so, be sure you're logged in at rogdrepairbot.com, then use the paperclip icon to upload a file, or copy/paste the text into the chat box. You can also check my Calendly or message me in SimplePractice to ask about any upcoming cancellations or other openings.

Sharing written information and photographs

There may be times that you wish to share information in writing, whether that be something you have prepared for me (eg., a timeline of events), or a written communication exchange with your loved one. Please upload these documents in your SimplePractice portal so I can see them myself. Likewise, you can upload family photos. If you cannot figure out how to upload, emailing is fine.

Reviewing communication with your loved one can be a great use of our time in sessions, when I am able to read it myself, pause, review, and comment as I see fit. This works best when you send me the information in advance of our session, and come prepared to review it. Reading long paragraphs out loud to me, on the other hand, doesn't work for me.

Holding up photos to the computer camera is not a good way for me to see your family. I need to be able to look at these things on my own screen.

It's also important to have realistic expectations of what can be processed in writing. Some parents, anxious to dive into the middle stages of coaching, hope to skip past the initial stages of laying the groundwork by writing lengthy historical reports or detailed descriptions. While it may be beneficial to write these for the sake of your own clarity, they don't serve to shorten my process of getting to know you and your situation verbally. I cannot commit to memory the details you have shared in writing, however granular. Nor do these fill out the picture of who your child and family are in the same way that real time dialogue does.

Frequently Asked Questions

Coaching Approach and Services

Can you describe your typical client?

Here's my "average" client: a married, educated, well-off American couple with three children, concerned about their 17-year-old daughter who declared a trans identity two years ago and binds daily. She's counting down the days until she can start a new life in college, and seems to expect to medicalize on her parents' dime. That said, I work with families from all over the world, of every racial, religious, political, and socioeconomic background. Their children are male and female, under 10 to over 30. They declared a new identity a week or a decade ago. They may have already removed body parts or barely considered medicalizing. They might have autism or OCD or zero psychiatric history. They might be effeminate or butch or up until recently quite typical for their sex. It's a broad range.

What is the difference between therapy and coaching?

Therapists diagnose and treat mental illness. This profession is considered within the medical field, and operates under the medical model. I am trained and qualified to do this, but not currently accepting patients. Because patients are vulnerable and therapists hold power in the clinical relationship, therapists have particular legal and ethical responsibilities toward patients beyond the scope of what I can enumerate here. As a coach, I retain consideration for my clients' vulnerability, as well as respect for their dignity, autonomy, and privacy. However, I step outside of the medical model. I am not taking you on as a patient, nor am I diagnosing or treating mental illness. I assume your judgment and functioning are sound, and only work with clients who are mentally stable and/or getting the psychological support they need elsewhere.

Our coaching work is collaborative, educational, and directive. I reveal more of my own thought process, and sometimes the personal background and beliefs informing those thoughts, than would be appropriate in a therapist-client relationship. Coaching clients hire me to share my ideas, whereas therapy centers the client's perspective.

Therapists do not tell their clients what to do, but help them weigh their choices within their own values framework while exploring potential unconscious drivers of unwanted behaviors. In contrast, you're hiring me as a coach because you want my guidance on what you should do in order to reach your goals. I will help you plan, carry through, and choose your words and actions strategically.

These are but a few of the differences between therapy and coaching. It is also important to be aware that coaching is not a regulated or standardized practice; anyone can describe what they do as coaching. That said, I bring to our work skills I've developed as a therapist, and clients benefit from my psychological insights. I also teach therapeutic techniques and psychological concepts that benefit family interactions.

Can I bring my trans-identified child?

No. Appointments are only for you and those who understand your concerns. In rare instances, I may be willing to meet with a youth who is open-minded and looking for outside perspectives, but this is the exception rather than the rule.

Can I just hire you for one appointment at a time?

If we have already gotten established in our work together, you can schedule as needed. Your rates will remain locked-in to our original agreement. However, if you're a new client, you can start with either an Onboarding Package or a Saturday Morning Intensive.

Can you help me even if..

- My child is a grown adult?
- My child lives far away?
- My child is not dependent on me?
- My child has begun social or medical transition?
- I have affirmed in the past and now regret it?
- I have a strained or estranged relationship?
- My child has autism or another diagnosis?
- I have regrets about my parenting?
- I have a specific political or religious stance?

The answer to all of these is yes. As long as you haven't given up on your child, I won't give up on you. None of these factors in and of itself is a deal-breaker, or means that all hope is lost. They may be important considerations in what aims and methods suit your situation. The factors that do influence my ability to help you are listed in the section What I Require from Parents.

Will you help me find a therapist?

Here is a list of professional organizations that may be able to help you find a suitable referral:

Gender Harmony Institute
Beyond Trans
Therapy First
Open Therapy Institute
Conservative Counselors
Critical Therapy Antidote
Association for Mental Health Professionals

Why hire a coach for myself instead of a therapist for my child?

Sadly, many therapists cannot be trusted to handle this situation appropriately, while many trans-identified youth are unwilling to meet with therapists that don't wholeheartedly "affirm."

At worst, sending your child to the wrong therapist can drive a wedge in your relationship and further entrench the false identity as a coping mechanism. You could end up reported to Child Protective Services for failing to "affirm" your child's "identity." If your child expresses suicidal ideation — even if it is passive and low-risk, without any plan, means, intent, or urgency — they could be placed in a psychiatric hospital setting where you are backed into a corner and forced to use their new name and pronouns in order to retrieve your child from the hospital. And many youth are taught by online activists (who know all of this) to claim suicidal thoughts as a means of backing their parents and medical providers into a corner where they are forced to cave in to demands for affirmation — a form of psychological blackmail.

However, even if your child is willing to see a vetted and skillful exploratory therapist — and you're able to find one in your area — it may still be valuable to work with me. Your child will only see that therapist for an hour a week at most, whereas they spend much more time with you and are highly influenced by your relationship. In fact, as much as it may pain you to examine the issue, it's possible that your child's false identity is a way of coping with, or seeking attention for, problems that originate in family dynamics. Working to improve your part in things is the best way to ensure that therapy does not drive the wedge further.

In individual therapy, your child may vent their frustrations about you. Even a well-meaning therapist can inadvertently collude with your child's faulty perspective on your actions and motives as a parent, or can wind up idealized as the "good" adult in your child's mind, reinforcing their sense of you as an authoritarian killjoy (or whatever other negative role they've cast you into).

In contrast, when you engage in parent coaching, you take it upon yourself to take cues from your child's behaviors — immature and nonsensical as they may sometimes be (decoding these is where I come in) — as to what you can do to improve your relationship. This not only reduces the likelihood of deeper reliance on flawed coping mechanisms; it can even offer them a way out of pain and potentially a resolution to the actual problem that's ailing them while strengthening the relationship best suited to help them.

That being said, a trustworthy, vetted, exploratory therapist for your child can be a wonderful addition to our work together — *if* your child is willing to see them! A therapist your child can trust and build rapport with will likely *not* have an online presence speaking out against the gender madness. Search this document for "therapist" to find a list of referral sources to check out. Just please don't put all of your faith in therapy to do the work; your relationship is a powerful factor you can work on every day.

My spouse supports me but doesn't want to attend.

Please tell your spouse that their participation is paramount. There is little point in having one parent join me for coaching without the other's participation.

Do you help divorced parents?

Absolutely. The best case scenario is when exes are on good terms and can come together for this coaching process. Alternatively, I am happy to include new partners and fellow step-parents. In less optimal situations, I will work with single parents or those on poor terms with exes. Of course, you are probably painfully aware of how your ex's position on this matter may combine with other situational factors to put you in a disadvantageous position. We will navigate your options accordingly.

I am completely estranged from my adult child. Is there any point in meeting with you?

If you are estranged but have reason to believe the situation is short-lived or can be repaired, please schedule a free new client consultation to discuss your situation and options.

What is your success rate?

I get this question a lot. It's fair, and it's what I would want to know if I were in your shoes. Unfortunately, I can't provide a clear-cut answer. I work with many families through the hardest chapters, where they feel the most at-risk of their child medicalizing. Families often pause our visits when they reach a holding pattern in which the child has not yet completely desisted, but is not persisting deeper into medicalization either. At this point, the situation has stabilized and no longer feels like a crisis; the child is engaged in healthier pursuits; family relationships have improved significantly; and the parents are clear on what changes they need to continue working on in order to support further positive development.

Sometimes, I am fortunate enough to hear from these families several months or even years later when they are completely out of the woods. Please see the Desistance Stories section of *ROGD Repair*.

My situation seems different from your average client – is this a fit?

As one of a small handful of psychology professionals speaking out on this issue, I've become a go-to person for related issues that don't quite fit the description of my typical client. For example, this broader range has included adults concerned about a sibling, and trans widows (ex-wives of men who "transitioned") concerned about how their child is impacted by his father's behavior. Feel free to book a consultation to explore whether my services are right for you.

Communication, Structure, and Appointment Details

What is your availability?

Except for Saturday Morning Intensives, I do not see clients outside of the hours of Tuesday through Friday between 10am-1pm and 2pm-6pm Pacific time. That being said, your preferred meeting time may not be available. You can view my availability on my Calendly page (calendly.com/sometherapist). The further out we plan, the easier it will be to obtain your desired time slots.

Can I record our appointments so I can listen back later?

No, but the transcripts from our meetings will allow you to revisit any part of the conversation you'd like to look back on.

Can you advise me between sessions via messaging?

Email, text, and the SimplePractice portal are for scheduling and other logistics. You can also use these to share information you'd like to go over during appointments. For instance, parents sometimes send me screenshots of text exchanges so we can use our time together planning a thoughtful response. I will wait until our scheduled appointments to discuss materials you send between visits.

Between sessions, *RepairBot* is available 24/7 to help you think through situations in real time, with text and voice call features. It's trained on my approach and can provide instant support when you need it most.

What is your cancellation and no-show policy?

Established clients are asked to provide 48 hours notice when canceling or rescheduling an appointment. Providing less than 48 hours may result in a charge of 50% of the normal appointment fee. As a courtesy, I waive this fee one time per party because unforeseen circumstances happen to the best of us.

Established clients no-showing without any communication will result in the full fee being charged. Anyone who no-shows a free call will not be permitted to book a free call in the future.

How do you adjust for time zone differences?

When you book through my Calendly, it automatically adjusts to your time zone. When we book manually, always specify your time zone, and I will do the same. I am usually in PST. Kindly take extra caution in the weeks surrounding clock changes, spring and fall; regional practices vary.

Can I send you detailed information in writing to speed along the onboarding process?

The intake forms I send you in SimplePractice will ask for the background information I like to have on hand. However, I want to keep expectations reasonable in terms of what writing to me can realistically achieve. It won't speed the onboarding process along; we still need time to develop a relationship and process the information together via real time dialogue.

Do you ever do in-person work?

I work remotely and do not have a public office, but can design custom intensives for established clients who feel that spending several hours together in person would help them achieve powerful lasting changes. The price of such intensives would reflect your dedicated access to me for an extended period of time and incorporate the costs of any travel required. If interested, please discuss this with me in a meeting.

Things are moving slowly with my kid right now. I don't have much to report or work on. Can we meet less often?

After initial onboarding, once my mental map of your family dynamics is established, we can meet on a timeline that suits your situation. But if we're just getting acquainted, no matter how infrequently you hear from your child, or how little action you can see yourself taking at this stage, I need those initial eight visits in close proximity in order for the foundation of our work to set properly.

Can I use a combination of coaches and approaches?

I would caution you not to overwhelm yourself or move in conflicting directions at the same time. If my approach resonates, I advise you to focus on *ROGD Repair* and our work together, which may mean less time spent on different perspectives.

In my experience, parents who divide themselves between a variety of resources and professionals miss opportunities to use tools they would have mastered had they approached my program systematically instead.

What books do you recommend?

I have a recommended reading list at sometherapist.com/bookshop. There's a section specifically for *ROGD* parents, though I don't always keep it updated. However, I developed *ROGD Repair* not because my clients lacked information on the transgender contagion, its surrounding history and politics, or the harms of medicalization; many are well informed. Rather, parents need guidance on specifically *what to do* and *how to respond* to their child, informed by psychology — not culture wars. I encourage you to educate yourself enough to understand relevant history and medical facts, but pace yourself and focus on the details that will actually empower you to respond effectively to the crisis in your own family. That's what *ROGD Repair* is for.

I'm not sure about this level of commitment. What other options do you offer?

People who are drawn to my approach but not ready to commit to working one-on-one have multiple options. My podcast, *You Must Be Some Kind of Therapist*, is available on all platforms. Parents who are ready for more focused guidance can join my self-study program, *ROGD Repair*, and go at their own pace.

Personalized services are reserved for people who are fully committed to getting all the help they can, and ready to invest multiple hours per week between coaching and self-study.

All of that being said... unfortunately, many parents contact me late in the game, after significant damage has already occurred — whether to familial relationships, their child's body, or both. While some truly did not know where to turn earlier, others had been following my work for a while and simply hesitated to take the plunge until their child quite literally had a life-changing surgery looming on the horizon. It can be very difficult to turn things around at that point, even if I do have a sense of where a parent had zigged when they should have zagged.

Some parents are in denial or simply ignorant about how perilous their situation is. For instance, I've met parents unaware that dating a trans-identified romantic partner significantly increases the risk of their child "coming out." Ignorance about social contagion and youth vulnerability can lead to shock and helplessness when faced with difficult conversations. When parents come to me after having had those conversations unprepared, the first step is often retracing their steps and assessing the damage done by their reaction when caught off-guard. Such mistakes could have been avoided with a more proactive approach.

If you think you need help, you probably do. The process takes time, so don't hesitate to begin now. I've seen the best results in people who fully accepted that this was a stage of their lives that would significantly derail them from their other goals, much like receiving a cancer diagnosis would, and pivoted accordingly. These parents were not only proactive, but also patient through the often painstaking process of talking through the most seemingly minute of details in their interactions with their child.

Is our work governed by HIPAA?

Coaching is an unregulated profession, not a medical service, and therefore not ruled by HIPAA laws. That being said, I make every effort to protect privacy out of respect, and bring the habits of a seasoned therapist to my work as a coach. I choose to continue using HIPAA-compliant software when possible.

Payment and Financial Information

What forms of payment do you accept and how is it processed?

SimplePractice will prompt you to enter credit card information that will be kept on file for your account. It is stored securely, and I cannot actually see your card details myself.

With the Onboarding Package, the full \$3,957 is billed upfront through SimplePractice and applied as a credit to your account. I deduct each component — first your Lifetime *ROGD Repair Plus RepairBot* membership, then each session as we go — until your balance reaches zero at the end of the package. From that point onward, ongoing sessions are billed individually after each appointment, typically overnight.

Do you offer discounts?

I do not discount time spent one-on-one with people. This work requires intense concentration and I can only do it so many hours per week.

The coupon code *SOMETHERAPIST2026* will take 50% off your first month of membership in *ROGD Repair*.

If you are financially struggling and cannot afford my one-on-one coaching services but need assistance accessing *ROGD Repair* due to financial hardship, email hello@sometherapist.com with the subject line "SCHOLARSHIP REQUEST" and a brief description of your circumstances.

Can I use my FSA/HSA to pay for coaching?

While I understand the reasons for wanting to do so, FSA/HSA accounts are for medical expenses. Coaching does not qualify. Please do not attempt to use one of these accounts to cover our work.

ROGD Repair and RepairBot

I don't want to do a self-paced course. Can I just hire you?

It's not a good use of our time to repeat concepts I have already detailed in the course. Working through the materials on your own time is a precondition of our coaching work and will allow us to use our time more productively.

How long will it take to get through ROGD Repair?

The point isn't to rush through the material as quickly as possible, but to benefit from your studies. The course contains a lot of material, and I don't expect every student to get through every lesson; what matters is that you familiarize yourself with the foundational concepts, then focus more deeply on the lessons you find most relevant to your particular situation. In order to get the most out of those lessons, you will need to do the homework, aka the Reflection Questions at the bottom of every lesson. You can type your answers into the program, or better yet, talk them through with your spouse.

I've known people who've consumed the entire course in a week, just listening to the lectures without doing homework, but I'm not convinced this is ideal. Most parents come to me fatigued from information overload. What sets my course apart from the many books and podcasts they could be consulting instead is the reflective, personalized element, which aims to mimic the coaching process and support you in personal transformation.

Can I share my ROGD Repair membership with my spouse?

Absolutely, I encourage this.

Can I upgrade to a lifetime membership?

Lifetime memberships are no longer available outside of packages. Lifetime access to both *ROGD Repair* and RepairBot comes with the Onboarding Package.

What is RepairBot and how should I use it?

RepairBot is an AI chatbot trained on the course curriculum plus de-identified transcripts of coaching sessions from clients who consented to this use. It's designed to mimic my approach, helping you apply *ROGD Repair* concepts to your day-to-day life. Use it to brainstorm in a difficult moment, or collect your thoughts before responding to your kid. You can share your coaching transcripts with RepairBot and ask for help reflecting on what you learned or distilling insights and using them to shape your responses. You can even call it! It's not a substitute for self-study, but a good complement to it. That said, remember, it's just AI — it's not me, it's not medical advice, and it can make mistakes. Visit rogdrepairbot.com to check it out, and report any inaccuracies to hello@sometherapist.com.

Getting Started

Book your first meeting

To move forward with an Onboarding Package, book a free new client inquiry appointment at calendly.com/sometherapist/new-client

In this meeting, we will:

- Get acquainted to ensure this is a good match
- Explore your motivations for pursuing coaching
- Briefly discuss your concerns, family situation and background
- Begin to assess who should be involved in our work
- Enter your information into SimplePractice
- Send you forms to complete before our first full-length meeting
- Schedule your future appointments

We have a lot of admin to go over in this meeting, so please reserve detailed personal information for our 75-minute coaching appointments.

How to reach me

Email: hello@sometherapist.com

I receive more email than I can manage, so once you're set up as a client, use SimplePractice messaging portal to ensure your messages receive priority. You can also book through Calendly: calendly.com/sometherapist

Text: 503-468-6242

My text line is just for last-minute issues, like notifying me that you're running late.

I look forward to working with you!