

WEEK 6 Discussion

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Oct 7 11:13 am | Last reply Oct 9 2:36 pm

Reply from [REDACTED]

Create a case presentation for a client between the ages of 14 and 18 years of age based on your assigned diagnosis. Describe the symptoms that meet the criteria for the diagnosis, and include pertinent medical, educational, and family history.

Gender Dysphoria in Adolescence (Age 14–18)

Alex is a 15-year-old assigned female at birth who has recently expressed a strong, consistent identification as male. Over the past year, he has experienced significant emotional distress related to his gender identity, describing feelings of discomfort when addressed with female pronouns and during physical changes of puberty. He has also become more withdrawn at school and reports low self-esteem and occasional sadness. These symptoms meet the DSM-5-TR diagnostic criteria for gender dysphoria, which emphasize a marked incongruence between one's experienced gender and assigned sex that causes significant distress or impairment (American Psychiatric Association, 2022). Alex lives with supportive parents who are still learning about gender identity and navigating how best to assist him, while school support remains limited, with occasional incidents of teasing from peers.

Based on the case, select management strategies you would recommend.

Provide support from a scholarly source to support your decision.