



January 27, 2026

Wendi Williams, Ph.D.—President
American Psychological Association
750 First Street, NE
Washington, DC 20002-4242

VIA USPS and wendiwilliams@apaboard.org

Dear Dr. Williams:

Congratulations on being elected to lead the American Psychological Association in 2026. I respect your dedication to emphasizing the critical role that psychologists play as scientists, practitioners, advocates, and teachers. And as you mentioned, "...as leaders who can apply psychological science to promote wellness across communities."

As president of the Catholic Psychotherapy Association, I represent a multidisciplinary membership, including a large percentage of psychologists that participate in the APA as the primary professional association of their discipline. I am writing to you regarding the recent U.S. Department of Health and Human Services (HHS) report, *Treatment for Pediatric Gender Dysphoria: Review of Evidence and Best Practices (November 19, 2025)*.

As you are likely aware, the HHS report advocates for psychotherapy being the 'first line' approach that should be offered to individuals rather than mislabeling and discrediting psychotherapy as being something it is not such as "conversion therapy."

I am sure you agree with me that psychotherapy has a long-proven history of being effective in helping individuals. Many individuals that consider gender related issues frequently experience anxiety, depression, trauma exposure, neurodevelopmental differences, family stressors, and social stressors that go unaddressed. Our professional skill set and psychotherapeutic modalities, such as cognitive behavioral therapy, dialectical behavioral therapy, family therapy and individual psychotherapy, could all be helpful.

The current APA guidelines, specifically the *2015 Guidelines for Psychological Practice with Transgender and Gender Nonconforming People* and the *2024 Policy Statement on Affirming Evidence-Based Inclusive Care for Transgender, Gender Diverse, and Nonbinary Individuals*, conflict with the HHS report and create liability for psychotherapists and our members.

We are reaching out for clarification as to what the Council of Representatives and Board of Directors will be doing by March 31, 2026 to remove this conflict between HHS and APA

Catholic Psychotherapy Association, Inc.
828 Smith Ave Ste C
Thomasville, GA 31792

guidance. The Catholic Psychotherapy Association is willing to collaborate with you to affirm our collective commitment to offer our professional training, skills, and abilities to those we serve. Please advise as to what would be the best way to assist.

The APA is of great influence within the mental health profession and leads the way for professional clinical standards in the industry. I look forward to your response regarding the Council of Representatives and Board of Directors' actions to remove the conflicts with the HHS report guidance. I realize that you are busy but also request a response within ten business days from the date of this letter due to the importance of this matter, as it will be critical for psychologists to know how to navigate this current discrepancy.

With respect,

Ian Masson

Ian Masson, President
Catholic Psychotherapy Association
imasson@catholicpsychotherapy.org