



**AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION**

March 17, 2026

Ian Masson, President  
Catholic Psychotherapy Association  
828 Smith Ave Ste C  
Thomasville, GA 31792

Dear Dr. Masson:

Thank you for your letter of January 27, 2026, and for your kind congratulations on my election as APA President. Please accept our apologies for the delayed response, as February has been a particularly busy period with APA's annual Practice and State, Provincial and Territorial Psychological Association (SPTA) Leadership Conference, as well as other organizational priorities.

We agree that psychological and psychosocial support should be a first-line approach for youth experiencing gender-related concerns. Our guidelines support comprehensive psychological care, including thorough psychological assessment, evidence-based treatment of co-occurring conditions, and the full range of psychotherapeutic modalities including CBT, DBT, and family therapy. The psychologist's role is to provide a therapeutically neutral space where patients can explore their distress without the therapist directing them toward any predetermined conclusion.

Your letter notes that individuals experiencing gender-related concerns frequently present with anxiety, depression, trauma, neurodevelopmental differences, and family stressors, and that psychotherapeutic modalities could be helpful. We agree. Many children and adolescents presenting with gender-related concerns experience co-occurring mental health conditions that benefit significantly from psychological intervention, regardless of the ultimate resolution of gender-related concerns. We do not share your view that APA's

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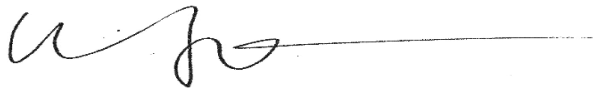
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guidelines create liability for psychologists who practice within the bounds of their professional competence and ethical obligations.

APA develops and revises its clinical practice guidelines through a rigorous, evidence-based process involving systematic evidence review, expert input, public comment, and approval through APA's governance structure, and this process takes time. This approach ensures that our guidance reflects the best available science.

APA values dialogue with all parts of the psychology community. If you have any further questions, please do not hesitate to contact us.

Respectfully,

A handwritten signature in black ink, appearing to read 'W. Williams', followed by a long horizontal line extending to the right.

Wendi S. Williams, PhD  
President

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