

# Steps Toward Healing

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by Bob

## 1. What does healing involve for someone struggling with TG or GID?

An admission and awareness that the traditionally accepted therapeutic modality is not really the answer to one's gender confusion. The person has to recognize that the "one-size-fits-all" mentality of the modern psychiatric/endocrinologist/surgical team does not fit him.

Healing begins with the desire to become reconciled with early, unresolved childhood emotional wounds; events in early developmental years which threatened or undermined a person's feelings of security, peace, warmth, comfort, and a secure sense of being deeply and unconditionally / uniquely loved.

Healing unfolds as a result of discovering what the first formative years of life were like in the care of one's parents, which led to the security or insecurity of the child. The end-purpose is not to find fault with the parents and blame them for all one's choices; but rather to discover the obvious interruptions to one's basic trust level and the concurrent developmental structure of one's own sense of personal gender/sexual identity.

Healing results when you come to terms with the "root causes" for your life-choices; the reasons for your first experimentation with clothes and activities of the opposite gender. The first and foremost restorative issues have to do with coming to terms with, "What caused the early childhood disruption of basic trust, bonding with the same-sex parent, and the separation anxiety resulting from one's insecurity within the family; as well as the inward view of one's own sexual/gender status?" When the foundations of a healthy self-view are fractured in the first seven years of life, it results in poor foundations for healthy adolescent development.

Healing occurs when you deal with the unhealed emotional wounds of your past; those interpersonal connections which failed; and the emotional distancing that occurred in the determination to run away from the perceived source of your emotional pain.

Healing happens when you put an end to defining yourself as "different" and "a member of the opposite gender" because of your natural in-born temperament and natural interests, which created an inward desire to do those things which are naturally ascribed to the opposite gender. This has much more to do with one's God-proscribed uniqueness than it has to do with some kind of genetical flaw.

## 2. What sorts of things must someone struggling with these issues accept or face before hoping to find healing?

You must come to terms with your own God-given uniqueness and personality. Shame-based thinking must be uprooted; dealt a death-blow. All of the painful events of your past must be uncovered beneath the Godly oversight of a professional therapist who knows how to minister emotional healing prayer for you.

You will need to understand that your trans-gender thoughts, feelings, and behaviors are your chosen method of escaping your present reality. You are running away from that which brings you pain. Your attachment to the world of the opposite gender is your way of detaching from your sense of being rejected as a viable member of your God-proscribed gender.

You will need to admit that you are flawed in your inward self-view, which gives rise to those all-too-common feelings of insecurity and ineptness, or disdain for members of your own gender. In order to feel better about yourself, you have adapted an early childhood experimentation into a set of life-controlling behaviors.

You will need to come to admit that only your Creator can repair the emotional damage done. Of course God uses people and events to restore us; to help us understand what we are fleeing from...and need to do in order to stop detaching from our own gender, resulting in inner peace.

You will need to begin to embrace and thank God for your gender identity, not reject it.

3. Where does prayer fit into the model for healing that you've been using with your clients? What about healing prayer?

Prayer. This is the area which is so confusing because we feel like we've done all of the prayer needed and God's only consistent answer has been silence. "Please take these feelings away from me, Lord God," we pray. Silence. Feelings persist. Silence. Actions follow. Silence. Guilt and shame trail behind. Silence. The cycle is revisited again and again until the final conclusion seems quite apparent: Silence then equates to, "God's will is for me to be a member of the opposite gender."

Healing Prayer has been around for a long, long time. Many prayer ministers have tried to teach God's people how to employ God's restorative healing powers for physical and emotional ailments. Trans-gender thoughts, feelings, and experience seems to be among the most resistant to respond to inner healing prayer. Those who have modeled to us some of the most effective styles of emotional healing prayer are Leanne Payne, Clay McLean, Mario Bergner, Ed Smith's Theophostic Prayer Ministry, and John Sandford's Elijah House Ministries.

4. What sort of success rate have you seen? We have evidenced a huge success rate, nearly 80% among those who want to change. In order to accomplish this requires:

- \* a total devotion to facing the truths about how this condition came into being in the first place; and a total departure from the post-modernists view of gender and sexuality.
- \* adopting the attitude that God, our Creator, knows of nothing beyond His redemptive circle to remedy
- \* being entirely honest with yourself and others about your current struggles
- \* making peace with your past; forgiving and being willing to be forgiven
- \* becoming 100% involved in long-term, intensive Faith-Based counseling and accountability.
- \* choosing to embrace your God-given gender, thanking God for who you are