

Subject: Update

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Conversation: Update

UPDATE ON THE ZUCKER APPOINTMENT

Note from Mary: In my previous Newsletter, I asked people to take action and write a letter to the American Psychiatric Association regarding the new revision of the DSM-V, the manual of mental disorders. This letter is in response to someone else who was asking people to sign a petition, but the information is relevant to us and so I thought it only appropriate to send you this update.

From: **Dr. Marshall Forstein on Zucker, DSM-V, etc.**

Before people get overly hysterical about the Gender Identity Work group for the DSM, some things need to be made clear.

The letter you are asking us to sign onto is inaccurate in many ways and does not help our cause. Let me clarify what I know as someone who has worked with the American Psychiatric Association for many years.

There are TWO professional associations: Both unfortunately go by A P A

a) one is the American Psychiatric Association [this is a MEDICAL society of physicians who specialize in psychiatry]

b) the other is the American Psychological Association [this is a non- medical society of psychologists who are not medical doctors but have a PhD or PsyD or EdD in psychology, either clinical or research or academic or all.]

The American PSYCHIATRIC Association is the organization that publishes the DSM. This is a guide to diagnosis and NOT to Treatment.

Dr. Zucker, although not my preferred choice to head the work group on Gender and Sexuality, does not decide himself what the American Psychiatric Association publishes in the next DSM. In fact, there is a lengthy, and complicated process of peer review based on PUBLISHED scientific literature- in fact, the way we got homosexuality OUT of the DSM [1973] was to force the scientific program committee to produce evidence that homosexuality was an illness, and then in 1989 we removed ego-dystonic

homosexuality because there was no evidence to support it and we suggested that there was also ego-dystonic heterosexuality that was a phase of people coming to understand their inner nature.

Sexual orientation is NOT even an issue for the DSM committee to consider. Transgender Identity is a bit more complicated, especially in childhood. The DSM work group will struggle with these issues in coming up with criteria for what to diagnose as a true gender identity disorder. I WANT TO EMPHASIZE THAT TREATMENT RECOMMENDATIONS ARE NOT A PART OF THIS ENDEAVOR.

Any treatment recommendations that the American Psychiatric Association makes are the result of significant process of creating EVIDENCED based research.

I am currently the Chair of the Work group on Practices Guidelines on HIV Psychiatry for the American Psychiatric Association, and so am intimately aware of the process. Guidelines go through rigorous research review for controlled studies in order to make recommendations. Hundreds of people review these guidelines before publication, and the same will be true of the criteria set forth by the work group on the DSM gender identity subcommittee.

EVEN if there is literature out there that disturbs those of us who are comfortable with the concepts of transgender identity, unless it meets peer review by legitimate journals (i.e. non religious based periodicals) it will not be considered in the development of criteria for diagnosis or treatment.

I hope that what I have written makes us pause a bit before we do something to alienate even our supporters and friends in the American Psychiatric and the American Psychological Association who have been very pro-gay and pro-trans in their deliberations so far. There will always be a vocal minority that claim otherwise, but the process is vetted by many people committed to scientific integrity and evidence.

I have alerted the Association of Gay and Lesbian Psychiatrists to the announcement of Dr Zucker's appointment and we will be addressing the implications of this within the psychiatric and psychological professional groups. I will also be talking with the Medical Director of the American Psychiatric Association and the Director of the Research group that oversees the DSM to convey the concerns that people have about the "transphobia" that may emerge.

In good conscience, however, I cannot sign a petition that is inaccurate and misleading - it may do far more harm than good. Clarity of the scientific evidence, asking the right questions of the committee, and addressing the criteria that will be put forth for review before it is ever considered ready for publication is the only way we will be taken seriously.

Please let me know how I can help to keep the issues clear.

Marshall Forstein, M.D.
Associate Professor of Psychiatry
Harvard Medical School Director, Adult Psychiatry
Residency Training
The Cambridge Hospital
The st1:City w:st="on">Cambridge Health Alliance

(Thank you Scott!)

PERSONAL PAGES ARE NOW GONE

If you have checked out the website at all, you may have noticed that we had **Personals-Men** and **Personals-Women** for people to put ads with their pics, if they were looking for a mate. Since we now have the new **FREE Dating Service** up and running, there is no need for those pages any longer, so they have been removed from the website.

If you had an ad on the Personals pages, or if you're new to ChristianGays.com and are just finding out about the **Dating Service**, I would encourage you to Register your profile with us. We just started in January and only have about 500 members so it's not as functional as it will be when we get more people, but we have to start somewhere, so please register and tell your friends about us so that we can grow.

Check it out at <http://christiangays.com/osdate/>

And if you subscribe to the **Dating Service**, please also subscribe to receive notification of our **Fraudulent Profiles/Scammers**. They are parasites on every **Dating Service** but when we find out about them, we inform you.

Subscribe to receive notification of **Fraudulent Profiles** at <http://groups.yahoo.com/group/cgdate/>

WHAT SHOULD I FEAR?

I used to live in perpetual fear of losing things I had, or never having the things I hoped to acquire in my life.

What if I lose my hair?

What if I never get the big house I want?

What if I become overweight, out of shape, or unattractive?

What if I lose my job?

What if I am disabled and cannot play ball with my child?

What if I get old and frail and have nothing to offer those around me?

But life has lessons for those who listen, and now I know:

If I lose my hair, I will be the best darn bald guy I can be, and I will be grateful that my head can still stimulate ideas, if not follicles.

A house does not make a person happy. The unhappy heart will not find contentment in a bigger house, while the heart that is merry will make any home a happy one.

If I spend more time developing my emotional, mental, and spiritual dimensions, rather than over-focusing on my physical self, I will be more beautiful with each passing day.

If I cannot work for wages, I will work for the Lord -- and His benefits package is unmatched.

If I am physically unable to teach my child to throw a curve ball, I will have more time to teach him to handle the curves thrown by life, and this shall serve him better.

And if aging robs me of my strength, mental alertness, and physical stamina, I will offer those around me the strength of my convictions, the wisdom of experience seasoned with adversity, and the spiritual stamina of a soul that has been carefully shaped by the hard edges of a long life.

No matter what losses or broken dreams may lie in my destiny, whatever burdens shall be my fate, I will meet each challenge with dignity and resolve. For God has given me many gifts and talents, and for each one that I may lose, I will find ten more that I never would have cultivated were the course of my life to always run smoothly.

And so, when I can no longer dance, I will sing joyfully; when I haven't the strength to

sing, I will whistle with contentment; when my breath is shallow and weak, I will listen intently and shout love with my heart; and when the bright light approaches, I will pray silently until I cannot pray; alas, it will then be time for me to go to the Lord.

And what then should I fear?

(Thanks Jack!)

LOOK AROUND YOU!

A very special teacher in high school many years ago had a husband who unexpectedly died suddenly of a heart attack. About a week after his death, she shared some of her insight with a classroom of students. As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there.

With a gentle look of reflection on her face, she paused and said, "Before class is over, I would like to share with all of you a thought that is unrelated to class, but which I feel is very important. Each of us is put here on earth to learn, share, love, appreciate and give of ourselves... and none of us knows when this fantastic experience will end. It can be taken away at any moment. Perhaps this is God's way of telling us that we must make the most out of every single day."

Her eyes beginning to water, she went on, "So I would like you all to make me a promise... from now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see - it could be a scent - perhaps of freshly baked bread wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground. Please, look for these things, and cherish them.

For, although it may sound trite to some, these things are the "stuff" of life. The little things we are put here on earth to enjoy. The things we often take for granted. We must make it important to notice them, for at any time ... it can all be taken away."

The class was completely quiet. We all picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester. Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that

sometimes we all overlook.

Take notice of something special you see on your lunch hour today. Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight to get a double dip ice cream cone. For as we get older, it is not the things we did that we often regret, but the things we didn't do.

(Thanks Jack!)

A LITTLE REMINDER

Tomorrow I leave for Darien Lake, NY with some of my children and grandchildren for a few days of play, so I will not be online.

Therefore if people upload pics to the Dating Service, they will not be approved until I get back.

If "newbies" post to the List Serve, I will not be able to approve their letters until I get back, so they will not be posted.

If you write to me, please don't expect a response until after the weekend.

It's supposed to be cold and rainy – just as it was last year when we went, so a little prayer for nice weather (God willing) would be appreciated, along with prayers for safety on the road. ;-)
Thanks!

God bless,
Mary

Gay AND Christian? YES! It IS Possible!
<http://www.ChristianGays.com>

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