

Mental Health Practitioner Facilitation Guide



Encourage family members to take a few moments to process the video/s on their own before starting a conversation. To begin, open the conversation with general open-ended questions about the video/s. If a conversation does not start organically, consider using the following probes:

- What was it like to watch this video?
- What stood out to you about this video?

Emotions

The questions in this section are meant to prime family members for the rest of the conversation. These questions would ideally be asked directly after the family watched one of the videos and answered the questions above.

- What are the people in this video feeling?
- What are we/am I feeling as we watch this video?

For some videos, it can be helpful to offer labels for specific emotions (e.g., fear). Feel free to direct families to the feelings-naming resources in the toolkit.

Situating Self

After naming feelings, offer space for family members to situate themselves in the story, allowing for the verbalization of experiences that may not feel safe to describe with full ownership. It may also be helpful to identify situations in which family members cannot relate to the story at all, as well as identifying places of family success, or opportunities for questions, curiosity, or new perspectives.

- In what ways do we/you see our family in this video?
- In what ways do we/you not see our family in this video? How is our family different in this regard?

- How do I see myself in this video?
- Where appropriate, a prompt about siblings can be added here.
- For families without siblings, prime broadly for third-party (other actors in family) involvement or to imagine the sibling role.

Exploring Family's Sociocultural Context (Including Historical Narratives)

- What are we grateful for?
- What privileges do each of us have?

Defining/Constructing Safety and Security

- What are the places that we/I want to communicate but feel scared?
- How do I communicate love?
- How do I communicate fear?
- How do I communicate about boundaries?

Consider probing about: topics related to shared language/symbolism for the items above, and topics related to trauma and trust

Defining/Constructing Support and Acceptance

- Prompts around coming out experiences
- Supportive individuals (the value of one person)
- Concept of silence (ambivalent, a tool used as communication)
- Exploring forms of communication

Exploring Gender Role Socialization

Note: Feel free to direct families to the other resources in the toolkit as they discuss gender (Key terms and Glossary, Gender Unicorn/Abacus)

- How is gender demonstrated in the video? (Clothing, expression, performance of gender, the way folks talk, the roles that are assumed.)
- What are ways that you 'do' gender?
 - Are there ways that we express gender in our family?
 - Roles, conversations, relationships
- Exploring the difference between gender identity and expression as we see it in our family
 - How do family members communicate curiosity/confusion?
 - Who is responsible for educating whom?



- What is a helpful/safe way to ask questions/provide clarification?
- Where can family members access resources or be resources to each other?

Coming Out/Transitioning Process

Note: Be sure to connect families to resources in the toolkit, including common misconceptions about gender and key terminology.

- Transition as a family process
 - Probe family for meanings of gender-affirming procedures/experiences/processes
 - Exploring coming-out narratives (including anticipated and experienced responses in the family)

Identifying Change Processes

These questions seek to support the idea that family issues/challenges are workable and fluid, and that relationships are not static and can be re-defined with intention and new information. Follow up with probes as necessary to support conversations that explore these themes.

- What's true at the beginning of the video/at the end of the video?
- What changed?
- What do you hope can change for this family, if anything?

Wrap-Up

1. What are you feeling after discussing this video?
2. What do you hope to take away from watching this video and talking about it together?