

Bibliography for Recommended Reading - Crossroads

Sandra Samons, Ph.D. (Web site: www.sandrasamons.com)

Boenke, Mary; Ed: **Transforming Families: Real Stories About Transgendered Loved Ones.**

Walter Troom Publishing, Imperial Beach, CA, 1999. ISBN# 0-9663272-1-7. This is an excellent collection of personal stories by transgender individuals and their family members. It should be helpful to anyone who falls in those categories or for others who are trying to understand. Because it is a collection, it represents a range of experience and perspectives.

Boyd, Helen. **My Husband Betty, Love, Sex, and Life with a Crossdresser.** New York.

Thunder's Mouth Press, 2003. Written by the wife of a crossdresser, I consider this to be the best book available for and about the wives of crossdressers, and perhaps about crossdressers themselves. Boyd did not settle for drawing upon her own personal experience, but interviewed many other wives of crossdressers and many other crossdressers themselves. She has captured a broad cross section of the world of crossdressing and tells us about it in a compassionate and non-judgmental way. Neither does she shy away from the tough issues such as the initial negative feelings that many wives have when they find out about a husband's crossdressing, or about the sensitive issue of sex both inside and outside of the marriage. **As I would with any other book, I recommend that the transgender person read this book themselves before giving it to a loved one, to be certain it is right for that person and will help more than risk harming. If necessary, annotate with post-it notes.**

Brill, Stephanie and Rachel Pepper. **The Transgender Child.** Cleis Press, 2008. This do-no-

harm book focuses on parenting a child who expresses transgender feelings, wishes or behaviors. It offers practical advice on how to support self-esteem and validate the child's feelings while leaving room for the child to develop without being bound by expectations in any direction. It recognizes that children can manifest these behaviors and that they may or may not set the course for the child's life.

Brown, Mildred L., and Chloe Ann Rounsley. **True Selves: Understanding Transsexualism—**

For Families, Friends, Coworkers, and Helping Professionals. San Francisco: Jossey-Bass Publishers, 1996. 271 pp. Using Brown's years of clinical experience, the authors have presented the transsexual experience with sensitivity and insight for the benefit of isolated transgender people, those close to them and also for the professional who faces working with such a client but lacks experience and resources. Some of the most common questions are answered. A little of the history of treating transsexualism, including theories are provided and important names in the field are identified. The role of therapy is explained, the process of transition, how to deal with issues related to job and career, and telling important people in one's life.

Dixon, Jan & Diane, Eds. **Wives, Partners and Others: Living With Cross-Dressing.** An Educational Resources Publication, Waltham, MA, 1991. ISBN# 0-9625978-0-0. The title of this collection of personal stories can be misleading, as the topics and stories included represent a much broader range of transgender. However, most readers will find something they can relate to in the stories presented here.

Erhardt, Virginia. **Head Over Heels: Wives Who Stay with Cross-Dressers and Transsexuals.** Haworth Press, 2007. This excellent resource sheds the light of understanding on how a marriage or relationship can survive transgender in one partner and offers helpful information on how to work with such couples. It provides several case examples.

Green, Jamison. **Becoming a Visible Man.** Vanderbilt University Press, 2004. For the reader who is interested in female-to-male issues, this book is the essential primer. The author traces the development of the FTM community and the growth of the associated political activism. At the same time he tells of his own personal struggle with gender identity and his eventual transition. He accompanies these themes with the basic information a FTM transgender person needs to know about psychosocial and medical aspects of transition, information that is also basic for any therapist or medical provider who is assisting such a client.

Roughgarden, Joan. **Evolution's Rainbow: Diversity, Gender, and Sexuality in Nature and People.** University of California Press, 2004. Written from the perspective of a biologist, this book examines the wide range of gender and sexual diversity that typifies nature from single cell animals through the more complicated homo sapiens. An amazing and eye opening examination that redefines the terms *normal* and *natural*.

Samons, Sandra L. **Building Your Own Prison: The Use of External Structure to Reinforce Suppression of Transgender Feelings and Behaviors,** *Gender and Psychoanalysis, An Interdisciplinary Journal*. Volume 6, Number 2, Spring 2001. International Universities Press, Inc., Madison, CT. Describes a common dynamic in transgender individuals of investment in secrecy, factors in the inability to sustain it, and the dilemmas associated with making changes. **This is an article that I forgot to mention to you. If you go to my web site and look under Publications you will find a link that will allow you to download or print it free.**

Samons, Sandra L. **When the Opposite Sex Isn't.** Routledge/Taylor & Francis Group Publishers, 2009. Geared to the mental health professional who has an interest in working with the male-to-female transgender population in its various manifestations, and also **suitable reading for the educated lay reader**, this book covers a wide range of issues that may need to be addressed by the transgender person who is trying to discern where s/he fits on the transgender spectrum, the options for living in the middle ground and on the path to transition. It includes original research related to sexual orientation in this population and is liberally sprinkled with anecdotes and case examples.

Tanis, Justin. **Trans-Gendered; Theology, Ministry and Communities of Faith**. The Pilgrim Press, Cleveland, Ohio 2003. ISBN# 0-8298-1528-7. Written for the clergy person who is trying to understand and be inclusive and supportive of a transgender parishioner, this book is also an excellent resource for anyone who is struggling to reconcile a Christian belief system with a transgender is self or a loved one.

Tigert, Leanne McCall & Maren C. Tirabassi, Eds. **Transgendering Faith: Identity, Sexuality & Spirituality**. The Pilgrim Press, Cleveland, OH. 2004. ISBN# 0-8298-1494-9. This book is a collection of personal stories of how transgender individuals who have struggled and found peace with their Christian belief systems and their transgender identities. It is excellent reading for the struggling transgender person, a loved one or a member of their religious community. It and the Tanis book are excellent companions to each other for these reasons.