

# *Institute For Psychosexual Health*

An Affiliate of Pathways Counseling Center

6815 West Capitol Drive, Suite 310

Milwaukee, Wisconsin 53216

(414) 466-6040

The Institute is an affiliate of Pathways Counseling Center and is designed to provide specialized assessment services, support, therapy and environmental management assistance for individuals in most age groups, couples, groups, and families who need help dealing with the sensitive issues of human sexuality.

## PROGRAM AREAS

### 1] The Milwaukee Transgender Program

This program addresses itself to the needs of persons experiencing gender identity confusion, gender dysphoria or transsexualism and provides a complete service continuum for individuals accepted into the program who are seeking eventual sexual reassignment.

### 2] Affectional/Sexual Identity

Individual and group therapy is available for those individuals who are confused about their sexual/affective identity, as well as for those persons who are not self-accepting of their identities (ego-dystonic homosexuals). In addition, self-identified gay men and lesbians may engage in identity development, enrichment and growth, as well as other therapeutic work in both individual and group settings.

### 3] Problems of Sexual Functioning

Individual and couple therapy is provided for persons experiencing difficulties with sexual functioning. Some of those concerns might be:

- \* Inhibited Sexual Desire/Arousal
- \* Inhibited Male/Female Orgasm
- \* Premature Ejaculation
- \* Painful Intercourse (male and female)

### 4] Compulsive Sexual Behavior

Individual therapy is provided for persons experiencing problems with:

- \* Transvestism
- \* Exhibitionism
- \* Pedophilia
- \* Voyeurism

"It is our right as human beings to experience emotional and sexual health."

4] Compulsive Sexual Behavior (Continued)

Group and individual therapy is available for people whose sexual behavior is out-of-control, perhaps addictive, and no longer provides emotional and sexual enjoyment. Women and men of all affectional/sexual identities may achieve sexual pleasure by learning how to be in charge of their sexual feelings and behavior through the therapeutic help that is to be found in this program component.

5] Intimacy Training

Persons who are alienated from self and others and fearful of intimate kinds of interactions with others may gain the necessary security and develop the skills which will be useful for wholistic interpersonal living through a variety of exercises available in our group training program.

6] Incest and Sexual Abuse

Male and female current and former victims of sexual violence may effectively deal with their feelings of powerlessness, fearfulness, rage, and victimization in both individual and group therapy settings.

Also, persons who have engaged in sexually invasive and/or violent behaviors as the perpetrator are seen on an individual therapy basis. Groups will be developed as the need is demonstrated.

7] Consultation and Education

Program staff teach in local educational settings on the college and university levels. They conduct workshops and provide individual and group consultation and training for mental health and social services personnel in the metropolitan area.

PROGRAM STAFF

Gretchen M. Fincke, MSSW  
Program Co-Director  
Certified Sexual Therapist and Consultant

Charles A. Kiley, MSW  
Program Co-Director  
Psychotherapist and Consultant

Glenn E. Vandervort, MD  
Psychiatric Consultant

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Services are provided by appointment only, Monday through Saturday, including evenings. Fees are based on individual ability to pay and range from \$15 to \$60 per session on a one-to-one basis and \$30 per group session. Third party payments are accepted, including medicare and medical assistance.  
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## Milwaukee Transgender Program

The transgender program was established in 1983 as an effort to meet the needs of people living in the general area of southeast Wisconsin. The supportive kinds of programs we provide are for individuals dealing with issues of gender identity conflict/confusion and/or transsexualism.

The services offered by our staff are individualized in such a way as to embrace the needs of the person's whole life circumstances. We recognize and attempt to deal with the many complexities that enter the lives of persons dealing with gender identity issues. Therefore, we have developed a team approach to address the individual's internal and external life struggles.

The program adheres to accepted professional standards of practice. All decisions related to hormone therapy and sex reassignment surgery are made by the staff in partnership with those program participants who meet the Harry S. Benjamin criteria.

As a first step in entering the program, the applicant must undergo an extensive admissions evaluation with the program co-therapists. This process ordinarily requires a minimum of three sessions, plus about two hours for psychological testing. For those persons traveling more than one hundred miles, it is possible to arrange to engage in this initial phase over a two-day period. Following completion of the assessment process, staff meet with the prospective program participant and discuss the results, our impressions and recommendations are made for therapy and formal admission to the program.

The treatment process for a transsexual person is often lengthy and always extensive in its scope. The individual must take that difficult first step to break the 'secret' to significant others. Following a prescribed period of treatment and a medical evaluation, hormonal therapy may be initiated. At a mutually agreed upon point in the transitional process, the person initiates a one-year period of living twenty-four hours in the chosen gender role. In addition to the role adjustment, the individual must make necessary vocational, social, legal and emotional changes to support the newly acquired gender identity-role.

Having lived for a minimum of one year in the chosen role, the transsexual person may apply for sex reassignment surgery. Provided the appropriate criteria have been met, and the individual has demonstrated stability and productivity in their life, surgery is ordinarily readily granted.

#### Other Transgender Program Services

- \* Psychiatric and other medical evaluations are available to Program participants.
- \* Support and therapy is available to family members of gender dysphoric persons, transsexuals, and transvestites.
- \* Ongoing therapy/support groups for present members of the Transgender Program meet on a monthly basis. Regular attendance is a Program requirement. Individual therapy is also available and often required, as well.
- \* Annual Summer Picnic and Winter Holiday social gatherings are held for Program members and staff.
- \* Complete health care services are available through the affiliated medical staff of the Transgender Program for current and former program participants.
- \* A crossdresser's group is offered for individuals who crossdress both for erotic and non-erotic purposes. This is a short-term therapy group leading to movement into an independent and ongoing self-help support group.

#### Program Staff and Consultants

Gretchen M. Fincke, MSSW  
Co-Director and Psychotherapist

Charles A. Kiley, MSW  
Co-Director and Psychotherapist

Michael Hawkins, Ph.D.  
Consulting Psychologist

Glenn E. Vandervort, MD  
Psychiatric Consultant

Jeffrey Patterson, DO  
Consultant, Internal Medicine

Eugene A. Schrang, MD  
Plastic and Reconstructive Surgery

Joseph Ellman, MA  
Program Consultant

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## Fee Policy for the Milwaukee Transgender Program

Initial Interview.....\$60.00 / \$65.00

Program Evaluation.....\$500.00 [Pre-Paid]

Partial Program Evaluation.....\$300.00 [Pre-Paid]

[This is for persons who have been fully or partially evaluated by another gender program.]

Your assessment process will include the Minnesota Multiphasic Personality Inventory; several hours of interviews to obtain your complete psychological, social and sexual history; and, a psychiatric evaluation with the Program psychiatrist. Following this, the Program staff will meet in conference to review your application and make a decision about admission. The final part of your process will be an interview with your evaluator who will explain the assessment results and our admission decision.

All Program applicants who have not been evaluated elsewhere must complete the above described assessment process prior to consideration for admission to the Milwaukee Transgender Program. Following the initial interview with a Program staff person and before commencing the assessment process, you must deposit \$500.00 with the Institute to cover the costs of your evaluation. If you do not have insurance, we will utilize the money to absorb the costs for your assessment. For those who have health insurance coverage, we will take responsibility for billing your carrier. When your insurance pays its portion of your evaluation, we will reimburse you for any overpayment you may have made to your account, or, it may mutually be agreed to apply the balance to future program expenses should you be accepted into the Program.

### Ongoing Fees

Individual Therapy.....\$60.00 / \$65.00 per hour.

Group Therapy.....\$30.00 per session.

Please Note: The Program's Ongoing Fees can be negotiated downward to meet your financial ability. However, the Initial Interview and Evaluation fees are not negotiable.

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