



AG: Yes, The List is my side passion project! It started purely as a way for me to organize trans resources to share with clients. Over time, it expanded and became something I also shared with other clinicians when they came to me and asked if I knew of any trans support groups or what local physicians provide hormone therapy. As it grew, and was shared with more folks, I wished it could be turned into a more accessible website format, but I didn't have the skills or the time. It was suggested that I apply to Adler University's Social Justice Project, a non-clinical internship for psychology students, with the project being to create a resource website. It was then that The List really took off. The first cohort transitioned The List from the original spreadsheet to a website and the next three groups that followed continued this work. We are always adding new resources and there is no shortage of creative ideas for expansion. Over the years we have added new sections, a fillable resource form for new entries, a donation button, social media, and a quarterly newsletter. My focus is on spreading the word and getting more folks to be aware of The List's existence, so I table at conferences and events and will be at the Pride Picnic after the Buffalo Grove Pride Parade on June 2nd.

About Us | The List (thelistforum.com)

OD: You presented at the most recent Trans Youth & Family Summit in March hosted by Center on Halsted and Youth Services Pride Youth Program in March. Your session was called "Coping at the Intersection. Learn about the intersection of Gender Dysphoria and other mental health disorders. You will learn new coping skills and ways to support yourself and/or your child through difficult times". Can you give us a short recap on your session and the response from the attendees?

AG: Before I get into my session, I do want to give a shout out to the organizers of the event! I have been attending as a volunteer for several years and always enjoy being a part of

such an incredible day. This was the first time I was presenting this specific presentation, so I was a little nervous, but I think it went really well. The audience was mostly parents with a couple adolescents.

The session focused on understanding ways in which Gender Dysphoria and other mental health diagnoses intersect. I came up with the idea of representing this through the visual image of a Venn diagram to show how much or how little they intersect. Attendees were able to draw their own diagrams to better understand how diagnoses like anxiety or depression overlap with dysphoria. At the start of the session folks identified how symptoms present in their kids (or themselves) for different diagnoses and then at the end the group came up with coping skills that they were able to match up with the symptoms. At the end, I asked some closing questions, including what folks learned from the presentation. It was really rewarding to hear the different takeaways and as always, I learned from the experiences shared by the participants.

OD: What is Sunny Days currently focused on? What's next – what are your plans and dreams for the future?

AG: My current focus is building up my caseload. I am also working on more opportunities to present, as I really enjoy using my facilitation and teaching skills. I'd love to continue having a mix of client work and consultation/presentations, while also maintaining and improving The List.

OD: How can PFLAG partner with Sunny Days on your endeavors?

AG: I am open for referrals currently and am paneled with BCBS PPO. I work with teens and up and also offer parent and family sessions. Sharing The List is always welcome, as well as submitting new resources. We are now set up to accept donations to help The List continue functioning.

CONTACT INFO:

Ariel Groner - Therapy (sunnydayspsychotherapy.com)

Email: ari@sunnydayspsychotherapy.com

Phone: 224.592.5556

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