

# Mind Matters 2025: Advances in Psychiatry and Mental Health Care

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## Rebalancing Diagnosis and Clinical Treatment: A Contribution to Clinical Discourse on Youth Gender Medicine

**Philip Morris AM**

Specialist in Psychiatry of Old Age, Adult Psychiatry, Addiction Medicine, and Medico-legal & Forensic Psychiatry, Gold Coast Specialist Rooms, 2/145 Nerang St, Southport QLD 4215, Australia

The management of gender dysphoria and gender incongruence in young people has become one of the most contested areas in contemporary medicine. This presentation recounts the contribution of the National Association of Practising Psychiatrists (NAPP) to rebalancing clinical discourse in this controversial area. Prof Morris draws attention to the similarities but clear differences in the medical history of homosexuality and transgender identity. He outlines the ethical and professional obligations for medical practitioners involved in youth gender medicine. He then describes the principles behind the NAPP guide to the management of gender dysphoria in young people. This guide offers a compassionate, caring, cautious and evidence-informed approach to this clinical condition emphasising careful diagnosis, ethical practice and prioritisation of patient welfare.