

PALOMAR FAMILY COUNSELING SERVICE, INC.

AFFIRMING RELATIONAL THERAPY WITH TRANS AND GENDER DIVERSE COUPLES AND FAMILIES: ATTACHMENT, SYSTEMIC DYNAMICS, AND CLINICAL CONSIDERATIONS

March 30, 2026

12:30 pm - 3:45 pm

Lakehouse Resort - Heartwood Room

1025 La Bonita Drive

San Marcos, CA 92069

There will be one 15 minute scheduled break.

Registration & Refreshments: 12:00 pm - 12:30 pm



TARGET AUDIENCE:
THIS COURSE IS DESIGNED FOR MENTAL HEALTH PROFESSIONALS IN BOTH PRIVATE AND GROUP PRACTICE.

COURSE DESCRIPTION & EDUCATIONAL GOALS:

This course introduces mental health professionals to relational and attachment-informed frameworks for working with trans and gender diverse individuals within romantic and family systems. Participants will examine how gender identity development and transition/affirmation processes impact attachment bonds, couple dynamics, caregiving responses, and broader systemic patterns. This training emphasizes practical clinical considerations that support affirmation while maintaining relational attunement and emotional safety for all members of the system. Educational goals include:

- Develop a relational and attachment-informed perspective for working with trans and gender diverse individuals within couples and family systems
- Enhance clinical sophistication in addressing attachment disruptions, grief, ambivalence, and systemic stressors in relational contexts.
- Strengthen therapist capacity to maintain affirmation while attending to the emotional safety and needs of all members of the system.
- Advance systemic competence in identifying and responding to polarization, triangulation, and relational instability during identity transition/affirmation process.
- Increase professional confidence in applying attachment and systemic principles to complex couple and family dynamics involving trans and gender diverse clients.

LEARNING OBJECTIVES:

- Develop a relational and attachment-informed perspective for working with trans and gender diverse individuals within couples and family systems
- Enhance clinical sophistication in addressing attachment disruptions, grief, ambivalence, and systemic stressors in relational contexts.
- Strengthen therapist capacity to maintain affirmation while attending to the emotional safety and needs of all members of the system.
- Advance systemic competence in identifying and responding to polarization, triangulation, and relational instability during identity transition/affirmation process.
- Increase professional confidence in applying attachment and systemic principles to complex couple and family dynamics involving trans and gender diverse clients.

INSTRUCTOR INFORMATION:

Laura Castro, PsyD, LMFT, is a queer, biracial, cis woman, and disabled military veteran. She is a San Diego-based therapist and adjunct professor with expertise in systemic approaches, sexual, gender, and relationship diversity, and affirming therapy practices

COST:

This workshop is offered free of charge to PFCS staff. \$50 for other professionals.

TO REGISTER:

Follow this [LINK](#) to register. For more information contact ebotz@pfcs.agency. *if you are unable to attend after registering, please contact ebotz@pfcs.agency 24 hours prior.*

ACCOMMODATIONS:

To request accommodations for special needs, please email ebotz@pfcs.agency.

GRIEVANCES:

To obtain the grievance policy or to report a grievance please email cduvall@pfcs.agency or call 760.741.2660

CERTIFICATES:

Course completion certificates will be awarded at the end of the course in exchange for a completed evaluation form.

Course meets the qualifications for 3 hours of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California Board of Behavioral Sciences.

PALOMAR FAMILY COUNSELING SERVICE IS APPROVED BY THE CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS TO SPONSOR CONTINUING EDUCATION FOR LMFT'S, LCSW'S, LPCC'S AND LEP'S. PFCS MAINTAINS RESPONSIBILITY FOR THE PROGRAM AND ALL ITS CONTENT.

PROVIDER # 100016