

***Toward a Joint Statement on “Conversion Methods”**

Presentation to the Mental Health Liaison Group,

April 3, 2015

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Gaylesta: The LGBTQ Psychotherapy Association

*“All the major psychological professional bodies in the UK have concluded that conversion therapy is unethical and potentially harmful.” (2015, p. 3)

***Memorandum of
Understanding on Conversion
Therapy in the UK**

*“On Sunday, December 27, 2014, Leelah Alcorn a 17 year old transgender youth wrote a suicide note, posted it on Tumblr and then walked in front of a semi-truck tragically ending her life. Leelah explained how her parents had forced her to attend conversion therapy, pulled her out of school and isolated her in an attempt to change her gender identity.”

*“Leelah’s Law” Petition to the White House

Retrieved March 15, 2015, from
<https://petitions.whitehouse.gov/petition/enact-leelahs-law-ban-all-lgbtq-conversion-therapy/QPbYj38G>



* “The only way I will rest in peace is if one day transgender people aren’t treated the way I was, they’re treated like humans, with valid feelings and human rights.... My death needs to mean something. My death needs to be counted in the number of transgender people who commit suicide this year. I want someone to look at that number and say “that’s fucked up” and fix it. Fix society. Please.”

* **Leelah’s suicide note posted on Tumblr**

Retrieved March 15, 2015, from
http://www.slate.com/blogs/outward/2014/12/31/leelah_alcorn_transgender_teen_from_ohio_should_be_honored_in_death.html

*Petition to the White House collected 120,000 signatures.

*Petition on Change.org collected over 348,000 signatures.

***Petition signatures in support of “Leelah’s Law.”**

*“Conversion therapy”

An assortment of methods designed to “treat” unwanted same-sex attractions or gender dysphoria.

- *Targeted at sexual or gender minorities whose behaviors don’t fit the norm.
- *Have ranged from behavioral to analytic to biological to surgical techniques.
- *Though some people claim to have been treated by these methods, large scale effectiveness has yet to be proven.

*“conversion therapy” = you can be converted.

*“reparative therapy” = we can repair you.

***The stigma associated with
conversion methods**

* A Review of the Literature on “Conversion Therapy”

Beyrer, C. (2014). *Uganda and Beyond: EVIDENCE REVIEW ON LGBT ISSUES Recruitment, Conversion Therapy, Sexual Orientation and Gender Identity*. Retrieved March 20, 2015, from https://www.academia.edu/6867449/Uganda_and_Beyond_EVIDENCE_REVIEW_ON_LGBT_ISSUES_Recruitment_Conversion_Therapy_Sexual_Orientation_and_Gender_Identity

*“Negative consequences of conversion therapy include measurably increased levels of self-hatred, depression, thoughts of suicide, long-term sexual dysfunction, increased anxiety or aggression, decreased self-esteem, social isolation, loss of family and spirituality, and, though rarely, death during aversive therapy” (Beyrer, 2014, p.3)

* Marr, R. (2015). *Gay “cure” camp in South Africa guilty of murdering teen*. Washington, DC: Metro Weekly, February 27, 2015 Retrieved on March 15, 2015, from <http://www.metroweekly.com/2015/02/gay-cure-camp-in-south-africa-guilty-of-murdering-teen/>



* “Gay ‘cure’ camp in South Africa guilty of murdering teen”

*Expulsion of Richard Cohen from ACA for Ethics Violations

Boodman, S.G. (2005). *A Conversion Therapist's Unusual Odyssey*. Washington, DC: Washington Post. Retrieved on March 23, 2015 from <http://www.washingtonpost.com/wp-dyn/content/article/2005/08/15/AR2005081501063.html>

*“Cohen was found to have violated six sections of the ACA's ethics code, which bars members from actions that "seek to meet their personal needs at the expense of clients," those that exploit "the trust and dependency of clients," and for soliciting testimonials or promoting products in a deceptive manner.”



* SPLC's map of therapists who use conversion methods in US.

Retrieved March 15, 2015 from
<http://www.splcenter.org/conversion-therapy>

- * Courage
- * The Third Way.
- * Coming Out Again Ministries
- * Desert Stream
- * Exodus Global Alliance
- * Free To Be Me
- * Harvest USA
- * Homosexuals Anonymous
- * H.O.P.E. Ministries
- * Reach Truth
- * Restored Hope
- * SameSexAttraction.org
- * Such Were Some of You.
- * True Freedom Trust
- * Where Grace Abounds
- * Witness Freedom Ministries, Inc.
- * Church of Jesus Christ of Latter-day Saints (LDS, Mormon)
- * Center for Gender Wholeness.
- * Century Publishing.
- * Evergreen International .
- * Journey Into Manhood
- * LDS Resources on Same-sex Attraction
- * North Star
- * People Can Change
- * STAR Program (Sexual Trauma And Recovery)
- * Jews Offering New Alternatives to Homosexuality (JONAH)
- * One by One
- * Transforming Congregations

 **SameSexAttractions.org**

(Retrieved March 29, 2015, from <http://www.samesexattraction.org/religions.htm>)

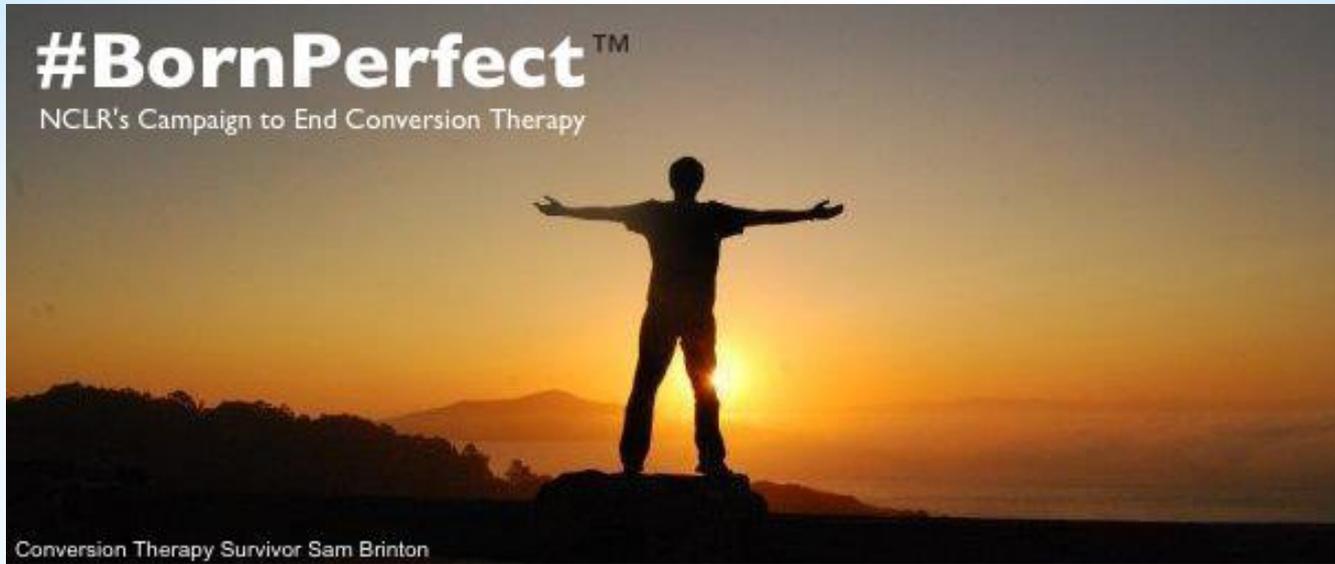
- * SB 1172 in California: Protects minors from harm of Sexual Orientation Change Efforts (SOCE) by psychotherapists (Sept 2012).
- * New Jersey and District of Columbia have passed similar bills (2013 & 2014).
- * 17 other states have introduced similar bills (Arizona, Colorado, Florida, Illinois, Iowa, Massachusetts, Minnesota, Nevada, New York, Ohio, Oregon, Pennsylvania, Rhode Island, Texas, Vermont, Virginia, and West Virginia).

* State Initiatives

***“Bill to Prohibit
Abusive Conversion
Therapy on Children
Moves Forward in IL:
Mental Health
Organizations
Release Statement”**

*“Sexual orientation and gender identity are not mental disorders or diseases, and, therefore, ethical mental health practitioners should not attempt to “cure” or “repair” LGBT people through the use of sexual orientation change efforts.”

Retrieved March 17, 2015, from
<http://www.apsa.org/content/bill-prohibit-abusive-conversion-therapy-children-moves-forward-il-mental-health>



- * A campaign by the National Center for Lesbian Rights.
- * Supports state initiatives.
- * Addresses SOCE performed by therapists.
- * Protects minors only.

* **Born Perfect:
The Campaign
to End
Conversion
Therapy**



***Chaim Levin,
one of 4
plaintiffs in
lawsuit against
JONAH.**

Retrieved on March 26, 2015, from
<http://www.splcenter.org/get-informed/news/splc-warns-of-junk-science-promoted-at-ex-gay-conference>

- *41% of the study's respondents reported attempting suicide (compared to 1.6% of the general population).
- *While in grades K-12, 78% reported being harassed, 35% were physically assaulted, and 12% suffered sexual violence; 15% of respondents had to leave school.

***6436 transgender people surveyed.**

Grant, J.M., Mottet, L.A., Tanis, J., Harrison, J., Herman, J.L., Keisling, M. (2011). *Injustice at Every Turn: A Report of the National Transgender Discrimination Survey*. Washington: National Center for Transgender Equality and National Gay and Lesbian Task Force.

- *90% of those surveyed reported experiencing harassment, mistreatment or discrimination on the job or took actions to avoid it.
- *Most respondents live in poverty, even extreme poverty for some.

***6436 transgender people surveyed.**

Grant, J.M., Mottet, L.A., Tanis, J., Harrison, J., Herman, J.L., Keisling, M. (2011). *Injustice at Every Turn: A Report of the National Transgender Discrimination Survey*. Washington: National Center for Transgender Equality and National Gay and Lesbian Task Force.

- * LGBT youth are twice as likely to experiment with alcohol and drugs.
- * Over one-half of LGBT youth (54%) say they have been verbally harassed.
- * 1/4 or respondents said their parents/family are not accepting of them.
- * Nearly half (47%) say they don't fit in (compared with 16% of non-LGBT identified).
- * 92% say they hear negative messages about being LGBT.

* **HRC Survey: 10k LGBT youth**

Human Rights Campaign (2014). *Growing up LGBT in America*. Washington, DC: HRC. Retrieved March 10, 2015, from

http://hrc-assets.s3-website-us-east-1.amazonaws.com//files/assets/resources/Growing-Up-LGBT-in-America_Report.pdf

* Appropriate Affirmative Responses to Sexual Orientation Distress and Change Efforts.

(Retrieved March 10, 2015, from
<http://www.apa.org/about/policy/sexual-orientation.aspx>)

* Practice Guidelines for LGB Clients: Guidelines for Psychological Practice with Lesbian, Gay, and Bisexual Clients.

(Retrieved March 10, 2015, from
<http://www.apa.org/pi/lgbt/resources/guidelines.aspx>)

* Resolution on transgender and gender identity and gender expression non-discrimination.

(Retrieved March 10, 2015, from
<http://www.apa.org/about/policy/chapter-12b.aspx#transgender>)

* **American Psychological Association**

* “The American Psychological Association adopted a resolution... stating that **mental health professionals should avoid telling clients that they can change their sexual orientation through therapy or other treatments.** The resolution... also advises that parents, guardians, young people and their families avoid sexual orientation treatments that portray homosexuality as a mental illness or developmental disorder and instead seek psychotherapy, social support and educational services ‘that provide accurate information on sexual orientation and sexuality, increase family and school support and reduce rejection of sexual minority youth.’”

(Retrieved March, 10, 2015, from
<http://www.apa.org/news/press/releases/2009/08/therapeutic.aspx>)

* **American Psychological Association**

*"The American Psychiatric Association **opposes any psychiatric treatment, such as “reparative” or “conversion” therapy, which is based upon the assumption that homosexuality per se is a mental disorder**, or based upon a prior assumption that the patient should change his/ her homosexual orientation.”

(Retrieved March 10, 2015, from

<http://www.psychiatry.org/mental-health/people/lgbt-sexual-orientation>)

*“The APA joins other organizations... in endorsing strong policy statements deploring the discrimination experienced by gender variant and transgender individuals and calling for laws to protect their civil rights.”

(Retrieved March 10, 2015, from

<http://psychiatry.org/File%20Library/Advocacy%20and%20Newsroom/Press%20Releases/2012%20Releases/12-36-APA-Position-Statements-on-Transgender.pdf>)

*** American Psychiatric Association**

*“NASW does not condone nor support the use of SOCE or so-called Reparative Therapies by any person identifying as a social worker or any agency that identifies as providing social work services. Public dollars should not be utilized for programs that support SOCE.”

*“NASW reaffirms its stance against reparative therapies and treatments designed to change sexual orientation or to refer clients to practitioners or programs that claim to do so.”

(Retrieved March 10, 2015, from <https://www.socialworkers.org/dacommentpollprod/documents/Version1/Lesbian,%20Gay,%20and%20Bisexual%20Issues.docx>)

* **National Association of Social Workers**

* “Avoid any treatments that claim to be able to change a person’s sexual orientation, or treatment ideas that see homosexuality as a sickness.”

* (Retrieved March 10, 2015, from <http://www.apa.org/pi/lgbt/resources/just-the-facts.aspx>)

* **American Academy of Pediatrics**

*“The American Counseling Association... opposes portrayals of lesbian, gay, and bisexual youth and adults as mentally ill due to their sexual orientation; and supports the dissemination of accurate information about sexual orientation, mental health, and appropriate interventions in order to counteract bias that is based on ignorance or unfounded beliefs about same-gender sexual orientation. Further, the ACA (opposes) the promotion of ‘reparative therapy’ as a ‘cure’ for individuals who are homosexual.”

(Retrieved March 24, 2015, from <http://www.apa.org/pi/lgbt/resources/just-the-facts.aspx>)

*** American Counseling Association**

Other position statements regarding conversion methods:

- * The American Medical Association Council on Scientific Affairs.
- * The American School Counselor Association.
- * The American Psychoanalytic Association.
- * The American Academy of Child and Adolescent Psychiatry.
- * The Pan American Health Organization.
- * The American Association of Sexuality Educators, Counselors, and Therapists.
- * The Trevor Project & NCLR (n.d.). *Sample Legislation and Advocacy Toolkit to Protect Youth from “Conversion Therapy.”* Retrieved March 29, 2015, from file:///C:/Users/Guy/Downloads/NCLR.%20Conversion-Therapy-Toolkit.pdf

Just the Facts Coalition

- * American Academy of Pediatrics
- * American Association of School Administrators
- * American Counseling Association
- * American Federation of Teachers
- * American Psychological Association
- * American School Counselor Association
- * American School Health Association
- * Interfaith Alliance
- * National Association of School Psychologists
- * National Association of Secondary School Principals
- * National Association of Social Workers
- * National Education Association
- * **Just the Facts About Sexual Orientation and Youth: A Primer for Principals, Educators, and School Personnel.**

(Retrieved March 6, 2015, from <http://www.apa.org/pi/lgbt/resources/just-the-facts.aspx>)

*“We advocate that professional health and scientific organizations set and enforce clearer policies that ban their members from administering or advocating conversion therapy.”

*Signed by about 52 survivors as of 3/29/15.

(Retrieved March 29, 2015, from
<http://conversiontherapysurvivors.org/survivors-statement/>)

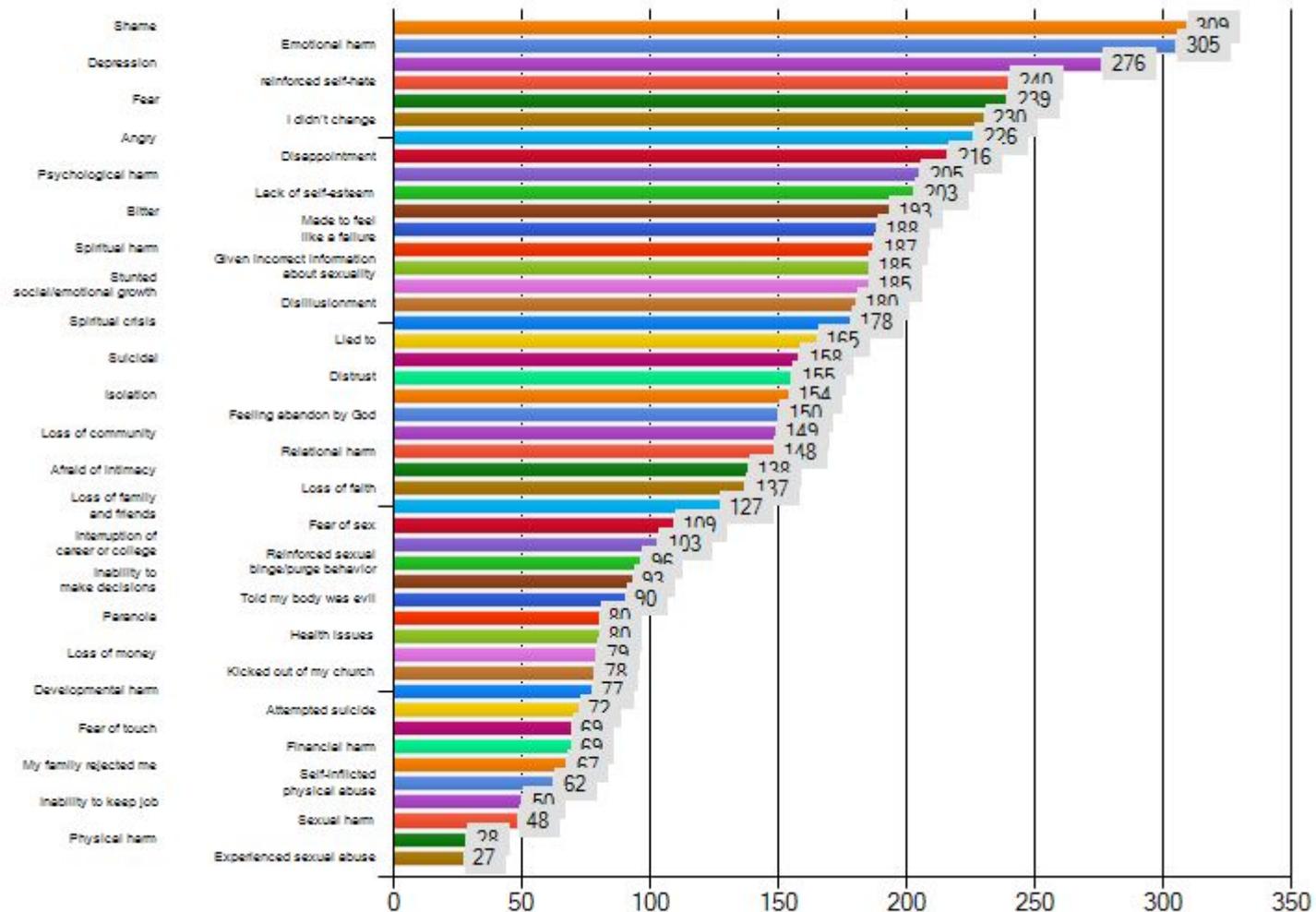
***Conversion Therapy Survivors**

*“An online community and resource for those of us who have survived ex-gay experiences.”

*Surveyed over 400 conversion methods survivors over the course of 8 years.

***BeyondExGay.com**

If you feel that you were harmed, please check the below boxes that describe the kinds of harm you experienced: (check as many as applicable)



* 1) It creates a powerful, collaborative, and comprehensive voice.

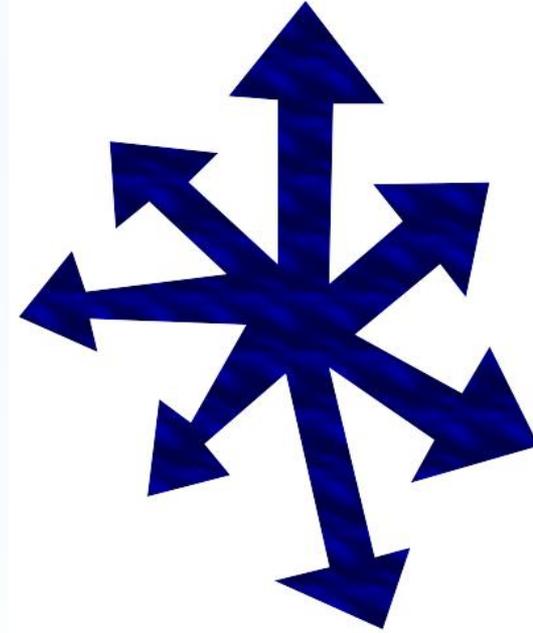


* **Reasons for a Joint Statement**



* UK Memorandum of Understanding

*2) It has broad repercussions.



*Reasons for a Joint Statement

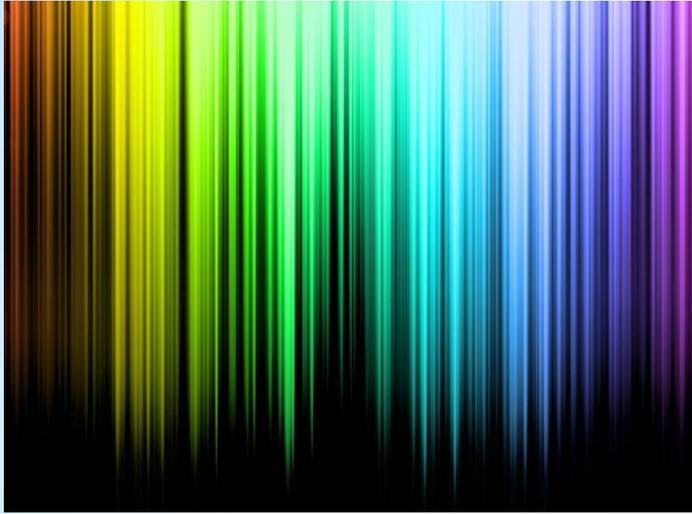
Broad Repercussions:

- * Public well-informed about risks.
- * Professionals aware of ethical issues.
- * New and existing therapists appropriately trained.
- * Professionals work together toward public interest.
- * *Addresses everyone's needs: minor and adult patients, all healthcare professionals.*

* UK Memorandum of Understanding

*3) It specifically targets the unethical and potentially damaging nature of these methods.

***Reasons for a Joint Statement**



* 4) It encompasses the full spectrum of sexual and gender minorities. Many of the association statements focus on either gender identity or sexual orientation.

* Reasons for a Joint Statement



*5) It provides a platform for extending education and competency in healthcare.



***Reasons for a Joint Statement**

*“People who are LGBT, gender nonconforming, or born with DSD (differences of sex development) often experience challenges when seeking care in doctors’ offices, community clinics, hospitals, and emergency rooms. These experiences, which can range from being made to feel unwelcome to outright discrimination and mistreatment, lead to poorer physical and emotional health.”

* **Association of American Medical Colleges**

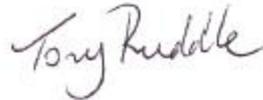
Retrieved March 22, 2015, from
<https://www.aamc.org/newsroom/newsreleases/414490/11182014.html>

*6) It further protects patients, their families, and their communities from harm.

***Reasons for a Joint Statement**



Professor Sir Bruce Keogh
National Medical Director
NHS England



Antony Ruddle
Chair
Association of
Christian Counsellors



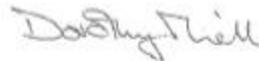
Professor Rob Newell
President
British Association for Behavioural
and Cognitive Psychotherapies



Amanda Hawkins
Chair
British Association for
Counselling and Psychotherapy



Julian Lousada
Chair
British Psychoanalytic Council



Professor Dorothy Miell
President
British Psychological Society



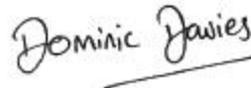
Dr Rafik Taibjee
Co-chair
Gay and Lesbian Association of
Doctors and Dentists



Liz McElligott
Chief Executive
National Counselling Society



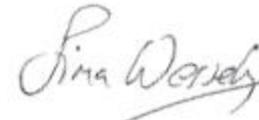
Margaret Unwin
Chief Executive
PACE



Dominic Davies
Chief Executive Officer
Pink Therapy



Dr Maureen Baker
Chair
Royal College of
General Practitioners



Professor Sir Simon Wessely
President
Royal College of Psychiatrists



Ruth Sutherland
Chief Executive Officer
Relate



Janet Weisz
Chair
UK Council for Psychotherapy

* UK Memorandum of Understanding



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***Please feel free to
contact us anytime.**