

Positions of Mainstream Medical and Psychological Organizations Opposing “Reparative Therapy” and the “Ex-Gay” Movement

American Psychological Association

From “Just the Facts About Sexual Orientation & Youth: A Primer for Principals, Educators and School Personnel”

<http://www.apa.org/pi/lgbcfacts.pdf>

“The most important fact about ‘reparative therapy,’ also sometimes known as ‘conversion’ therapy, is that it is based on an understanding of homosexuality that has been rejected by all the major health and mental health professions. The American Academy of Pediatrics, the American Counseling Association, the American Psychiatric Association, the American Psychological Association, the National Association of School Psychologists, and the National Association of Social Workers, together representing more than 477,000 health and mental health professionals, have all taken the position that homosexuality is not a mental disorder and thus there is no need for a ‘cure.’”

From “Answers to Your Questions About Sexual Orientation and Homosexuality”

<http://www.apa.org/topics/sbehaviorsub1.html>

“Some therapists who undertake so-called conversion therapy report that they have been able to change their clients’ sexual orientation from homosexual to heterosexual. Close scrutiny of these reports, however, show several factors that cast doubt on their claims. For example, many of the claims come from organizations with an ideological perspective which condemns homosexuality. Furthermore, their claims are poorly documented.”

“The American Psychological Association is concerned about such therapies and their potential harm to patients.”

American Psychiatric Association

From “Position Statement: Therapies Focused on Attempts to Change Sexual Orientation (Reparative or Conversion Therapies),” March 2000

http://www.psych.org/edu/other_res/lib_archives/archives/200001.pdf

“(T)he 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 the a priori assumption that a patient should change his/her sexual homosexual orientation.”

American Academy of Pediatrics

From "Homosexuality and Adolescence," published in the journal *Pediatrics*, 1993:
<http://web.archive.org/web/20031212181440/http://www.aap.org/policy/05072.html>

"Therapy directed at specifically changing sexual orientation is contraindicated, since it can provoke guilt and anxiety while having little or no potential for achieving changes in orientation."

American Medical Association

From "Health Care Needs of Gay Men and Lesbians in the U.S.: A Report Presented by the Council on Scientific Affairs to the AMA House of Delegates Interim Meeting," 1994:

"Most of the emotional disturbance experienced by gay men and lesbians around their sexual identity is not based on physiological causes but rather is due more to a sense of alienation in an unaccepting environment. For this reason, aversion therapy (a behavioral or medical intervention which pairs unwanted behavior, in this case, homosexual behavior, with unpleasant sensations or aversive consequences) is no longer recommended for gay men and lesbians. Through psychotherapy, gay men and lesbians can become comfortable with their sexual orientation and understand the societal response to it."

National Association of Social Workers

From "Policy Statement: Lesbian, Gay, and Bisexual Issues," 1997:

"Social stigmatization of lesbian, gay, and bisexual people is widespread and is a primary motivating factor in leading some people to seek sexual orientation changes. Sexual orientation conversion therapies assume that homosexual orientation is both pathological and freely chosen. No data demonstrate that reparative or conversion therapies are effective, and in fact they may be harmful."