

SEXUAL ORIENTATION: PART 2—CHANGE AND THERAPY:
Sexual Orientation Changes,
Research Participants Report They Changed Through Therapy,
and Other Confessions of the American Psychological Association



For Catholic Medical Association Student Members
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Dr. Laura Haynes is a psychologist retired from clinical practice after 40 years experience. She now reviews research, writes, and speaks on sexuality and gender internationally, defending the legal right to therapy for people who choose to explore options to their unwanted same sex attraction or unwanted incongruent gender identity. She has presented as an expert for professional organizations, legislators, courts, U.N. delegates, and high level government officials.

Dr. Haynes is a General Board member and the U.S.A. Country Representative for the International Federation for Therapeutic and Counselling Choice. Her degrees in psychology and theology include three masters degrees and a Ph.D.

SEXUAL ORIENTATION

*Can sexual attraction or
behavior ever change?*

SEXUAL ORIENTATION

APA Handbook of Sexuality and Psychology quotes:

- ❖ “[**R**]esearch on sexual minorities **has long documented** that **many** recall having undergone **notable** shifts in their patterns of **sexual attractions, behaviors, or [orientation] identities over time.**”

(Diamond, 2014, in *APA Handbook*, v. 1, p. 636)

- ❖ “**Over the course of life**, individuals experience the following:...changes or fluctuations in sexual attractions, behaviors, and romantic partnerships.”

(Mustanski, Kuper, & Greene, 2014, in *APA Handbook*, v. 1, p. 619).

SEXUAL ORIENTATION

Did you know?

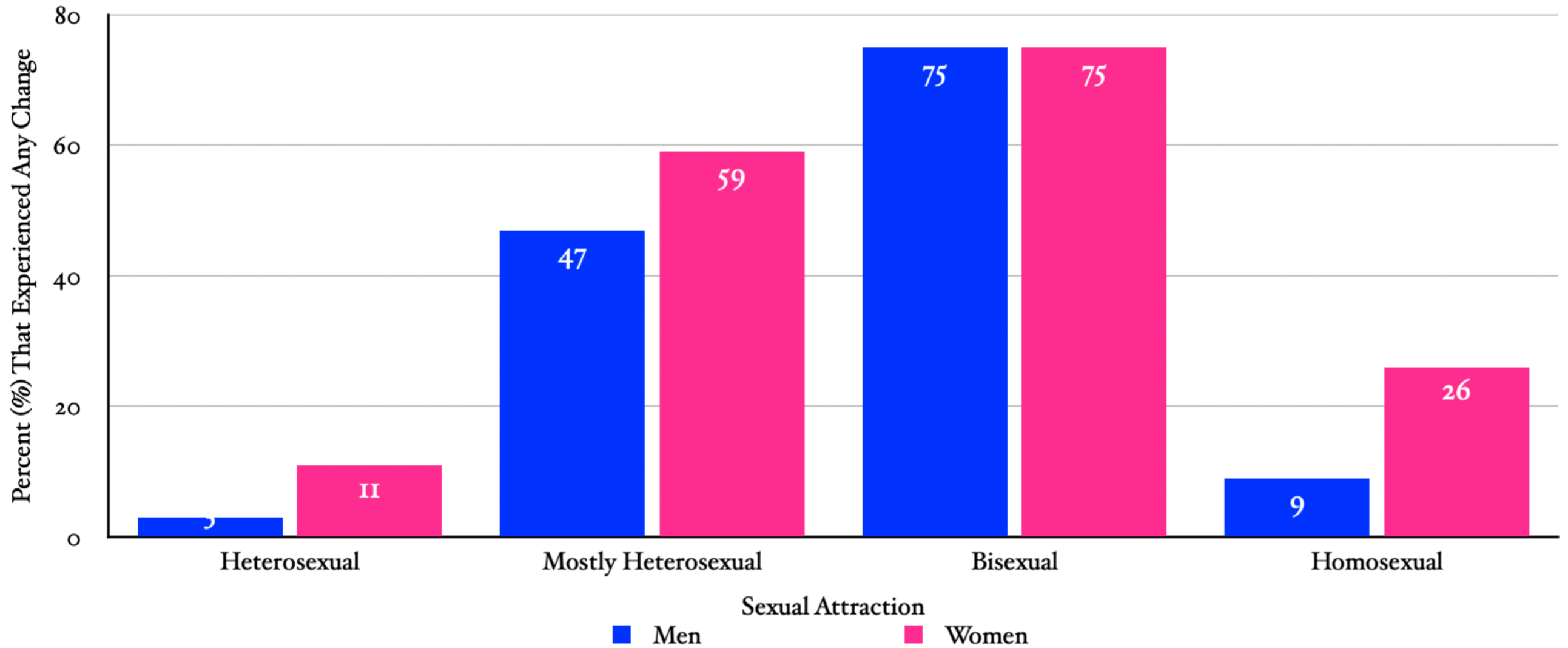
MOST same sex attracted people are both sex attracted.

APA Handbook of Sexuality and Psychology:

and 7% for women. Hence, directly contrary to the conventional wisdom that individuals with exclusive same-sex attractions represent the prototypical “type” of sexual-minority individual, and that those with bisexual patterns of attraction are infrequent exceptions, the opposite is true: Individuals with nonexclusive patterns of attraction are indisputably the “norm,” and those with exclusive same-sex attractions are the exception.

Diamond, L. (2014) Chapter 20: Gender and same-sex sexuality. In Tolman, D., & Diamond, L., Co-Editors-in-Chief (2014) APA Handbook of Sexuality and Psychology, Volume 1. Person Based Approaches. Washington D.C.: American Psychological Association. Vol. 1, pp. 629-652

Sexual Attraction Change Over 6 Years, From Ages 18-24 to About Ages 24-36 (Savin-Williams et al., 2012)



Savin-Williams, R., Joyner, K., & Rieger, R. (2012). Prevalence and stability of self-reported sexual orientation identity during young adulthood. *Arch Sexual Behavior* 41: 103-110. <https://link.springer.com/article/10.1007/s10508-012-9913-y> Adapted from Figure 1.

SEXUAL ORIENTATION

Most both sex attracted people who are in a relationship are in an opposite sex relationship—

(Herek, G.M., Norton, A.T., Allen, T.J., & Sims, C.L. (2010). Demographic, psychological, and social characteristics of self-identified lesbian, gay, and bisexual adults in a US probability sample. *Sexuality Research Social Policy*, 7, 176–200. <https://link.springer.com/content/pdf/10.1007%2Fs13178-010-0017-y.pdf>, see p. 192 and Table 8. Office of National Statistics (2017). Sexual orientation, UK:2017; Experimental statistics on sexual orientation in the UK in 2017 by region, sex, age, marital status, ethnicity and socio-economic classification. *Statistical Bulletin*, p. 9, Figure 5. Sexual orientation, UK 2017.pdf; <https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/sexuality/bulletins/sexualidentityuk/2017>)

—where they may experience satisfaction that is real.

(Lefevor, G., Beckstead, L., Schow, R., Raynes, M., Mansfield, T., Rosik, C. (2019). Satisfaction and health within four sexual identity relationship options. *Journal of Sex and Marital Therapy*. <https://doi.org/10.1080/0092623X.2018.1531333>)

In a satisfying opposite sex relationship, opposite sex attraction may increase for some women (and men?).

(See part 1 video.)

Diamond, L. (2008). *Sexual Fluidity: Understanding Women's Love and Desire*. Cambridge, Mass.: Harvard Press. <http://www.hup.harvard.edu/catalog.php?isbn=9780674032262>)

SEXUAL ORIENTATION

Sexual attraction changes through life experience.

Can same sex attraction or behavior change through therapy?

SEXUAL ORIENTATION

A CENTURY OF RESEARCH HAS REPORTED PEOPLE CHANGED SAME SEX ATTRACTION AND BEHAVIOR THROUGH THERAPY.

Most recent study (convenience sample of 125 men)

Religious same sex attracted men:

- Same sex attraction, behavior, and orientation identity all significantly decreased.
- 69% decreased same sex attraction, starting at close to almost entirely homosexual on average and changing to bisexual on average.

Married (41%), nearly all with children—on average 3 children each:

- 71% Same sex behavior before therapy
- 14% Same sex behavior after therapy.
- **Depression and suicidal thoughts and attempts significantly decreased.**
- Only 1 to 5% reported any significant harmful effects. Psychological benefits greatly outweighed harms.

Research on representative samples is needed to tell us what results would be for the general population.

(Sullins, D.P., Rosik, C.H., and Santero, P., April 27, 2021, Efficacy and risk of sexual orientation change efforts: a retrospective analysis of 125 exposed men. *F1000Research*, 10:222, 1-20. <https://doi.org/10.12688/f1000research.51209.1>)

SEXUAL ORIENTATION

During 50 Years of increasing societal affirmation of LGB identity as normal, LGB psychological stress has progressively worsened. Societal & professional denial and neglect of pathological causes that may need attention and opposing therapy to treat them have not helped.

WHO is causing mental health disparities, again?

(Meyer, I.H., Russell, S.T., Hammack, P.L., Frost, D.M., Wilson & Bianca, D.M. (2021). Minority stress, distress, and suicide attempts in three cohorts of sexual minority adults: A U.S. probability sample, *PLoS ONE*, 16(3), 1-19. <https://pubmed.ncbi.nlm.nih.gov/33657122/>
Cavanagh, J., Carson, A., Sharpe, M. & Lawrie, S. (2003), Psychological autopsy studies of suicide: a systematic review, *Psychological Medicine*, 33: 395-405, Cambridge University Press, <https://www.cambridge.org/core/journals/psychological-medicine/article/psychological-autopsy-studies-of-suicide-a-systematic-review/49EEDF1D29B26C270A2788275995FDEE>)

SEXUAL ORIENTATION

COMPREHENSIVE THERAPY RESEARCH REVIEWS

Two of the most comprehensive research reviews on change-exploring therapy have been conducted by gay-affirming and change-affirming researchers. Many position statements of professional organizations are based on one or both of these reviews.

- **Both accept that research participants reported they reduced or changed same-sex attraction and behaviour through non-aversive, standard therapies.**
- **These reviews agree that there is no research that meets scientific standards that proves non-aversive, change-exploration therapy is unsafe or ineffective.**
- **Both agree that representative and longitudinal studies are needed.**

(American Psychological Association Task Force on Appropriate Therapeutic Responses to Sexual Orientation (2009), p. 49, <https://www.apa.org/pi/lgbt/resources/therapeutic-response.pdf>; Phelan, J., Whitehead, N., & Sutton, P.M. (2009). What research shows: NARTH's response to the APA claims on homosexuality: A report of the scientific advisory committee of the National Association for Research and Therapy of Homosexuality. *Journal of Human Sexuality*, 1, 1-121. <https://www.scribd.com/doc/115507777/Journal-of-Human-Sexuality-Vol-1> .)

SEXUAL ORIENTATION

PRE-PUBLICATION LONGITUDINAL RESEARCH

Adults:

Depression and suicidality decreased.

Psychological functioning improved.

**Same sex attraction changed
moderately.**

A partial change can change a life.

SEXUAL ORIENTATION

FOR PARENTS IF THEIR MINOR CHILD DOES NOT WANT CHANGE ALLOWING THERAPY

People cannot do forced therapy. We don't do it with minors.

Does their child want therapy for something else, for example depression?

Family therapy can focus on helping parents and child have the best relationship they can have given that they disagree.

Parents can get therapy to coach them on how to be most helpful to their child—even in states that forbid change-exploring therapy for minors.

SEXUAL ORIENTATION

Church Documents on therapy for same sex attraction or behavior (SSAB)

1) Professional care for SSAB should accord with Church teaching.

(Congregation for the Doctrine of the Faith/CDF, 1986, n 17; USCCB, 2006; Congregation for Catholic Education/CCE, 1983, n 103)

2) *Adolescents with SSAB* should have access to age-appropriate professional counseling services that respect Church teaching. (USCCB, 2006; Pontifical Council for the Family/PCF, 1995, n 104)

3) “Many cases can benefit from appropriate therapy,” “especially when the practice of homosexual acts has not become a habit.” (PCF, 1995, n 104)

4) Professional care for SSAB should treat causes, not outward behavior. (CCE, 1983, n 102; PCF (1995, n 72)

SEXUAL ORIENTATION

THESE MEDICAL AND MENTAL HEALTH PROFESSIONAL ORGANIZATIONS HAVE SUPPORTED A CLIENT'S RIGHT TO PSYCHOTHERAPY THAT IS OPEN TO A CLIENT'S GOAL OF CHANGE IN SAME SEX ATTRACTION OR BEHAVIOR

International Federation for Therapeutic and Counseling Choice (iftcc.org)

International Federation of Catholic Medical Associations (has about 62 member organizations)

Alliance for Therapeutic Choice and Scientific Integrity

American Association of Physicians and Surgeons

American College of Pediatricians

American Association of Christian Counselors

Catholic Medical Association (U.S.A.)

Christian Medical and Dental Association

Society of Catholic Social Scientists

(<https://iftcc.org/resource/medical-and-mental-health-organisation-opposing-bans-on-therapy-for-unwanted-same-sex-attraction-or-gender-identity/>)

SEXUAL ORIENTATION

Conclusion on Sexual Orientation Parts 1 & 2: Causes and Change

**Sexual orientation develops from biological, social, and psychological influences that may be pathological—
and it may change through life experience or therapy—
like other complex traits therapists help people decrease or change every day.**

RESOURCES

FIND A THERAPIST

Specialists in Change Allowing Therapy for Sexual Orientation, Possibly for Gender Identity

ReintegrativeTherapy.com

TherapeuticChoice.org

RestoredHopeNetwork.org

EquippedToLove.com

Screened for Orthodox Catholic or Christian Beliefs on Sexual Orientation and Gender Identity. Call and ask if they have expertise in change-allowing therapy for same-sex attraction or incongruent gender identity. They may not post this service publicly on their website, because they can be targeted.

CatholicTherapists.com

Focus on the Family—large national therapist network:

focusonthefamily.com/get-help/counseling-services-and-referrals/

CatholicPsychotherapy.org/directory

RESOURCES

Resources by the author of these slides: Laura Haynes, Ph.D.

- ❖ *****Expert Opinion for the Constitutional Court of Bulgaria** submitted by the International Federation for Therapeutic and Counselling Choice. <https://d3uxejw946d7m5.cloudfront.net/wp-content/uploads/2021/07/IFTCC-Brief-for-Cassian-Constitutional-Courts-in-Bulgaria-on-Gender-2021-6-19-FINAL-Full-edits-English-Post-2021-7-2-.pdf?x2894>
- ❖ ***Dear Legislator/Fact Sheet:** therapyequality.org/harmsoftherapybans. Endnotes have lots of research info. Periodically updated for new research or court decisions.
- ❖ **Discovering Treatable Causes of Same-Sex Attraction and Childhood Gender Dysphoria:** <https://www.cathmed.org/pulse/2020-spring/uncovering-treatable-causes-of-same-sex-attraction-and-childhood-gender-dysphoria/>
- ❖ **International Federation for Therapeutic and Counselling Choice.** IFTCC.org. Various videos and documents.
- ❖ **The American Psychological Association Says Born-That-Way-and-Can't-Change Is Not True of Sexual Orientation and Gender Identity:** https://docs.wixstatic.com/ugd/ec16e9_396244b80efc4a6f9c27b4653a974132.pdf
- ❖ **Are Religious Californians Really Harming the Mental Health of People Who Identify as LGBTQ?** <https://www.thepublicdiscourse.com/2019/09/56790/>

RESOURCES

MORE INFORMATION:

- ❖ **CourageRC.org Courage International**
- ❖ **CMDA.org Christian Medical and Dental Association**
- ❖ **ACPeds.org American College of Pediatricians has excellent information about gender identity and against castrating/sterilizing children. Michelle Cretella, MD is the executive director.**
- ❖ **FamilyWatch.org Family Watch International works at the UN and around the world**
- ❖ **IFTCC.org The International Federation for Therapeutic and Counseling Choice is the international professional organization of change-allowing therapists. It trains therapists. It is opposing ban efforts in nations and the UN.**
- ❖ **TherapeuticChoice.com The Alliance for Therapeutic Choice and Scientific Integrity the professional organization of change-allowing therapists in the United States. It trains therapists.**
- ❖ **ReintegrativeTherapy.com Reintegrative Therapy® is a specific leading way of doing change-allowing therapy. It has a registered trademark from the US Patent and Trademark Office. In the US, equating it with “conversion therapy” or “sexual orientation change efforts” will lead to an instant law suit for maximum damages.**

RESOURCES

Testimonies of Change Through Therapy or Faith Journey

Therapy or faith-based change: <https://iftcc.org/stories/>

Therapy change: VoicesOfChange.net

Faith-based change: ChangedMovement.com

Transgender change: tranzformed.org

Transgender change: SexChangeRegret.com

SEXUAL ORIENTATION

Conclusion on Sexual Orientation Parts 1 & 2: Causes and Change

Sexual orientation develops from biological, social, and psychological influences that may be pathological, and they may change through life experience or therapy—

like other complex traits therapists help people decrease or change every day.



SEXUAL ORIENTATION

Appendix: Additional Slides

SEXUAL ORIENTATION

Attraction, Behaviour, and Identity May Not Match

Kinsey Scale

Example:

ATTRACTION

Exclusively <u>Heterosexual</u>	Mostly Heterosexual	<u>Bisexual</u> (about <u>equal</u> to both sexes)	Mostly Homosexual	Exclusively <u>Homosexual</u> ("Gay" or "Lesbian")
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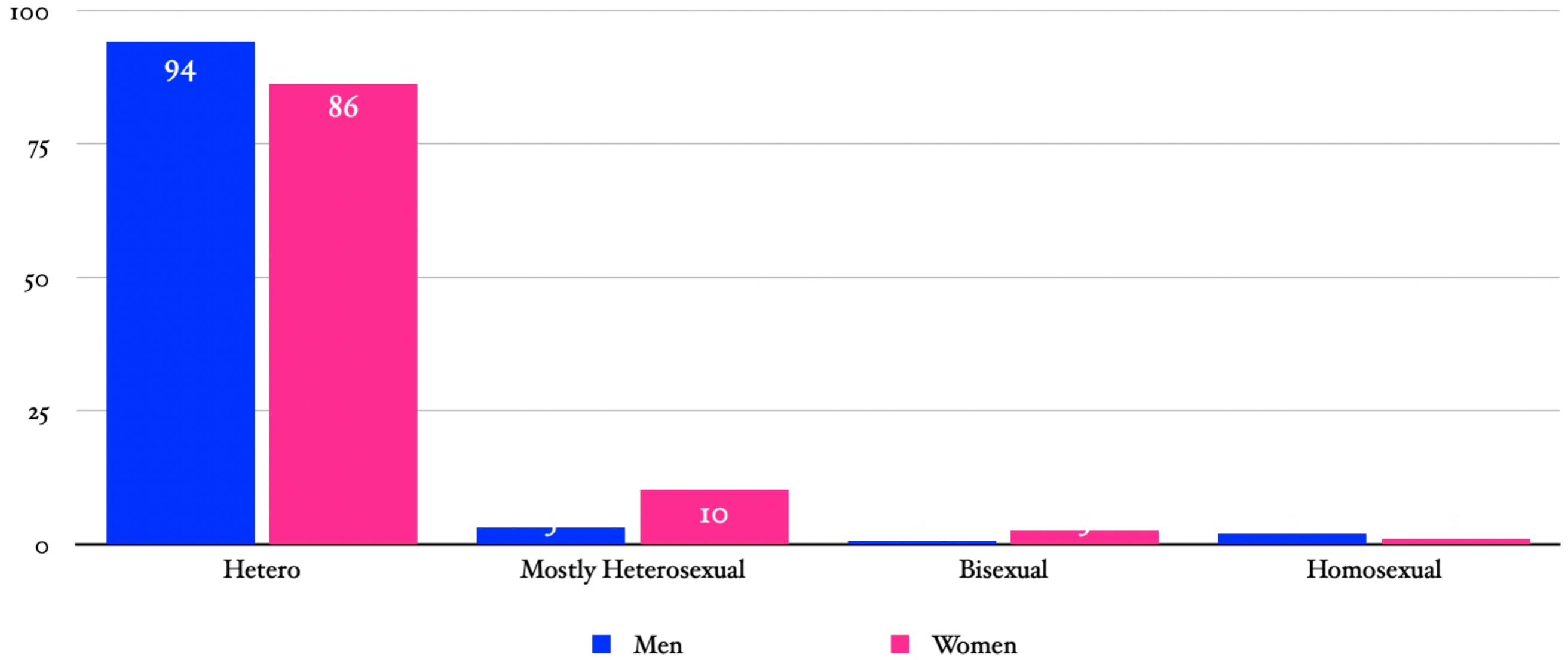
BEHAVIOR

Exclusively <u>Heterosexual</u>	Mostly Heterosexual	Bisexual (about <u>equal</u> to both sexes)	Mostly Homosexual	<u>Exclusively Homosexual</u> ("Gay" or "Lesbian")
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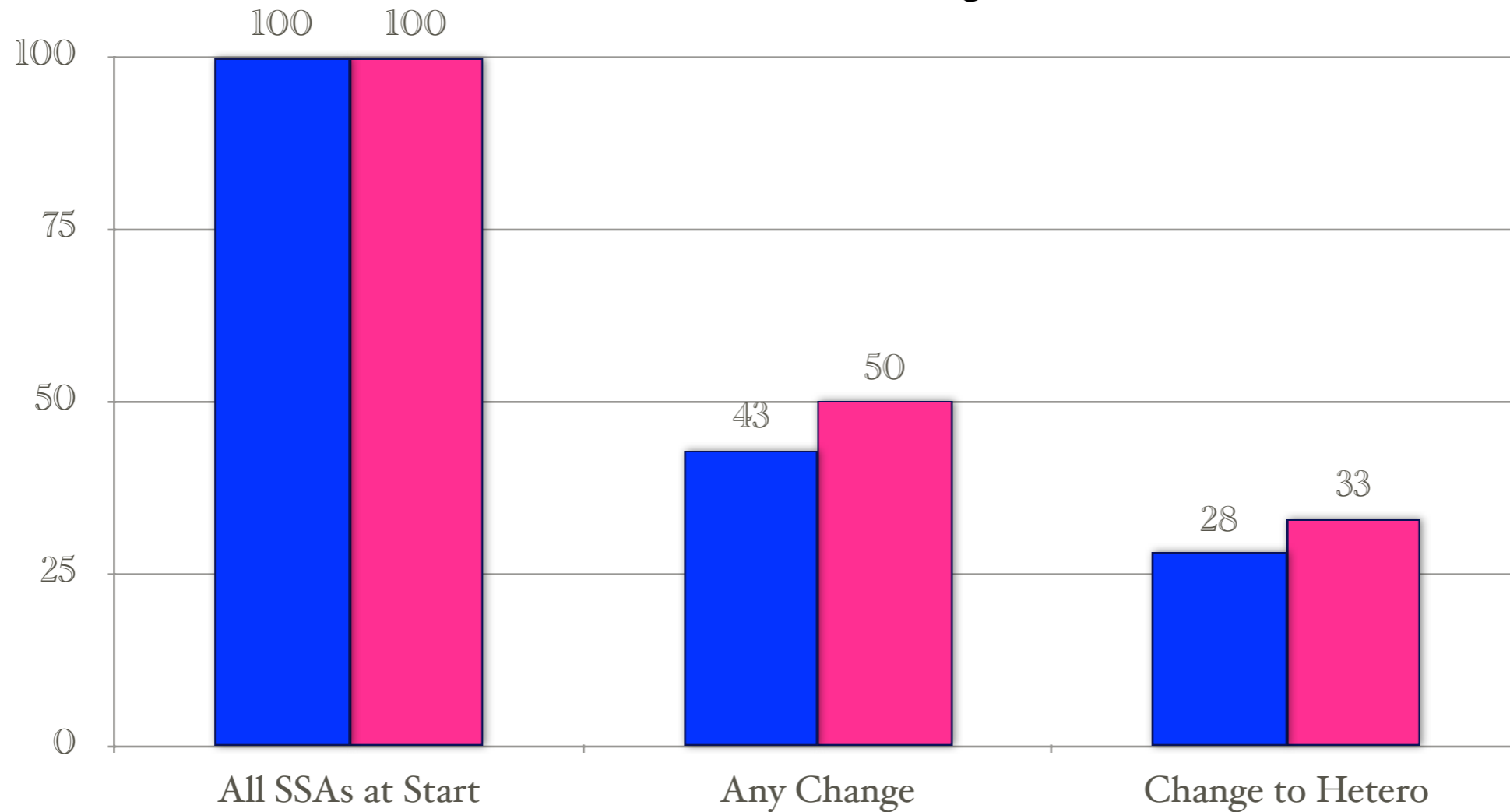
IDENTITY

<u>Exclusively Heterosexual</u>	Mostly Heterosexual	Bisexual (about <u>equal</u> to both sexes)	Mostly Homosexual	Exclusively <u>Homosexual</u> ("Gay" or "Lesbian")
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Frequency of Sexual Orientations, Ages 18-24 (Savin-Williams et al., 2012)



**Sexual Attraction Change on the Kinsey Scale
Over 6 Years (From Age 18 - 24 to Age 24 - 36)
Total: 43% of Men and 50% of Women Changed
Of These Who Changed,
66% of Men and 66% of Women Who Changed Moved to Heterosexual**



Savin-Williams, Joyner, & Rieger, 2012

SEXUAL ORIENTATION

SAME SEX BEHAVIOR CAN DECREASE THROUGH THERAPY
(several publications of several sets of replicated, randomized, controlled trials)

Gay affirming researchers have proven that men who have sex with men can

- **significantly decrease same sex partners through**
- **standard psychotherapies**
- **conducted by gay affirming therapists**
- **retain this change over time**
- **in order to decrease risk of HIV transmission.**

Especially successful:

- **Fathers**
- **Same sex behavior not consistent with their values (high “homonegativity”)**

(Shoptaw et al., 2005, <https://ucdavis.pure.elsevier.com/en/publications/behavioral-treatment-approaches-for-methamphetamine-dependence-an> ; Shoptaw et al., 2008. <https://europepmc.org/article/MED/15845315> ; Reback, C. J. et al., 2014,