CONVERSION THERAPY: THE FACTS

CONVERSION THERAPY is a range of dangerous and discredited practices that falsely claim to change a person’s sexual orientation and/or gender identity or expression. Sometimes known as Reintegration Therapy, Sexual Orientation Change Efforts (SOCE) and Ex-Gay Therapy.

PAST PRACTICES
- institutionalization
- castration
- electro-shock therapy
- aversion therapy
- using shame to create an aversion to same-sex attractions
- controlling masturbation with the purpose of changing the cause of sexual arousal
- pairing homoerotic images with nausea, vomiting, paralysis, electric shocks, rubber band snaps, and other forms of punishment

CURRENT PRACTICES
Current practitioners STILL use physical aversive conditioning and even psychotropic medications and cognitive techniques such as conformity training and hypnosis to try and redirect desires.

THE AMERICAN PSYCHOLOGICAL ASSOCIATION HAS LINKED THESE PRACTICES TO
- depression
- social withdrawal
- substance abuse
- issues with intimate relationships
- high-risk sexual behaviors
- loss of faith
- suicide

Often, parents who seek conversion therapy for their child have not been informed of its many potential harms.

The risks are particularly acute for youths, who experience conversion therapy as family rejection. For these children, conversion therapy is associated with depression, anxiety, drug use, homelessness, and suicide.

Conversion Therapy practices have been rejected by EVERY mainstream medical and mental health organization for DECADES.

American Academy of Child Adolescent Psychiatry
American Academy of Pediatrics
American Association for Marriage and Family Therapy
American College of Physicians
American Counseling Association
American Medical Association
American Psychiatric Association
American Psychoanalytic Association
American Psychological Association
American School Counselor Association
American School Health Association
National Association of Social Workers
Pan American Health Organization
Regional Office of the World Health Organization
Just the Facts Coalition
World Psychiatric Association

States and U.S. Territories that have passed bans on conversion therapy for minors

New Jersey
California
Oregon
Illinois
Vermont
New Mexico
Connecticut
Rhode Island
Nevada
Washington
Hawaii
Delaware
Maryland
New Hampshire
New York
Massachusetts
Maine
Colorado
Washington D.C.
Puerto Rico