



Oppose “Conversion Therapy” Ban

Serious Harms of Censoring Therapy Conversations

Dear Legislator,

PLEASE CONSIDER THIS EVIDENCE: Right to Happiness (3 pp.)

(1) **The Supreme Court of the United States said professional therapists have the same right to freedom of speech as everyone else. It abrogated decisions of the 9th and 3rd Circuit Courts that have been erroneously referenced to claim therapy bans are constitutional.¹ The 11th Circuit Court overturned therapy bans in its jurisdiction.²**

(2) **Change-exploring therapy reduces suicidality:** Studies using a U.S. nationally representative data set of LGB-identified individuals created by gay-affirming researchers have found:

- **Change-exploring therapy reduces suicidality for minors and adults, and dramatically so for adults—by 17-25 times. Harm-claiming studies on which ban activists have relied have ignored by research design that “Most of the suicidality did not follow change-exploring therapy in time but preceded it.”** Unsurprisingly, people who sought therapy were more suicidal than people who did not seek therapy. Blaming therapy for symptoms that preceded it is like saying people who have had anti-depressant medication have had more depression and suicidality than people who have not sought anti-depressants. Therefore anti-depressants cause depression and suicidality and should be banned. This is banning the cure, a tragic, misguided mistake that will bring about the very harm activists aim to prevent.³
- **Replacing change therapy with affirmative therapy has not helped.** During 50 years of progressively and dramatically increasing societal affirmation of LGB identity, affirmative therapy, and discouragement of any change therapy, LGB psychological stress has progressively worsened, according to the originator of the minority stress theory and colleagues.⁴

(3) **Comprehensive research reviews** by gay-affirming⁵ and change-affirming⁶ researchers both accept that research participants reported **they changed same-sex attraction and behaviour** through non-aversive, standard therapies. These reviews agree **there is no research that meets scientific standards that proves non-aversive, change-exploring therapy is unsafe or ineffective.** US federal district⁷ and 11th Circuit⁸ courts agree. Research examples:

- **Bans will criminalize LGB-affirmative therapists for saving lives.** LGB affirmative researchers found in replicated, randomized, controlled trials, men can decrease casual sex with men through standard therapies to reduce HIV transmission risk and protect health.⁹
- **In a recent study, more than two-thirds (69%) of men decreased same-sex attraction. Many were married (41%), nearly all with children—on average 3 children each. The number of married men engaging in same-sex behaviour before therapy was 71% and plunged to 14% after therapy. What this means to these men, their wives, and their children can hardly be expressed. For them and the participants overall, depression and suicidal thoughts and attempts significantly decreased.** Psychological benefits greatly outweighed any harms. (Convenience sample of 125 men, 88% religious.)
- **A majority of people in faith-based ministries (53%) substantially decreased or changed their same-sex attraction, and psychosocial functioning only improved,** as documented by a rigorous “naturalistic, quasi-experimental, longitudinal study”.



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(3) An American Psychological Assoc. task force (2009): (i) **Said aversive methods have not been used for 40-50 years.**¹⁰ (ii) Said it based its recommendations on one-sided, anecdotal, not scientific, evidence¹¹ and on a belief that same-sex attraction does not change through life experiences that is now reversed by the *APA Handbook of Sexuality and Psychology* (2014).¹²

(4) **Many professional organizations world-wide support change-exploring therapy conversations.**¹³ There is not a professional consensus against change-exploring conversations.¹⁴ Several organizations¹⁵ and nations¹⁶ find the “best available” research for medical gender affirmation is very poor. Many UN nations reject the mandate and therapy-opposing report of an individual “expert”;¹⁷ no UN binding agreement mentions sexual orientation or gender identity.

(5) The *APA Handbook of Sexuality and Psychology* and robust research internationally have established that same-sex attraction, romantic partnerships, behavior, and identity all commonly shift or change for adolescents and adults, men and women.^{18 19 20 21 22 23} **They can change.**

(6) Childhood gender dysphoria overwhelmingly resolves by adulthood.²⁴ Living as the opposite sex²⁵ and puberty blockers²⁶ stop natural resolution. Gender identity changes lifelong.²⁷

(7) **A gene study, by more than 20 researchers in 7 nations, of nearly half a million people found same-sex behavior is influenced somewhat by genes but largely by life experience in the environment.**²⁸ Research and professional organizations agree that incongruent gender identity is also caused by a mixture of biological and environmental influences^{29 30 31} — **like other unchosen, complex traits therapists help people diminish/change every day.**

(8) **The American Psychological Association’s *APA Handbook of Sexuality and Psychology*³² and research say family factors^{33 34 35} and childhood sexual abuse^{36 37} may be causal factors** in having same-sex partners for some, and family pathology^{38 39} may be a causal factor for transgender identity. Some clients want to explore these causes and heal. There is no reason why this therapy should be less safe or effective than any other therapy.

9 Psychiatric disorders and suicidality usually EXIST BEFORE onset of gender incongruence, therefore may cause it.⁴⁰ Psychiatric disorders also cause 90% of suicides.⁴¹ Treating psychiatric disorders resolves suicidality and may resolve gender dysphoria. Large robust studies show cross-sex hormones and surgeries have not resolved higher rates of mental disorders or suicidality,^{42 43 44} for nearly 50 years⁴⁵, even with parent support for minors.⁴⁶

An 8 year study of 8.8 million people found 71% to 75% of gender incongruent adolescents (ages 10 to 17) had psychiatric disorders in their lifetime BEFORE gender incongruence (also found in Finland⁴⁷), compared to 3% to 4% of sex accepting peers. In the 6 months BEFORE first medical evidence of gender incongruence, depression was higher up to 23 to 24 times, suicidal ideation up to 45 to 54 times, and self-injuring behavior up to 70 to 144 times.⁴⁸

Activists who claim therapy causes these conditions appear unaware that they do not come after therapy but before it, therefore change-exploring therapy does cause them. But psychiatric disorders can cause rejecting ones sex and adopting a different identity, ac-



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According to the World Professional Assoc. for Transgender Health,⁴⁹ Amer. Psychiatric Assoc.,⁵⁰ and British Psychol. Society.⁵¹

Finland’s “Recommendation” says first-line treatment should include aiming to reduce or resolve gender dysphoria by aiming to reduce or resolve predisposing disorders. This is exactly what change-exploring therapy does and bans would criminalize.

(10) **Cross sex hormones and surgeries sterilize children, reduce sexual pleasure⁵², and lead to 2-2.5 times higher rates of deaths from cancers, strokes, and heart attacks, 19 times higher rate of completed suicides^{53 54 55}. Long term, it is *not* transgender health and is *not* suicide prevention.⁵⁶ Yet psychiatric hospitalizations still persist at a nearly 3 times higher rate.** (11) **Under therapy bans, youths who regret transition cannot be helped to embrace their body sex.⁵⁷**

(12) Common reasons people want change-exploring therapy are: (1) They did not find living as LGBT fulfilling. (2) They feel their LGBT feelings were caused by sexual or gender trauma. They want the right to heal. (3) They want to live according to their faith that should be respected. National⁵⁸ and other robust⁵⁹ research and studies by a team of LGBT-affirming and change-affirming researchers show that LGBT people who live according to their traditional faith are no less happy, mentally healthy, satisfied with life, and flourishing than those of liberal faith or no faith.⁶⁰ A cultural change in ideology is not required. (4) They aspire to, and want to reduce same sex attraction to be faithful in, an opposite sex marriage. The *APA Handbook of Sexuality and Psychology* says most people who are same sex attracted are both sex attracted.⁶¹ Research says their relationships are mostly opposite sex^{62 63} and satisfying.⁶⁴
Change-allowing therapy keeps LGBT families safe.

Government should not decide who someone is, what will make a person happy, and who may have access to family or life saving therapy conversations. Everyone should have the right to walk away from sexual or gender practices and experiences that don’t work for them and have help to live the way that brings them health and happiness. Testimonies of change: VoicesOfChange.net and more at this endnote.⁶⁵

See the following endnotes for more information and references.

Scientific and legislative updates to this letter and endnotes maintained at:
TherapyEquality.org/HarmsOfTherapyBans

Endnotes:



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¹National Institute of Family and Life Advocates v. Becerra, 138 S.Ct. 2361, 2018, p. 14.

More on legal decisions related to therapy regarding sexual orientation and gender identity:

1. The Supreme Court of the United States (SCOTUS) rendered a decision (National Institute of Family and Life Advocates v. Becerra, 2018) that professional speech has the same right to freedom of speech as any other speech. SCOTUS said it has never accepted a doctrine that professional speech is professional conduct and therefore can be censored. Otherwise, all the government would need to do to take away first amendment rights from a group of people would be to license them.
2. This decision specifically abrogated previous decisions in the 9th (Pickup et al. v. Brown, 2013) and 3rd (King v. Governor of the State of New Jersey, 2014) Circuit Courts of Appeals that had previously been used to argue to legislators that therapy bans are Constitutional. It is often reported that SCOTUS declined appeals to hear these decisions in 2013 and omitted that SCOTUS abrogated them in 2018.
3. A decision of the U.S. 11th Circuit Court of Appeals struck down conversion therapy ban laws (Otto et al. v. City of Boca Raton et al, 2020) based in part on the SCOTUS decision (NIFLA v Becerra, 2018).
4. The Council of Europe, which also includes all EU Member States, guarantees freedom of speech and freedom of religion, the latter of which includes the right to hold, share, and manifest religious beliefs and faith.
5. A United Kingdom High Court in Bell vs. Tavistock (Dec. 12, 2020) ruled that medical gender affirming treatment in minors was experimental and could not, in most cases, be given to minors under 16 without court order, and that such was advisable for those 16-17. They added, “There is no age appropriate way to explain to many of these children what losing their fertility or full sexual function may mean to them in later years.” (Bell et al. v. GIDS, UK, 2020, <https://www.judiciary.uk/wp-content/uploads/2020/12/Bell-v-Tavistock-Judgment.pdf>)

² Otto, et al v. City of Boca Raton, FL et al:

Press release: <https://lc.org/newsroom/details/112020-court-of-appeals-strikes-down-fl-counseling-ban-1>

The legal decision: <https://lc.org/PDFs/Attachments2PRsLAs/112020Otto.pdf>



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³ Sullins found that change-exploring interventions actually decrease suicidality for people who did not change sexual attraction through mental health professional therapy or care from a religious leader. He studied a nationally representative sample of 1,518 people who identify as LGB, therefore who presumably did not change sexual attraction through such interventions. Therefore, the generalization can legitimately be made that professional and religious leader care reduces suicidality for minors and adults and dramatically reduce suicidality—by 17 to 25 times—for adults who identify as LGB and therefore presumably did not change sexual attraction or identity through these efforts. Expressed another way, a generalization claiming harm is not supported and is invalid.

Sullins’ study is a replication of a survey by Blosnich and colleagues (2020). Sullins used the same Generations data set they had used that included data on suicidal thoughts, plans, intentions, and attempts both before and after professional and religious leader care that explores potential for sexual attraction change. In order to legitimately know whether these interventions caused or relieved suicidality, it would be necessary to compare suicidality rates before interventions and after interventions to see if the rates increased, stayed the same, or decreased. Blosnich and colleagues intentionally did not use the before care data. They only used the suicidality rates after interventions, then simply assumed the therapy caused them, asserting that sexual orientation change efforts “may compound or create suicidal ideation and suicide attempts” and thus have “insidious associations with suicide risk”. This practice claiming interventions cause harm without comparing before and after intervention suicidality rates is a research error that contemporary surveys claiming harm make with regularity. Sullins obtained this accessible data set and did compare the before and after interventions data. He found the interventions actually decreased suicidality for minors and adults, and dramatically so for adults—by 17 to 25 times.

⁴ The researchers were the originator of the minority stress theory and colleagues. They reported this study was the “first large scale”, nationally representative study and the first to ask questions and use measures specific to the LGBT-identified population. The researchers concluded their findings concur with findings of other researchers, that “disparities by sexual identity have not been declining, but instead increasing.”

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/>

⁵ “For instance, participants reporting beneficial effects in some studies perceived changes to their sexuality, such as in their sexual orientation, gender identity, sexual behavior, sexual orientation identity....” APA Task Force (2009), p. 49.



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⁶On research through 2009:

Report Summary: What research shows: NARTH’s response to the APA claims on homosexuality: Summary of *Journal of Human Sexuality* (Volume I), pp. 1-5.

<https://www.scribd.com/document/125145105/Summary-of-Journal-of-Human-Sexuality-Vol-ume-1>.

Full Report: 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>

On research 2000 to present:

Sprigg, P. (2018). Are Sexual Orientation Change Efforts (SOCE) Effective? Are They Harmful? What the Evidence Shows, Family Research Council, <https://www.frc.org/issueanalysis/are-sexual-orientation-change-efforts-soce-effective-are-they-harmful-what-the-evidence-shows> :

Read the Full Version (Issue Analysis): <https://downloads.frc.org/EF/EF18I04.pdf>

Read the Abbreviated Version (Issue Brief Report Summary): <https://downloads.frc.org/EF/EF18I05.pdf>

⁷ A federal district judge ended a city therapy ban pertaining to minors in Tampa, Florida, because even the highly qualified expert witnesses for the city admitted there is no evidence that meets scientific standards that shows therapy that is open to a minor client's goal of change is unsafe or ineffective. <http://lc.org/PDFs/Attachments2PRsLAs/100419TampaOrderGrantingM-SJ.pdf>, p. 32.



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⁸ Excerpt from the 11th Circuit Court decision:

Defendants say that the ordinances “safeguard the physical and psychological well-being of minors.” Together with their amici, they present a series of reports and studies setting out harms. But when examined closely, these documents **offer assertions rather than evidence**, at least regarding the effects of purely speech-based SOCE. Indeed, a report from the American Psychological Association, relied on by the defendants, concedes that “nonaversive and recent approaches to SOCE have not been rigorously evaluated.” In fact, it found a “complete lack” of “rigorous recent prospective research” on SOCE. As for speech-based SOCE, the report notes that recent research indicates that those who have participated have mixed views: “there are individuals who perceive they have been harmed and others who perceive they have been benefited from nonaversive SOCE.” What’s more, because of this “complete lack” of rigorous recent research, the report concludes that it has “no clear indication of the prevalence of harmful outcomes among people who have undergone” SOCE. We fail to see how, even completely crediting the **report**, such **equivocal conclusions** can satisfy strict scrutiny and overcome the strong presumption against content-based limitations on speech.

Still, they say, our confidence should not be shaken: the “relative lack of empirical studies on SOCE is not evidence of lack of harm....If anything, the lack of studies on SOCE may be indicative of the risk of harm.” The district court agreed: “Requiring Defendants to produce specific evidence that engaging in SOCE through talk therapy is as harmful as aversive techniques would likely be futile when so many professional organizations have declared their opposition to SOCE.” In other words, evidence is not necessary when the relevant professional organizations are united.

But that is, really, just another way of arguing that majority preference can justify a speech restriction. The “point of the First Amendment,” however, “is that majority preferences must be expressed in some fashion other than silencing speech on the basis of its content.” Strict scrutiny cannot be satisfied by professional societies’ opposition to speech. Although we have no reason to doubt that these groups are composed of educated men and women acting in good faith, their institutional positions cannot define the boundaries of constitutional rights. They may hit the right mark—but they may also miss it.

Sometimes by a wide margin too. It is not uncommon for professional organizations to do an about-face in response to new evidence or new attitudes....

Otto, et al v. City of Boca Raton, FL et al:

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⁹ Therapy bans criminalize gay-affirmative therapists and discriminate against LGB marriages if they prohibit support to decrease unwanted same sex behaviors.

Gay affirmative researchers have published in peer-reviewed journals several articles of replicated, randomized, controlled trials showing men who have sex with men significantly reduced casual same sex behavior they did not want through standard therapies conducted by gay affirmative therapists and through gay peer counselors and maintained the change at 6 month, 8 month, and 1 year follow up evaluations. Over these studies taken together, men from a wide range of levels of education and income were successful. In the largest and most recent of these studies (Nyamathi et al., 2017), men who had children and men for whom same sex behavior was inconsistent with their values (high “homonegativity”) were particularly successful in reducing unwanted casual same sex behavior. The researchers’ purpose for these interventions was to reduce drug use and risky same sex behavior in order to decrease risk of HIV transmission. (Nyamathi 2017; Roeback 2014; Shoptaw 2008; 2005) Perhaps these particularly successful men wanted help to be faithful to the wife they love more easily, in order to keep their marriage and family together, or wanted to live according to the religious faith of their heart—two of the most common reasons people seek change-exploring therapy. Under a therapy ban, gay-affirmative therapists would be punished for providing potentially life saving therapy, and there would be marriages and families of sexual minorities that cannot be saved.

A separate study of 125 men who experienced therapy that is open to exploring capacity to change same sex attraction and behavior found that 41% were married, most of them with children—3 children each on average. Also, 88% of participants attended religious services at least once per week. For the men in this convenience sample, same sex behavior plummeted from 71% before therapy to 14% after therapy, and 69% decreased same sex attraction. Sexual behaviour, ideation, desire for intimacy, and kissing changed significantly from homosexual and to heterosexual. What this means to these men, their wives, and their children can hardly be expressed in words. In addition, 61% increased self esteem, 73% decreased depression, and 22% decreased suicidality. (Sullins 2021)

Nyamathi, A., Reback, D.J., Shoptaw, S., Salem, B.E., Zhang, S. & Yadav, K. (2017). Impact of tailored interventions to reduce drug use and sexual risk behaviors among homeless gay and bisexual men. *American Journal of Men’s Health*, 11(2), 208–220. <https://journals.sagepub.com/doi/abs/10.1177/1557988315590837>

Reback, C. J., & Shoptaw, S. (2014). Development of an evidence-based, gay-specific cognitive behavioral therapy intervention for methamphetamine-abusing gay and bisexual men. *Addictive Behaviors*, 39, 1286-1291. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3326187/pdf/nihms340906.pdf>

Shoptaw, S., Reback, C.J., Larkins, S., Wang, P., Rotheram-Fuller, E., Dang, J., & Yang, X. (2008). Outcomes using two tailored behavioral treatments for substance abuse in urban gay and bisexual men. *Journal of Substance Abuse Treatment*, 35, 285-293. <https://asu.pure.elsevier.com/en/publications/outcomes-using-two-tailored-behavioral-treatments-for-substance-a>

Shoptaw, S., Reback, C.J., Peck, J.A., Yan, X., Rotheram-Fuller, E., Larkins, Sh., Veniegas, R.C., Freese, T.E., & Hucks-Ortiz, C. (2005). Behavioral treatment approaches for methamphetamine dependence and HIV-related sexual risk behaviors among urban gay and bisexual men. *Drug and Alcohol Dependence*, 78, 125-134. See Table 1 and p. 132. <https://ucdavis.pure.elsevier.com/en/publications/behavioral-treatment-approaches-for-methamphetamine-dependence-an>

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>

¹⁰ APA Task Force on Appropriate Therapeutic Responses to Sexual Orientation. (2009). Said aversive methods were abandoned about 40-50 years ago—since about the 1960’s or 1970’s: pp. 22, 82.



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¹¹APA Task Force (2009).

No causal evidence of harm: pp. 42, 82-91. Reported research participants (from over a century of research) reported they changed sexual attraction or behavior, and some (from a small number of studies) said they were harmed: pp. 49, 85. No studies reporting harm met task force scientific standards: p. 42. The APA task force used the reports of harm as anecdotal evidence and based its recommendations on them. The researchers said one of the “key” “findings in the research” on which it “built” its “conclusions” and “recommendations” was that sexual attraction does not change through life experience: pp. 63, 86. If that were true, sexual attraction could not change through therapy. The *APA Handbook of Sexuality and Psychology* concluded 5 years later, however, that research had established that same-sex attraction, fantasies, behavior, and orientation identity all commonly change through life experience for men and women, adolescents and adults (2014, vol. 1, pp. 636, 562, 619).

¹² Sexual orientation changes over the life span.

American Psychological Association’s *APA Handbook of Sexuality and Psychology* (2014):

“[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)

“Although change in adolescence and emerging adulthood is understandable, change in adulthood contradicts the prevailing view of consistency in sexual orientation.”

(Rosario & Schrimshaw, 2014, *APA Handbook*, v. 1, p. 562)

“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.)

Tolman, D., & Diamond, L., Co-Editors-in-Chief (2014) *APA Handbook of Sexuality and Psychology* (2 volumes). Washington D.C.: American Psychological Association.



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¹³ MEDICAL AND MENTAL HEALTH PROFESSIONAL ORGANIZATIONS have opposed bans on therapy that is open to a client’s goal of change for an unwanted sexual orientation or unwanted gender identity and/or supported the right of clients to such therapy for unwanted same-sex attractions and/or unwanted gender identity (<https://iftcc.org/?s=organisations>):

- International Federation for Therapeutic and Counseling Choice (<https://iftcc.org/standards/>)
- International Federation of Catholic Medical Associations (FIAMC) — **has 62 member organizations around the world**
- American Association of Physicians and Surgeons (<https://acpeds.org/assets/imported/5.25.17-Joint-Therapy-letter-with-signatures.pdf> ; <https://aapsonline.org/california-proposes-bills-to-outlaw-self-determination-in-medical-therapy/>)
- American College of Pediatricians (<https://acpeds.org/assets/imported/5.25.17-Joint-Therapy-letter-with-signatures.pdf> ; <https://acpeds.org/position-statements/psychotherapy-for-unwanted-homosexual-attraction-among-youth>)
- Christian Medical and Dental Association (<https://acpeds.org/assets/imported/5.25.17-Joint-Therapy-letter-with-signatures.pdf> ; <https://cmda.org/position-statements/>)
- Catholic Medical Association (U.S.A.) (<https://acpeds.org/assets/imported/5.25.17-Joint-Therapy-letter-with-signatures.pdf> ; <https://www.cathmed.org/resources/cma-protests-california-bill/>)
- Society of Catholic Social Scientists,
- Alliance for Therapeutic Choice and Scientific Integrity (https://docs.wixstatic.com/ugd/ec16e9_1d6108cfa05d4a73921e0d0292c0bc91.pdf)
- American Association of Christian Counselors (AACCC Code of Ethics, 2014, 1-120f, 1-330, 1-340, <https://www.aacc.net/code-of-ethics-2/>)

Has defended the legal right to therapy conversations to resolve gender incongruence:

National Association of Practicing Psychiatrists (Australia, <https://napp.org.au/2021/05/managing-gender-dysphoria-incongruence-in-young-people-a-guide-for-health-practitioners/>)



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¹⁴ Excerpt from the 11th Circuit Court decision (repeated from previous footnote):

Defendants say that the ordinances “safeguard the physical and psychological well-being of minors.” Together with their amici, they present a series of reports and studies setting out harms. But when examined closely, these documents offer assertions rather than evidence, at least regarding the effects of purely speech-based SOCE. Indeed, a report from the American Psychological Association, relied on by the defendants, concedes that “nonaversive and recent approaches to SOCE have not been rigorously evaluated.” In fact, it found a “complete lack” of “rigorous recent prospective research” on SOCE. As for speech-based SOCE, the report notes that recent research indicates that those who have participated have mixed views: “there are individuals who perceive they have been harmed and others who perceive they have been benefited from non-aversive SOCE.” What’s more, because of this “complete lack” of rigorous recent research, the report concludes that it has “no clear indication of the prevalence of harmful outcomes among people who have undergone” SOCE. We fail to see how, even completely crediting the report, such equivocal conclusions can satisfy strict scrutiny and overcome the strong presumption against content-based limitations on speech.

Still, they say, our confidence should not be shaken: the “relative lack of empirical studies on SOCE is not evidence of lack of harm....If anything, the lack of studies on SOCE may be indicative of the risk of harm.” The district court agreed: “Requiring Defendants to produce specific evidence that engaging in SOCE through talk therapy is as harmful as aversive techniques would likely be futile when so many professional organizations have declared their opposition to SOCE.” **In other words, evidence is not necessary when the relevant professional organization are united.**

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Otto, et al v. City of Boca Raton, FL et al., emphasis added:

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¹⁵ MULTIPLE MEDICAL GROUPS THROUGHOUT THE WORLD have warned against “gender affirmative” interventions, including the:

- [Royal College of General Practitioners](#)
- [Swedish Pediatric Society](#)
- [Royal Australian College of Physicians](#)
- [National Association of Practicing Psychiatrists](#) (Australia)
- [Society for Evidence Based Gender Medicine](#) (international)
- [Pediatric and Adolescent Gender Dysphoria Working Group](#) (international)

The Royal College of Psychiatrists has refused a position statement that would oppose psychotherapy or psychiatric treatment to resolve gender dysphoria.

See also these international groups:

gdworkinggroup.org

[Society for Evidence-Based Medicine](#)



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¹⁶ Therapy bans prohibit therapy conversations. Instead, they promote medical body altering interventions.

WHAT IS THE QUALITY OF THE “BEST AVAILABLE RESEARCH” THAT IS USED TO CLAIM MEDICAL GENDER AFFIRMATIVE PUBERTY BLOCKERS, CROSS SEX HORMONES, AND SURGERIES ARE “EVIDENCE BASED” INTERVENTIONS BASED ON “THE BEST AVAILABLE EVIDENCE”?

National forerunners in gender affirming interventions—The Netherlands, Sweden, the UK, and Finland—now place restrictions and prohibitions for minors on medical gender affirmative interventions due to very low quality of research.

The Endocrine Society Guideline with its 6 co-sponsoring organizations, including the World Professional Association for Transgender Health, say nearly all their recommendations are based on low, very low, and no research. A US government research review found research evidence to be “inconclusive”. A UK government review found the research quality to be “very low certainty evidence.”

SWEDEN POLICY CHANGE FOR MINORS:

Karolinska Universitetssjukhuset Astrid Lindgrens Barnsjukhus (March 2021). Policy Change Regarding Hormonal Treatment of Minors with Gender Dysphoria at Tema Barn-Astrid Lindgren Children’s Hospital. Swedish: https://segm.org/sites/default/files/Karolinska_Policy_Statement_Swedish.pdf ; Unofficial English translation: https://segm.org/sites/default/files/Karolinska%20_Policy_Statement_English.pdf

UNITED KINGDOM:

HIGH COURT CASE FOR MINORS: Bell et al. v. Gender Identity Development Service at the Tavistock and Portman NHS Foundation Trust et al. (Decision 1 Dec. 2020). Neutral Citation Number: [2020] EWHC 3274. Case No: CP/60/2020. <https://www.judiciary.uk/wp-content/uploads/2020/12/Bell-v-Tavistock-Judgment.pdf>

GOVERNMENT RESEARCH REVIEW found evidence for puberty blockers provided “very low certainty evidence”. (p. 46)

The National Institute for Health and Care Excellence (NICE) (March 11, 2021). Evidence review: Gonadotrophin releasing hormone analogues for children and adolescents with gender dysphoria. <https://www.evidence.nhs.uk/document?id=2334888&returnUrl=search%3ffrom%3d2020-01-01%26q%3dgender%2bdysphoria%26sp%3don%26to%3d2021-03-31>

FINLAND ON MINORS:

Council for Choices in Health Care in Finland (COHERE Finland) (June 16, 2020). Medical treatment methods for dysphoria associated with variations in gender identity in minors—recommendation. https://palveluvalikoima.fi/documents/1237350/22895008/Summary_minors_en.pdf/aaf9a6e7-b970-9de9-165c-abadfae46f2e/Summary_minors_en.pdf

THE NETHERLANDS:

de Vries, A.L.C. & Cohen-Kettenis, P.T. (2012). Clinical management of gender dysphoria in children and adolescents: The Dutch approach. *Journal of Homosexuality*, 59, 301-320. <http://www.hbrs.no/wp-content/uploads/2017/05/Clinical-Management-of-Gender-Dysphoria-in-Children-and-Adolescents-The-Dutch-Approach.pdf>

ENDOCRINE SOCIETY GUIDELINE WITH 6 CO-SPONSORING PROFESSIONAL ORGANIZATIONS:

Co-sponsoring Associations with the Endocrine Society: Amer. Assn. of Clinical Endocrinologists, Amer. Soc. of Andrology, Eur. Soc. for Pediatric Endocrinology, Eur. Soc. of Endocrinology, Pediatric Endocrine Soc., and World Prof. Assn. for Transgender Health. Hembree, W., Cohen-Kettenis, P., Gooren, L., Hannema, S., Meyer, W., Murad, M., Rosenthal, S., Safer, J., Tangpricha, V., & T’Sjoen, G. (2017). Endocrine treatment of gender-dysphoric/gender-incongruent persons: An Endocrine Society clinical practice guideline. *Journal of Clinical Endocrinology and Metabolism*, 102, 1–35. <https://doi.org/10.1210/jc.2017-01658>

UNITED STATES GOVERNMENT RESEARCH REVIEW:

Centers for Medicare & Medicaid Services (August 30, 2016). Decision Memo for Gender Dysphoria and Gender Reassignment Surgery (CAG-00446N), p. 62, <https://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=282> .



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¹⁷ The report to the Human Rights Council (HRC) within the United Nations (UN) of the independent “expert” individual does not represent the views of the HRC or of the UN. UN Member States, in fact many, opposed his appointment and have said they don’t recognize his mandate. In fact, there is no binding U.N. agreement regarding sexual orientation or gender identity at all. Treaty body monitoring committees have tried to read sexual orientation and gender identity rights into existing treaties, but their pronouncements are not binding and are often opposed by States. Some individuals and organizations have incorrectly represented the independent individual “expert’s” report as a statement by the HRC or by the UN. The following reference is to a resolution by 57 Islamic nations documenting, by example, that many UN member states reject the mandate and the report of an individual “expert” who opposes change-exploration therapy for sexual and gender feelings and behaviors. The UN has 193 member states. The HRC has 47 member states.

OIC/CFM-43/2016/CS/RES/FINAL. Annex 1: Declaration by the Group of the OIC Member States in Geneva on Condemning the Human Rights Council Resolution “Protection against violence and discrimination based on Sexual Orientation and Gender Identity”, pp. 68-69; Resolution No. 4/43-C on Social and Family Issues Submitted to The Forty-third Session of the Council of the Foreign Ministers of the Organization of Islamic Cooperation (Session of Education and Enlightenment: Path to Peace and Creativity) held in Tashkent, Republic of Uzbekistan, on 18-19 October, 2016 (17 – 18 Muharram 1438H), pp. 19-20. https://www.oic-oci.org/subweb/cfm/43/en/docs/fin/43cfm_res_cs_en.pdf

Organisation of Islamic Cooperation (OIC): History.

“The Organisation of Islamic Cooperation (OIC) is the second largest organization after the United Nations with a membership of 57 states spread over four continents.”

https://www.oic-oci.org/page/?p_id=52&p_ref=26&lan=en

¹⁸ (This is a repeat of another endnote.)

Sexual orientation changes over the life span.

American Psychological Association’s *APA Handbook of Sexuality and Psychology* (2014):

“[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)

“Although change in adolescence and emerging adulthood is understandable, change in adulthood contradicts the prevailing view of consistency in sexual orientation.”

(Rosario & Schrimshaw, 2014, *APA Handbook*, v. 1, p. 562)

“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.)

Tolman, D., & Diamond, L., Co-Editors-in-Chief (2014) *APA Handbook of Sexuality and Psychology* (2 volumes). Washington D.C.: American Psychological Association.



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¹⁹ Ott, M. Corliss, H., Wypij, D., Rosario, M., Austin, B. (2011) Stability and change in self-reported sexual orientation in young people: Application of mobility metrics. *Archives of Sexual Behavior*, 40: 519–532. doi:10.1007/s10508-010-9691-3; Author manuscript available in PMC 2012, June 1.

²⁰ Of all men who experienced same-sex behavior, 42% did so before age 18 and never again. Laumann, E.O., Gagnon, J.H., Michael, R.T., and Michaels, S. (1994). *The Social Organization of Sexuality: Sexual Practices in the United States*. Chicago and London: The University of Chicago Press.

²¹ Mock, S. E., & Eibach, R. P. (2012). Stability and change in sexual orientation identity over a 10-year period in adulthood. *Archives of Sexual Behavior*, 41, 641–648. doi:10.1007/s10508-011-9761-1

²² In a study of sexual identity, defined by sexual attraction, in young adults over about 6 years, 43% of men and 50% of women experienced a shift in their sexual attraction, mostly one step along a scale that ranged from exclusively homosexual, to mostly homosexual, to bisexual (equally attracted to both sexes), to mostly heterosexual, to exclusively heterosexual. Among those who experienced any change, 66% of men and 66% of women changed to exclusively heterosexual. Among bisexuals, 75% changed, mostly toward or to exclusively heterosexual. Some exclusively homosexual individuals did change to develop opposite-sex attraction, even exclusively heterosexual attraction (males: 7% to exclusively heterosexual + 2% to bisexual = 9% changed; lesbians: 13% to exclusively heterosexual + 6% to mostly heterosexual + 8% to bisexual = 27% changed). Fewer exclusively heterosexual men (3%) and women (11%) changed, mostly to mostly heterosexual. (Calculated from Figure 1.)

Even a partial change can change a life and enable someone to live the life they desire. Categorical change to exclusively heterosexual is not required.

There are factors that are leading to these changes, obviously, and researchers, therapists, and clients should, in principle, be able to discover these factors.

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

²³ Dickson, N., Roode, T., Cameron, C., & Paul, C. (2013). Stability and change in same-sex attraction, experience, and identity by sex and age in a New Zealand birth cohort. *Archives of Sexual Behavior*, 42, 753– 763. <https://link.springer.com/article/10.1007/s10508-012-0063-z>



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²⁴ Childhood gender dysphoria overwhelmingly resolves if not affirmed.

Hembree, et al., (2017), p.11. DSM-5, p. 455. *APA Handbook*, 1:744, 750.

Cohen-Kettenis P, Delemarre-van de Waal, H., & Gooren L. (2008), The treatment of adolescent transsexuals: Changing insights, *J Sex Med*, 5:1892–1897, DOI: 10.1111/j.1743-6109.2008.00870.x)

Zucker, K. (2018). The myth of persistence: Response to “A critical commentary on follow-up studies and ‘desistance’ theories about transgender and gender non-conforming children” by Temple Newhook et al. (2018), *International Journal of Transgenderism*, pp. 2-3, 11, <https://doi.org/10.1080/15532739.2018.1468293>)

Laidlaw, M. (Oct. 24, 2018), The gender identity phantom, <http://gdworkinggroup.org/2018/10/24/the-gender-identity-phantom/>

Gender identity changes throughout the life span.

British Psychological Society Guidelines:

“Gender dysphoria can fluctuate over years, not infrequently increasing or decreasing in mid life and it is not unusual for people to present for therapeutic discussion and support later in life”.

British Psychological Society (BPS) (February 2012). Guidelines and literature review for psychologists working therapeutically with sexual and gender minority clients, p. 25. [https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20\(2012\).pdf](https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20(2012).pdf)

²⁵ Organizations:

American Psychiatric Association (2013), *Diagnostic and Statistical Manual-Fifth Edition*, p. 455.

American Psychological Association: *APA Handbook of Sexuality and Psychology* (2014), vol. 1, p. 750.

Endocrine Society and 6 co-sponsoring professional organizations: Hembree, et al. (2017), p. 11.

Research:

Singh D., Bradley S.J., and Zucker K.J. (2021). A Follow-Up Study of Boys With Gender Identity Disorder. *Frontiers in Psychiatry*, 12, 632784. <https://www.frontiersin.org/articles/10.3389/fpsy.2021.632784/full1> ;

Zucker, 2018; Cohen-Kettenis et al., 2008.



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²⁶ Carmichael, P., Butler, G., Masic, U., Cole, T.J., De Stavola, B.L., Davidson, S., et al. (2021) Short-term outcomes of pubertal suppression in a selected cohort of 12 to 15 year old young people with persistent gender dysphoria in the UK. PLoS ONE 16(2): e0243894. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0243894>

de Vries, A.L.C., Steensma, T.D., Doreleijers, T.A.H., & Cohen-Kettenis, T.C. (2011). Puberty suppression in adolescents with gender identity disorder: A prospective follow-up study. *Journal of Sexual Medicine*, 8(8), 2276-83. <https://pubmed.ncbi.nlm.nih.gov/20646177/>

Brik, T., Vrouenraets, L.J.J.J., deVries, M.C., Hannema, S.E. (2020). Trajectories of Adolescents Treated with Gonadotropin-Releasing Hormone Analogues for Gender Dysphoria. *Archives of Sexual Behavior*, 49, 2611-2618. <https://doi.org/10.1007/s10508-020-01660-8>

²⁷ Gender dysphoria can change throughout the lifespan, according to the British Psychological Society Guideline. “Gender dysphoria can fluctuate over years, not infrequently increasing or decreasing in mid-life and it is not unusual for people to present for therapeutic discussion and support later in life....” (p. 25)

British Psychological Society (BPS) (2012). Guidelines and literature review for psychologists working therapeutically with sexual and gender minority clients. [https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/](https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20(2012).pdf)

[Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20\(2012\).pdf](https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20(2012).pdf)

²⁸ Genetics of Sexual Behavior: A website to communicate and share the results from the largest study on the genetics of sexual behavior, <https://geneticsexbehavior.info/what-we-found/>; based on: Ganna, A., et al. (2019). Large-scale GWAS reveals insights into the genetic architecture of same-sex sexual behavior, *Science* 365, eaat7693 (2019). DOI: 10.1126/science.aat7693, <https://geneticsexbehavior.info/wp-content/uploads/2019/08/ganna190830.pdf>



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²⁹ At least 14 professional organizations around the world, including 10 endocrine societies internationally, agree that incongruent gender identity develops from a mixture of biological influences and life experiences in the social environment: The Endocrine Society and 6 organizations that co-sponsored its Guideline: the American Association of Clinical Endocrinologists, American Society of Andrology, European Society for Pediatric Endocrinology, European Society of Endocrinology, Pediatric Endocrine Society, World Professional Association for Transgender Health (Hembree et al., 2017) and in addition the Asian Pacific Pediatric Endocrine Society, Japanese Society of Pediatric Endocrinology, Sociedad Latino-Americana de Endocrinología Pediátrica, Chinese Society of Pediatric Endocrinology and Metabolism (Lee et al., 2016), American Psychological Association (Bockting 2014, vol. 1, p. 743), American Academy of Pediatricians (Rafferty, 2018, p. 4), and British Psychological Society (2012, p. 25). Hembree, W., et al. (2017). Endocrine treatment of gender-dysphoric/gender-incongruent persons: An Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab*, 102:1–35, <https://academic.oup.com/jcem> , p. 6-7.

The American Psychological Association’s *Handbook of Sexuality and Psychology* says transgender identity is not simply biologically determined and considers that there may be pathological causes. It says affirmative treatment may neglect individual problems gender dysphoric minors are experiencing.

APA Handbook, 1: 743-744, 750.

American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*. Arlington, VA: American Psychiatric Association, pp. 451-459. See especially pp. 451, 457.

Rafferty J, AAP Committee on Psychosocial Aspects of Child and Family Health, AAP Committee on Adolescence, AAP Section on Lesbian, Gay, Bisexual, and Transgender Health and Wellness (2018). Ensuring Comprehensive Care and Support for Transgender and Gender Diverse Children and Adolescents. *Pediatrics* 142(4): e20182162. P. 4, see also p. 4.

³⁰ Identical twins share the same genes, prenatal hormones, and number of older brothers. Identical twins are always the same sex. Sex is determined by genes and prenatal hormones. But if one twin comes to have LGB experiences, discordant gender identity, or discordant gender expression, the other usually does not. This shows that influences other than genes or prenatal environmental conditions are predominant causal factors.

Bailey et al. (2016): LGB experiences: pp. 74-76. Non conforming gender expression: pp. 46, 76.

Incongruent gender identity: Diamond, M. (2013). Transsexuality among twins: Identity concordance, transition, rearing, and orientation, *International Journal of Transgenderism*, 14:1, 24-38,(Print) 1434-4599 (Online) Journal homepage: <http://www.tandfonline.com/loi/wijt20> Journal homepage: <http://www.tandfonline.com/loi/wijt20>



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³¹ Gender incongruence is not caused by having the brain of the opposite sex:

The Global DSD Consortium Consensus Statement Update 2016 (a highly respected consensus statement of endocrine societies around the world) says,

- No consistent evidence that brain structures are different for gender *incongruent* people and gender *congruent* people.
- Masculine or feminine aspects of the brain largely develop “gradually” (after birth),
- In interaction with *psychological*, social, and cultural experiences in the environment.

(European Society for Paediatric Endocrinology, Paediatric Endocrine Society, Asian Pacific Paediatric Endocrine Society, Japanese Society of Paediatric Endocrinology, Sociedad Latino-Americana de Endocrinología Paediatrica, Chinese Society of Paediatric Endocrinology and Metabolism. (Lee et al., 2016))

³² Vandeboss, G. (2014), Series Preface, in Tolman, D., & Diamond, L., Co-Editors-in-Chief (2014) *APA Handbook of Sexuality and Psychology, 1*: xvi, Washington D.C.: American Psychological Association, <http://dx.doi.org/10.1037/14193-000>



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³³ Baams L. (2018). Disparities for LGBTQ and gender nonconforming adolescents. *Pediatrics*, 141(5): e20173004. <http://pediatrics.aappublications.org/content/early/2018/04/12/peds>.

LGBT youth were more likely to have grown up with household dysfunction defined by parent incarceration, problem drinking, or abuse of illegal or prescription drugs. This is included in both the household dysfunction and polyvictimization patterns.

But not significant for Q youth, p. 3.

LGBTQ youth more likely to experience psychological and/or physical abuse that may have included witnessing domestic violence (p. 4) and polyvictimization that adds household dysfunction and sexual abuse.

Gender nonconforming adolescents, especially bisexuals, had experienced more types of abuse. Transgender identity, especially for boys, was associated with more kinds of adverse experiences (household dysfunction, physical and/or sexual abuse, and polyvictimization, p. 6).

Sexual orientation and gender identity are generally confounded with gender nonconformity. However, this study specifically measured gender nonconformity separately and controlled for it, making it possible to discover that the association between LGBTQ youth and adverse experiences is not simply explained by gender nonconformity. pp. 6-7.

Gender nonconforming adolescents (especially bisexual and transgender identified) had experienced more types of adverse experiences. Gender nonconformity, however, was not the only explanation for adverse experiences (p. 7).

³⁴ *APA Handbook of Sexuality and Psychology* (2014), vol. 1, p. 583



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³⁵ Absence of a parent, especially the parent of the same-sex as the child, is a small but significant and potentially causal factor found internationally for same-sex attraction, behavior, and marriage found in several large, robust, population-based, prospective, longitudinal studies below.

The first 6 years of life for both sexes and adolescence for girls may be sensitive periods (Frisch & Hviid, 2006).

Fergusson, D., Horwood, L., Beautrais, A. (1999). Is sexual orientation related to mental health problems and suicidality in young people? *Archives of General Psychiatry*, 56:p. 878.

Francis, A. M. (2008). Family and sexual orientation: The family-demographic correlates of homosexuality in men and women. *Journal of Sex Research*, 45 (4):371-377. <http://www.tandfonline.com/doi/full/10.1080/00224490802398357?scroll=top&needAccess=true>

Frisch, M. & Hviid, A. (2006). Childhood family correlates of heterosexual and homosexual marriages: A national cohort study of two million Danes. *Archives of Sexual Behavior*, 35, pp. 533-547. <https://link.springer.com/article/10.1007/s10508-006-9062-2>

Frisch, M. & Hviid, A. (2007). Reply to Blanchard’s (2007) “Older-sibling and younger-sibling sex ratios in Frisch and Hviid’s (2006) national cohort study of two million Danes.” *Arch Sexual Behavior*, 36, 864-867. <https://link.springer.com/article/10.1007/s10508-007-9169-0>

Udry, J.R., & Chantala, K. (2005). Risk factors differ according to same- sex and opposite-sex interest. *Journal of Biosocial Science*, 37:481–497. <http://dx.doi.org/10.1017/S0021932004006765>

³⁶ Wilson, H. & Widom, C. (2010). Does physical abuse, sexual abuse, or neglect in childhood increase the likelihood of same-sex sexual relationships and cohabitation? A prospective 30-year follow-up, *Archives of Sexual Behavior*, 39:63-74, DOI 10.1007/s10508-008-9449-3

³⁷ *APA Handbook of Sexuality and Psychology* (2014), vol. 1, pp. 609-610

³⁸ TRANSGENDER IDENTITY AFFIRMATION IN CHILDREN MAY BE HARMFUL:

The American Psychological Association’s *Handbook of Sexuality and Psychology* says affirming children to live as another sex may neglect individual problems gender dysphoric minors are experiencing.

APA Handbook of Sexuality and Psychology (2014), vol. 1, pp. 743-744, 750.



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³⁹ This footnote duplicates information from another footnote.

Baams L. (2018). Disparities for LGBTQ and gender nonconforming adolescents. *Pediatrics*, 141(5): e20173004. <http://pediatrics.aappublications.org/content/early/2018/04/12/peds> .

LGBT youth were more likely to have grown up with household dysfunction defined by parent incarceration, problem drinking, or abuse of illegal or prescription drugs. These were associated as individual factors or when paired with household dysfunction or polyvictimization. But these findings were not significant for youth who were only questioning their gender identity. p. 3.

LGBTQ youth more likely to experience psychological and/or physical abuse that may have included witnessing domestic violence (p. 4) and polyvictimization (relatively high probabilities for all adverse experiences, p. 5).

Gender nonconforming adolescents, especially bisexuals, had experienced more types of abuse. Transgender identity, especially for boys, was associated with more kinds of adverse experiences (household dysfunction, physical and/or sexual abuse, and polyvictimization.) p. 6.

Sexual orientation and gender identity are generally confounded with gender nonconformity. However, this study may be the first that specifically measured gender nonconformity separately and controlled for it, making it possible to discover that the association between LGBTQ youth and adverse experiences is not simply explained by gender nonconformity. pp. 6-7

Gender nonconforming adolescents (especially bisexual and transgender identified, and particularly transgender identified biological boys) had experienced more types of adverse experiences. Gender nonconformity, however, was not the only explanation for adverse experiences. p. 7.



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⁴⁰ Prevalence of psychiatric conditions (psychiatric disorders, neurodevelopmental disabilities, and suicidal thoughts) in gender incongruent adolescents and adults similar to the 75% range have been found in other U.S. studies, 6 European countries, Canada, Australia, and Iran. Most studies do not tell us whether the psychiatric conditions or the gender incongruence comes first. The Becerra-Culqui study in the U.S. and the Kaltiala-Heino study in Finland tell us these high rates of psychiatric conditions came before gender incongruence. Therefore, psychiatric conditions may be causal for gender incongruence.

US: Becerra-Culqui, et al., 2018, <https://pubmed.ncbi.nlm.nih.gov/30476120-letter-to-the-editor-endocrine-treatment-of-gender-dysphoric-gender-incongruent-persons-an-endocrine-society-clinical-practice-guideline/>; Hanna et al., 2019, <https://doi.org/10.1016/j.annepidem.2019.09.009> ; Littman, 2018, <https://doi.org/10.1371/journal.pone.0202330> ; Rider, et al., 2018, e20171683 ; <https://pediatrics.aappublications.org/content/pediatrics/141/3/e20171683.full.pdf> ;

The Netherlands, Belgium, Germany, Norway: Heylens, et al., 2014, <https://pubmed.ncbi.nlm.nih.gov/23869030/> ;

Finland: Kaltiala-Heino, 2015, <https://pubmed.ncbi.nlm.nih.gov/25873995/> ;

Sweden: Salmi, 2020, <http://www.socialstyrelsen.se/> Press release— English translation: Usually with several psychiatric diagnoses in people with gender dysphoria, published: 2020-02-12 at. 10:00 ;

Australia: Strauss et al., 2017, https://www.telethonkids.org.au/globalassets/media/documents/brain--behaviour/trans-pathways_plain-text_no-figures.pdf ;

Canada: Bechard et al., 2017, <https://doi.org/10.1080/0092623X.2016.1232325>;

Iran: Meybodi, et al. (2014a), <https://pubmed.ncbi.nlm.nih.gov/23869030/> and (2014b) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4142737/pdf/PSYCHIATRY2014-971814.pdf>

⁴¹Cavanagh, J.T.O., Carson, A.J., Sharpe, M. & Lawrie, S. M. (2003). Psychological autopsy studies of suicide: A systematic review. *Psychological Medicine*, 33:395–405. Cambridge University Press DOI: 10.1017/S003329170200694 ; <https://www.cambridge.org/core/journals/psychological-medicine/article/psychological-autopsy-studies-of-suicide-a-systematic-review/49EEDF1D29B26C270A2788275995FDEE>



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⁴² “Gender affirming” hormone blockers, hormones, and surgeries do not reduce medical visits or prescriptions for depression or anxiety, or hospitalizations following suicide attempts, according to a study of transgender individuals in the entire Swedish population. This study published by the official journal of the American Psychiatric Association gives us the largest data set on long term outcomes.

Branstrom, R. & Pachankis, J.E. (2020). Reduction in mental health treatment utilization among transgender individuals after gender-affirming surgeries: a total population study. *American Journal of Psychiatry* 177(8):727-734. See Abstract. See Addendum and Correction to original 2019 publication to the article. <https://ajp.psychiatryonline.org/doi/pdf/10.1176/appi.ajp.2019.19010080>

The label for the puberty blocker drug, Lupron, that is being given to gender distressed children, cautions providers to “monitor for development or worsening of psychiatric symptoms. Use with caution in patients with a history of psychiatric illness.”

Lupron Depot-PED (2017). Important new update to the prescribing information for Lupron Depot-PED (leuprolide acetate for depot suspension) injection, powder, lyophilized, for suspension. http://lupron.com/Content/pdf/LUPRON_DEPOT-PED_Label_Change_Highlights.pdf

⁴³Dhejne C, Lichtenstein P, Boman M, Johansson ALV, La^ongstro^m N, et al. (2011). Long-term follow-up of transsexual persons undergoing sex reassignment surgery: Cohort study in Sweden. *PLoS ONE* 6(2): e16885. doi:10.1371/journal.pone.0016885.

⁴⁴An Obama administration US gov. research review said Dhejne et al. (2011) is one of the best studies we have.

Centers for Medicare & Medicaid Services (August 30, 2016). Decision Memo for Gender Dysphoria and Gender Reassignment Surgery (CAG-00446N), p. 62, <https://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=282>.

⁴⁵ More research showing affirmation does not decrease the greater mental health problems of LGBT individuals:

Over 45 years of increasing affirmation and acceptance for gender nonconformity and medical gender affirmative treatment in The Netherlands, there has been little to no change in higher suicide rates for transgender people.

Wiepjes, C.M., den Heijer, M., Bremmer, M.A., Nota, N.M., de Blok, C.J.M., Coumou, B.J.G. & Steensma, T.D. (2020). Trends in suicide death risk in transgender people: Results from the Amsterdam Cohort of Gender Dysphoria study (1972–2017). *Acta Psychiatrica Scandinavica*, 1-3. <https://pubmed.ncbi.nlm.nih.gov/32072611/>



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⁴⁶ Children who are given gender affirming puberty blockers or cross sex hormones have greater mental health problems than sex accepting peers, even when they have parent support for gender transition, contrary to claims of two frequently cited studies.

“Together, both articles have been cited over 370 times in the past two or three years. Chen et al. (2018, 76) found the two studies to be the only ones that had yet “explored psychosocial functioning in socially transitioned prepubertal children,” high-lighting the critical importance of the two studies. As noted, Kuvalanka, Gardner, and Munroe (2019, 103) cited the research as “pioneering.” It is clear that the reported results of these two studies have had a huge impact on the field of social science and medicine.” (p. 19)

“Outright errors were made. The issues we have brought up were significant enough to have caught the attention of peer reviewers and been corrected prior to publication; for that matter, the journal editors might have caught at least some of them on their own, prior to peer review.” (p. 21)

“Whereas Olson et al. (2016b) and Durwood, McLaughlin, and Olson (2017) concluded that trans-gender children with strong parental support had, at worst, only slightly higher levels of anxiety with no differences in self-worth or depression; a reanalysis of their findings suggests otherwise, with slightly higher levels of depression but significantly and substantively meaningful differences in anxiety and self-worth, and with results favoring cisgender children, even when the transgender children had high levels of parental support for their gender transitioning.” (p. 21)

Schumm, W. R. & Crawford, D. W. (2019). Is research on transgender children what it seems? Comments on recent research on transgender children with high levels of parental support.

The Linacre Quarterly, 87(1), 9-24. [https://journals.sagepub.com/doi/](https://journals.sagepub.com/doi/10.1177/0024363919884799)

[10.1177/0024363919884799](https://journals.sagepub.com/doi/10.1177/0024363919884799)



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⁴⁷ In Finland, 75% of adolescents applying for medical gender affirming interventions had psychiatric conditions in their lifetime before they questioned their gender identity according to their medical records.

in addition, the majority of adolescent applicants had been significantly bullied at school (57%), in nearly every case *before* they questioned their gender identity (92%) and for reasons unrelated to gender presentation or gender identity (73%). In nearly half the adolescents applying for gender services (49 percent), persistent experiences of bullying *before* thoughts about gender was found to be associated with peer isolation, anxiety, depression, self-harm, and suicidal preoccupation, if not attempts. These adolescents had very high hopes that sex change procedures would solve all their social, academic, and mental health problems (Kaltiala-Heino et al., 2015, pp. 4-6). We have treatments for psychiatric disorders, neurodevelopmental disabilities, and suicidal thoughts, and we are making continual advances. Those who are promoting experimenting on children’s bodies are showing stunning disinterest in what is causing children and adolescents to reject their bodies and in offering non-invasive therapy conversation treatment.

⁴⁸ Becerra-Culqui TA, Liu Y, Nash R, et al. (2018). Mental Health of Transgender and Gender Nonconforming Youth Compared With Their Peers. *Pediatrics*, 141(5): e20173845 ; <https://pubmed.ncbi.nlm.nih.gov/30476120-letter-to-the-editor-endocrine-treatment-of-gender-dysphoric-gender-incongruent-persons-an-endocrine-society-clinical-practice-guideline/>

⁴⁹ **World Professional Association for Transgender Health (WPATH)**

“Gender dysphoria” may be “secondary to or better accounted for by other diagnoses.” WPATH(2011). Standards of Care, http://www.wpath.org/site_page.cfm?pk_association_web_page_menu=1351, p. 24

⁵⁰ **American Psychiatric Association**

Regarding adolescents: “Both of these teams concur that management of those in whom GID [gender identity disorder] has persisted from childhood is more straightforward than management of those in whom GID is of more recent onset. In particular, the latter group is more likely to manifest significant psychopathology in addition to GID. This group should be screened carefully to detect the emergence of the desire for sex reassignment in the context of trauma as well as for any disorder such as schizophrenia, mania or psychotic depression that may produce gender confusion. When present, such psychopathology must be addressed and taken into account prior to assisting the adolescent’s decision as to whether or not to pursue sex reassignment or actually assisting the adolescent with the gender transition.” (p. 764)

Byne, W., Bradley, S.J., Coleman, E., Eyler, A.E., Green, R., Menvielle, E.J., Meyer-Bahlburg, H.F.L., Pleak, R.R., & Tompkins, D.A. (2012). Report of the American Psychiatric Association Task Force on treatment of gender identity disorder. *Archives of Sexual Behavior*, 41, 759-796. <https://link.springer.com/article/10.1007%2Fs10508-012-9975-x>



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⁵¹ **The British Psychological Society** Guideline says, “In some cases the reported desire to change sex may be symptomatic of a psychiatric condition for example psychosis, schizophrenia or a transient obsession such as may occur with Asperger’s syndrome....” (p. 26)

British Psychological Society (BPS) (2012). Guidelines and literature review for psychologists working therapeutically with sexual and gender minority clients. [https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20\(2012\).pdf](https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Guidelines%20and%20Literature%20Review%20for%20Psychologists%20Working%20Therapeutically%20with%20Sexual%20and%20Gender%20Minority%20Clients%20(2012).pdf)

⁵² **Children’s Hospital Los Angeles** consent form for gender affirming hormones: **Puberty blockers plus cross-sex hormones sterilize children.** “If your child starts puberty blockers in the earliest stages of puberty, and then goes on to gender affirming hormones, they will not develop sperm or eggs. **This means that they will not be able to have biological children.**” (p. 32)

Estrogen for boys/men may affect fertility and sexual function permanently.

“Sperm may not mature, leading to reduced fertility. The ability to make sperm normally may or may not come back even after stopping taking feminizing medication....”

“Testicles may shrink by 25-50%....”

“Erections may not be firm enough for penetrative sex.” (p. 28).

Testosterone for girls/women may affect fertility permanently.

“It is not known what the effects of testosterone are on fertility. Even if you stop taking testosterone it is uncertain if you will be able to get pregnant in the future.” (p. 35)

Children’s Hospital Los Angeles (2016). Children’s Hospital Los Angeles Assent to Participate in Research Study. https://drive.google.com/file/d/1Q-zJCivH-QW7hL25idXT_j-ITfJZUUm1w/view?usp=sharing

See also:

Olson-Kennedy, J., Rosenthal, S.M., Hastings, J. & Wesp, L. (2016). Health considerations for gender nonconforming children and transgender adolescents: Gender Affirming Hormones: Preparing for gender-affirming hormone use in transgender youth. University of California at San Francisco (UCSF) Medical Center, Transgender Care. <https://transcare.ucsf.edu/guidelines/youth>

Fenway Health (2019). Informed Consent Form for Puberty Suppression. <https://fenwayhealth.org/wp-content/uploads/Informed-Consent-for-Puberty-Suppression-4-2019.pdf>

⁵³ Dhejne C, Lichtenstein P, Boman M, Johansson ALV, La˚ngstro˚m N, et al. (2011). Long-term follow-up of transsexual persons undergoing sex reassignment surgery: Cohort study in Sweden. PLoS ONE 6(2): e16885. doi:10.1371/journal.pone.0016885.



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⁵⁴ An Obama administration US gov. research review said Dhejne et al. (2011) is one of the best studies we have.

Centers for Medicare & Medicaid Services (August 30, 2016). Decision Memo for Gender Dysphoria and Gender Reassignment Surgery (CAG-00446N), p. 62, <https://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=282> .

⁵⁵ An international research review in 2016 claimed these body harming procedures improve psychiatric disorders. “In summary, this review indicates that, although the levels of psychopathology and psychiatric disorders of trans people attending transgender health-care services are higher than the cis [sex accepting] population at the time of assessment, they do improve following gender-confirming medical intervention, in many cases reaching normative values.” (Dhejne et al., 2016) The studies reviewed were not sufficient to warrant the conclusion of mental health improvement, because nearly all the studies were too short to find end point outcomes, only following participants for 3 months to 5 years. The 30-year study by Dhejne et al. (2011, reported above) had found suicide rates increased after 10 years. The studies reviewed in this 2016 report that were longer than 5 years included one 9 year study that had only 22 participants and lost 30% of them to follow-up, leaving a vanishingly small number of participants. The other exception was a 13.3 year study that lost half its participants to follow-up, making it impossible to draw any generalizations about outcomes.

This review does acknowledge, "Overall, it was found that trans people attending transgender health-care services present with a high prevalence of psychiatric disorders and psychopathology." (p. 52)

Dhejne, C., Vlerken, R., Heylens, G., & Arcelus, J. (2016). Mental health and gender dysphoria: A review of the literature.. *International Review of Psychiatry*, 28(1), 44-57. <https://doi.org/10.3109/09540261.2015.1115753>

⁵⁶ A small 2018 study near San Francisco, purporting to show harm to minors from “conversion therapy,” looked at only parent-initiated efforts. Ethical change-exploring therapists do not do parent-initiated therapy, so this research does not apply to them. By research design, the study excluded any youth who may have changed through therapy, since researchers recruited research participants only from LGBT-supportive venues, and youth who changed do not go to these venues. This method is common in research that claims to show harm. As Dr. Christopher Rosik says, it is like surveying divorcees to find out if marital therapy is safe or effective. The survey said it did not study client-initiated therapy at all. It has nothing to say about it.

Ryan, C., Toomey, R., Diaz, R., & Russell, S. (2018). Parent-initiated sexual orientation change efforts with LGBT adolescents: Implications for young adult mental health and adjustment, *Journal of Homosexuality*, DOI:10.1080/00918369.2018.1538407, published online Nov. 7, 2018.

⁵⁷ Testimony of Sydney: <https://massresistance.egnyte.com/dl/CwUvAFmDqe/?>



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⁵⁸ USA nationally representative study using Pew Research data:

“Surprisingly, no significant differences are found between mainline Protestants (whose church doctrine often accepts same-sex relations) and evangelical Protestants (whose church doctrine often condemns same-sex relations).” (Abstract)

“LGBT respondents report a general feeling of happiness (.85) [85%] that is similar to that of the general population (.86) [86%] reported by the General Social Survey.” (p. 85)

Barringer, M. & Gay, D. (2017). Happily religious: The surprising sources of happiness among lesbian, gay, bisexual, and transgender adults. *Sociological Inquiry*, 87, 75-96. <https://doi.org/10.1111/soin.12154>

⁵⁹ Cranney, S. (2017). The LGB Mormon paradox: Mental, physical, and self-rated health among Mormon and non-Mormon LGB individuals in the Utah Behavioral Risk Factor Surveillance System, *Journal of Homosexuality*, 64:(6), 731-744. <https://doi.org/10.1080/00918369.2016.1236570>

⁶⁰ Rosik, C.H., Lefevor, G.T., & Beckstead, A.L. (2021). Sexual minorities who reject an LGB identity: Who are they and why does it matter? (Spring 2021). *Issues in Law and Medicine*. Full issue: <https://issuesinlawandmedicine.com/product/spring-2021-full-issue/>

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>



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⁶¹According to the American Psychological Association and abundant rigorous research internationally, MOST PEOPLE WHO EXPERIENCE SAME-SEX ATTRACTION ALSO EXPERIENCE EQUAL OR GREATER OPPOSITE-SEX ATTRACTION. THEY COMMONLY SHIFT ALONG A SCALE that ranges from exclusively homosexual to mostly homosexual to bisexual (about equally attracted to both sexes) to mostly heterosexual to exclusively heterosexual.

They change mostly toward or to exclusively heterosexual. Researchers who are themselves LGB consider a change of 1 or 2 steps along that spectrum to be sexual orientation change.

Even a change of 1 or 2 steps along that spectrum toward greater opposite-sex attraction may enable someone to live their dream. Shouldn't they have the right to counseling they may need and desire to explore their capacity to make that change?

“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.” This pattern has been found internationally.

Diamond (2014), in *APA Handbook of Sexuality and Psychology*, 1:633; see also Diamond, L. & Rosky, C. (2016), Scrutinizing Immutability: Research on Sexual Orientation and U.S. Legal Advocacy for Sexual Minorities. *Journal of Sex Research*, 00:1-29. DOI: 10.1080/00224499.2016.1139665.

“The largest identity group, second only to heterosexual, was 'mostly heterosexual' for each sex and across both age groups, and that group was 'larger than all the other non-heterosexual identities combined'” (abstract). “The bisexual category was the most unstable” with three quarters changing that status *in 6 years* (abstract). “[O]ver time, more bisexual and mostly heterosexual identified young adults of both sexes moved toward heterosexuality than toward homosexuality” (p 106).

Savin-Williams, R., Joyner, K., & Rieger, R. (2012). Prevalence and stability of self-reported sexual orientation identity during young adulthood. *Archives of Sexual Behavior* 41: abstract, p. 106. <https://link.springer.com/article/10.1007/s10508-012-9913-y>; reviewed in Diamond & Rosky (2016), p. 7, Table 1; Diamond (2014), in *APA Handbook*, 1:638.

Mostly heterosexual individuals generally do not identify as LGB and can get overlooked by research or popular surveys.



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⁶² Many same sex attracted individuals are in opposite sex relationships. In the U.S., a nationally representative study found that, of bisexual men and women who were in any relationship, the vast majority were in an opposite sex relationship (88% of bisexual men and 90% of bisexual women), most of them married. (Herek et al., 2010, Table 8; p. 194.)

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>

In the U.K., approximately 17% of LGB identified individuals were married, 71% to the opposite sex.

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>

⁶³ The definitive document in the U.K., Office of National Statistics, Sexual Orientation, UK (2017), found that 31% of LGB identified individuals in the United Kingdom were married in 2017, two-thirds of them to the opposite sex. (ONS, 2017)

⁶⁴ 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>

⁶⁵ Testimonies of change through therapy or faith-based ministries:

VoicesOfChange.net.

ChangedMovement.com.

FreeToChange.org/ex-lgbt-stories-of-change/.

ExodusGlobalAlliance.org/firstpersonc7.php.

ExodusGlobalAlliance.org/testimoniesc877.php.

Man describes his process of change through conversion therapy:

[YouTube.com/watch?v=PCMOz2qzF_M](https://www.youtube.com/watch?v=PCMOz2qzF_M).

TwoPrisms.com.

LifeSiteNews.com/news/watch-ex-gay-begs-canadian-politicians-to-not-ban-therapy-that-freed-him-from-lgbt-lifestyle?inf_contact_key=1ac10ff463ccc1d27f3272bddd06b-ca409c74070ac2bf3cfa7869e3cfd4ff832.

SexChangeRegret.com.

Tranzformed.org.

[Transgender Transformed](http://TransgenderTransformed).

Testimony of an adolescent’s therapist choice and behavior change for religious reasons: [here](#).