



## IPA OFFICIAL STATEMENT ON CONVERSION THERAPY

*As of November 2017*

The Idaho Psychological Association (IPA) is dedicated to advancing psychology as a profession, practice, and a scientific endeavor. As such, IPA is committed to disseminating scientific information in matters of public interest (IPA Mission Statement, 2016).

The American Psychological Association (APA), of which IPA is an affiliated organization, developed a Task Force on Appropriate Therapeutic Responses to Sexual Orientation in 2007. The Task Force concluded that efforts to change sexual orientation were unlikely to be successful. The Task Force further noted a potential for harm (<http://www.apa.org/pi/lgbt/resources/sexual-orientation.aspx>).

In 2015, APA joined with representatives from the Substance Abuse and Mental Health Services Administration (SAMHSA), a branch of the government's Department of Health and Human Services, to reach a consensus regarding therapy with LGBTQ youth. Nearly unanimous consensus was reached that same-gender sexual orientation was part of the normal spectrum of human diversity and did not constitute a mental disorder; that none of the existing research on conversion therapy in youth supports its efficacy; and that such interventions are coercive and may be harmful (<http://www.apa.org/about/gr/issues/lgbt/consensus.aspx>).

The Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, identifies areas of distress which may be a target for psychological treatment. The DSM-V is widely accepted as the diagnostic manual for psychologists. The current revision of the DSM (2013) does not identify same-gender attraction as a psychological disorder. In fact, the most recent edition to identify distress associated with sexual orientation was the DSM-III, published in 1980, which identified "ego-dystonic homosexuality." The next revision, in 1987, removed this classification.

In summation, IPA stands behind research which asserts that conversion therapies for LGBTQ individuals are not medically necessary; are not efficacious; and have the potential for harm.