

### **NEW STUDY CONFIRMS HOMOSEXUALITY CAN BE OVERCOME - NARTH press release**

Those Who Want to Change Sexual Orientation Can Be Successful

Nearly 25 years after the American Psychiatric Association officially removed homosexuality from its Diagnostic Manual, labeling it a lifestyle choice rather than a psychological disorder, a California-based association of psychiatrists and psychologists has proven that homosexuals can change their orientation through intense therapy and a strong desire to change.

The National Association for Research and Therapy of Homosexuality (NARTH) released the results of a two-year study this week in conjunction with its annual meeting of licensed psychologists and psychotherapists, social workers, family counselors, clergy and related professionals. The study was conducted among nearly 860 individuals struggling to overcome homosexuality and more than 200 psychologists and therapists who treat them. The survey was sponsored by NARTH; its data was tabulated by professionals at Brigham Young University.

"This research proves, once and for all, that the propaganda being spread by the gay lobby in this country has been without any basis in fact, and I suspect they've known it all along," said Dr. Joseph Nicolosi, a psychologist and executive director of NARTH. "We should stop telling young people and others struggling with homosexuality that they're stuck with it. Instead we should say, 'If you want to change, you can, like so many others who have.'"

The survey was conducted among individuals who were previously thought to be non-existent as a population; this study demonstrates that such individuals do exist.

Among the study's significant findings is a documented shift in respondents' sexual orientation, as well as the frequency and intensity of their homosexual thoughts and actions. Specifically, the survey indicated:

- Before treatment, 68 percent of respondents perceived themselves as exclusively or almost entirely homosexual, with another 22 percent stating they were homosexual than heterosexual. After treatment, only 13 percent perceived themselves as exclusively or almost entirely homosexual, while 33 percent described themselves as either exclusively or almost entirely heterosexual.
- Although 83 percent of respondents indicated that they entered therapy primarily because of homosexuality, 99 percent of those who participated in the survey said they now believe treatment to change homosexuality can be effective and valuable.
- As a group, those surveyed reported statistically significant decreases following treatment in the frequency and intensity of their homosexual thoughts, in the frequency of masturbation to gay pornography, and in the frequency of their homosexual behavior with a partner. Respondents also indicated that, as a result of treatment and sexual orientation changes, they were also improving psychologically and interpersonally.

- Of the psychotherapists surveyed, 82 percent said they believe therapy can help change unwanted homosexuality. They further indicated that on average, one-third to one-half of their patients had adopted a primarily heterosexual orientation.
- And more than 95 percent of the psychotherapists said they either strongly agreed or somewhat agreed with the statement that homosexual patients may be capable of changing to a heterosexual orientation.

At the time of the survey, 63 percent of participants indicated that they were still in treatment, having spent an average of three and one-third years (or 42 sessions) in therapy up to that point. Of the primarily Caucasian sample, 78 percent were men, 22 percent were women, with an average age of 37. Over half of the participants had never been married, and approximately one-third were married. Almost 90 percent of survey's respondents had a college education.

"Clearly this research validates homosexuality as a psychological condition, rather than a genetic or hereditary one," said Nicolosi, calling previous studies of the brain and genetic material the work of gay political activists. As a result," he continued, "we must not turn our backs on those individuals who want to find a way out of homosexuality."

A qualitative portion of the survey confirmed Nicolosi's statements. Comments provided by respondents included:

- "When I realized that homosexuality was a trap," one man stated, "I turned to others for help. My therapist and our relationship provided a model for appropriate male-to-male, non-sexual relationships, and taught me about appropriate touching, bonding and expression of need.
- Another man wrote, "I had been involved in compulsive behavior several times a week for eight years, from the time I left home and began living on my own. I had occasional physical encounters as well. Since joining a therapy group, I've had no recurrence of compulsive masturbation, no use of phone sex or pornography, with basically no desire to participate in those behaviors. The attraction to men lingers, but every week I participate [in] the group encourages me more."
- A female respondent stated: "I never expected this much recovery. My relationships with men have greatly improved-I am able to relate sexually to my husband in a way I was never able to before. I'm learning to leave the familiar protective emotions of contempt, arrogance, pseudo self-sufficiency, anger and self-indulgence behind, and practice the emotions of love instead."
- "Change is extremely difficult and requires total commitment," said a male respondent. "But I have broken the terrible power that homosexuality had over me for so long. I haven't been this light and happy since I was a child. People can and do change, and become free."

Nicolosi stated, "As professionals, we cannot allow the American public to be deceived one minute longer. We must be allowed to reach out to those who want our help and help them. And we intend to continue to do so."



## Articles – Science & Homosexuality

*Founded in 1992, NARTH exists to make effective psychological therapy available to all homosexual men and women who seek change, primarily through referral services in the U.S. and abroad. Among the nonprofit organization's members are leading psychologists who lecture and publish regularly on the subject of homosexuality, its causes and its treatment. Its membership is open to all who hold its ideals.*