



EPA Statement on conversion „therapies“ and LGBTQ Patients

Scientific research indicates that different sexual orientations and gender identities (e.g. homosexuality, bisexuality, transgender or non-binary identities) are no mental disorders and can present a variety of ways as part of the human condition. Homosexuality was removed from the American Psychiatric Association's official diagnostic manual in 1973 and by the World Health Organisation (WHO) from the ICD in 1990. Gender incongruence will no longer be a mental disorder in the ICD 11.

So-called conversion or reparative „therapies“ still give the impression certain sexual orientations are per se a mental disorder and claim to be able to convert these sexual orientations into asexual or heterosexual behaviour, despite the Pan American Health Organization (WHO) explicit statement that: “In none of its individual manifestations does homosexuality constitute a disorder or an illness, and therefore it requires no cure.” International medical organizations like the World Medical Association WMA (2013), the American Psychiatric Organisation APA (2000, 2018) or the German Psychiatric Association DGPPN (2013) have condemned these so called conversion „therapies“ not only because of the associated stigmatisation of those with different sexual orientations and gender identities, but also due to a significant risk of their causing harm including depression, anxiety, substance abuse and suicidal ideations and attempts resulting from such “therapies”.

Therefore the EPA encourages legislation which bans so called conversion „therapies“, because

1. Diverse sexual orientations and gender identities do not represent a mental disorder
2. The stigmatisation on those with different sexual orientations and gender identities is a danger to society
3. There is significant risk of harm by conversion „therapies“ i.e. for depression, anxiety, substance abuse, suicidal ideations and attempts, or internalised homophobia

The EPA condemns so-called conversion “therapies“ because they constitute violations of human rights and are unjustifiable practices that should be banned and subject to sanctions and penalties. It is unethical for psychiatrists, psychologists or any other professionals to participate in such procedures.

The EPA encourages psychotherapies which affirm individuals' sexual orientations and gender identities and respect the identities for those with diverse gender expressions.



Literature:

American Psychiatric Association. (2000). Therapies focused on attempts to change sexual orientation (reparative or conversion therapies). *Position Statement. Retrieved on September, 20(2007), 1440-1451.*

World Medical Association. (2013). WMA statement on natural variations of human sexuality. *World Medical Association. October, 19.*

World Medical Association. (2015). WMA statement on transgender people. *World Medical Journal, 61(4), 145-147.*

American Psychiatric Association. (2018). Position statement on conversion therapy and LGBTQ patients. *Retrieved August, 9, 2019.*

Peer Briken (2019) Gutachten im Auftrag der Bundesstiftung Magnus Hirschfeld (BMH) zur Fragestellung von so genannten Konversionsbehandlungen bei homosexueller Orientierung