

Submitter: Alexandra Perez Urbina

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

Dear Esteemed Lawmakers:

I would like to submit testimony in support of HB 2458, which prohibits the practice of conversion therapy by mental health and social health professionals. I am a CSWA in Oregon and work as a counselor with with a diverse community of people.

Conversion therapy is considered unscientific and unethical. There is ample evidence demonstrating that conversion therapy is harmful to those it is forced upon and may worsen their mental health. Some of the effects of conversion therapy include increased depression, anxiety, suicidal ideation, and suicide.

Conversion therapy has been declared as “wholly unethical” by the World Psychiatric Association. The American Psychiatric Association has opposed conversion therapy since 1998, and conversion therapy is not supported by mainstream health and mental health professional organizations.

There is absolutely no reason to practice conversion therapy and I am in full support of HB 2458.

Thank you for your time,  
Alexandra Perez Urbina, CSWA