

Submitter: Stephen Frost

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

So-called 'conversion therapy' really amounts to torture. Not only do we now know that someone's sexuality nor gender can be changed, not only do we also know that they are not problems in need of fixing and have both been declassified as mental illnesses, we know how harmful these practices are to people. They leave long-lasting mental health problems and can and have led to suicide by oppressed people who are already at much higher risk of suicide. The evidence based support and professional body recommendations are to assist people in accepting who they are, not to encourage self-loathing and denial. The practice, which directly causes harm and worsens the mental health and wellbeing of both people who are already dealing with mental anguish and even causing it in people who were fine beforehand, is deeply unethical. Allowing this practice to continue would be the psychiatry equivalent to allowing a doctor to treat a nosebleed with repeated punches to the face. It doesn't matter if they were pressured to seek help or go of their own accord, professional standards and medical ethics remain the same. The practice is unprofessional, absurd, traumatic, abusive, and has no place in a civilised society.