

CONVERSION THERAPY

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Introduction

Conversion therapy, also known as reparative therapy, is a controversial practice which attempts to change an individual's gender identity or sexual orientation. Conversion therapy is widely regarded as unethical and potentially harmful, and its efficacy is not supported by scientific evidence. This article will provide an overview of conversion therapy and discuss its implications on health and well-being.

History of Conversion Therapy

Conversion therapy originated in the 19th century, when sexologists believed that homosexuality was a mental illness which could be treated. In the late 20th century, conversion therapy was further developed as a means of treating gender dysphoria. Although the practice has since been discredited, it is still used in some parts of the world.

Implications of Conversion Therapy

Conversion therapy is associated with negative physical and psychological outcomes. Studies have found that conversion therapy is associated with increased risk of depression, anxiety, and suicidal ideation (Kirby, 2012; Xu et al., 2018). Furthermore, conversion therapy can cause significant emotional distress and can lead to feelings of shame and self-hatred (Xu et al., 2018).

Legality of Conversion Therapy

Conversion therapy is illegal in some countries, including Germany, Malta, and Brazil. In the United States, conversion therapy is currently being regulated by some states, but there is no federal law banning it.

Conclusion

Conversion therapy is a highly controversial practice with potentially serious implications for an individual's health and well-being. The practice is not supported by scientific evidence and is associated with negative physical and psychological outcomes. In some countries, conversion therapy is illegal, but in the United States, there is currently no federal law banning it.

References

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