

# The New Conversion Therapy

## FACT SHEET

### What is conversion therapy?

Conversion therapy is a practice used to “change” an individual's same-sex attraction to heterosexual. It can include talking therapies and prayer, but more extreme forms can include exorcism, physical violence and food or sleep deprivation. All forms of conversion therapy are unethical and harmful.

Source: <https://www.bbc.com/news/explainers-56496423>

### The new heterosexualising conversion therapy

Today's conversion therapy of same-sex attracted people seeks to change the body in order to appear as if you are the opposite sex.

For example a lesbian may seek medical intervention to appear male and, because she is attracted to women, she becomes a heterosexual 'man'.

Many same-sex attracted people are now encouraged to present as the opposite sex to avoid being homosexual or bisexual.

### Gender non-conforming children

This practice also is prevalent among gender non-confirming children, who are encouraged by ideology taught in schools, social media, and peer networks to consider the nonsensical notion that they can change their biological sex.

Many gender non-conforming children are now fast tracked to gender clinics where their bodies are medicalised. For example the use of puberty blockers, cross sex hormones, and most concerning surgeries (double mastectomies).

### Danger of anti-conversion therapy legislation

Although traditional conversion therapy has not been used in Australia for several decades, but still many states in Australia have introduced anti-conversion therapy legislation.

This new legislation attempts to protect not only same sex attracted people from the inappropriate harms of sexuality conversion, but have added another category: transgender identified people. This is a legal attempt to enshrine a sole gender affirmation approach to anyone who presents as gender confused.

Even supportive talk therapy can be deemed as conversion therapy if the clinician explores other complex issues that the client may experience. So a therapist has to positively affirm the person's gender identity or risk their professional licence and possibly face criminal sanctions. Instead we must uphold and protect professional standards of care where patients are treated holistically and based on best evidence.

### Want to learn more?

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<https://www.lgballiance.org.au/resources>