

**Narth's Response to the American Psychological Association (APA)  
Public Interest Directorate Public Comment Solicitation Program *Second Round*  
Concerning APA's Proposed *Guidelines for Psychological Practice with Lesbian, Gay,  
and Bisexual Clients***

(October 27, 2010)

Given that Guideline 3 was not changed from its original form following the first round of public comments, we again offer the following feedback:

Although discounted by APA's six-member Task Force on Appropriate Therapeutic Responses to Sexual Orientation (2009), varying degrees of sexual orientation change have been repeatedly documented in the literature throughout the past century. While the task force deemed many of the studies insufficient to prove the possibility of change, their dismissal of these studies does not prove the impossibility of change. Simply stated, as the task force report itself claims, there is insufficient evidence to determine whether this type of treatment works *or does not work*. This is likely the case for a variety of other psychological treatments in common usage by APA members, none of which have yet to be validated using the gold standard design of outcome researchers: prospective and randomized control trials.

Therefore, stating in Guideline 3 that "efforts to change sexual orientation are neither effective nor safe for many clients" is inaccurate, as the research has been deemed by the APA's 2009 task force insufficient to make this statement. It should also be noted that while gay-affirmative therapy is advocated by the 2009 task force, no studies meeting the task force's own criteria confirm the effectiveness of gay-affirmative therapy.