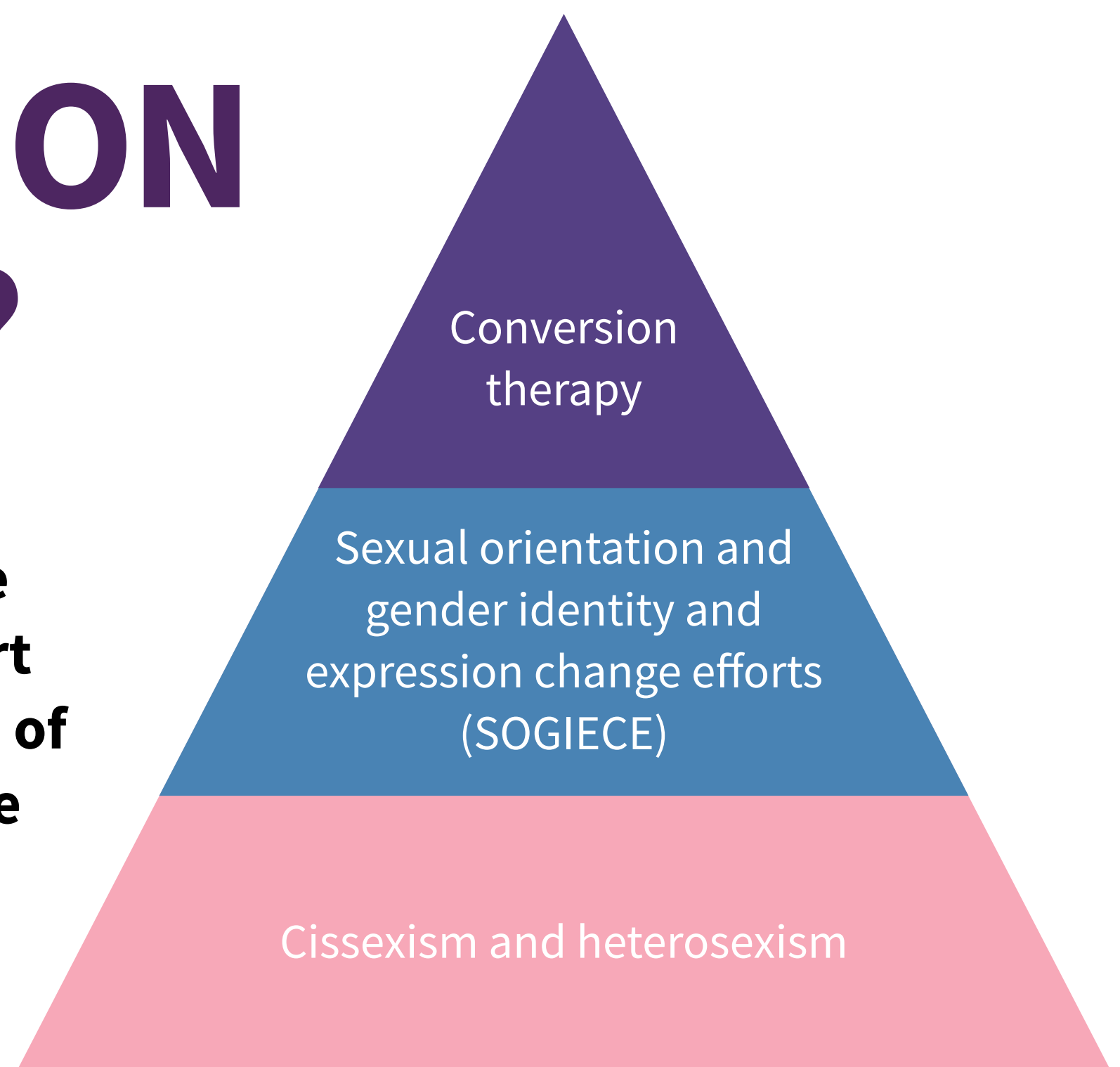


WHAT IS SO-CALLED “CONVERSION THERAPY”?

Conversion therapy is not a single and clearly defined practice. Overt conversion therapy is a collection of practices that are, in fact, only the “tip of the iceberg.”



Conversion therapy pyramid

Overt conversion therapy is underpinned by more prevalent practices that are also harmful to the health and wellbeing of LGBTQ/2S people.

Sexual orientation and gender identity or expression change efforts

SOGIECE are directly related to conversion therapy in that both sets of practices aim to repress, discourage, or change one’s gender identity, gender expression, and/or sexual orientation. SOGIECE additionally, however, include practices that are less well defined and advertised than conversion therapy, and in some cases practices that may not be sustained.

Conversion therapy and SOGIECE are not neatly separated

In reality, conversion therapy and SOGIECE are not neatly separated. In many cases, what starts as SOGIECE may lead to conversion therapy, and all conversion therapy is a form of SOGIECE. Moreover, the negative health effects of experiencing SOGIECE are similar to those of conversion therapy: poor self-esteem, self-hatred, anxiety, depression, problematic substance use, social isolation and loneliness, and suicide ideation and self-harm.

Heterosexism and cissexism enable SOGIECE

SOGIECE (including conversion therapy) are enabled and condoned by widespread heterosexism and cissexism in contemporary societies, including in Canada.

For more information, please visit bit.ly/sogiece, or contact Dr. Travis Salway, travis_salway@sfu.ca