

# Sexual Identity Therapy

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# Why SIT?

- **When we wrote the SIT Framework, we could find no formal guidance for persons who experience value conflicts over sexual orientation**
- **The field had polarized into gay affirming and reparative therapy camps**
- **We took issue with both sides on several issues and wanted another way**

# Why SIT?

- **The purposes of these guidelines are**
- To develop professional consensus around best practices for people who seek counseling due to value conflicts over sexual orientation.
- With clients, to promote the development of sexual identity that promotes personal well being and integration with other aspects of personal identity (cultural, ethnic, relational, spiritual, worldview, etc.).
- To focus therapists on helping the total person – therapists should address any mental health issues that might impact the successful resolution of a valued sexual identity.
- To encourage therapists to only work within their training and expertise and make appropriate referrals.
- To help prospective consumers choose care that fits their individual needs

# Different Ways of Seeing

- Telic congruence (i.e., living consistently within one's valuative goals)
- Organismic congruence (i.e., living with a sense of wholeness in one's experiential self)
- This difference in worldviews can impact psychotherapy. For instance, individuals who have strong religious beliefs can experience tensions and conflicts between their ideal self and beliefs and their sexual and affectional needs and desires
- The different worldviews would approach psychotherapy for these individuals from dissimilar perspectives: The telic strategy would prioritize values, whereas the organismic approach would give priority to the development of self-awareness and identity
- It is important to note that the organismic worldview can be congruent with and respectful of religion (Beckstead & Israel, 2007) and the telic worldview can be aware of sexual stigma and respectful of sexual orientation (Throckmorton & Yarhouse, 2006).

# SIT is...

- **Framework for conducting therapy to relieve sexual identity distress**
- **Not a new theory of homosexuality or therapy**
- **Transtheoretical**
- **Concerned with ethical issues in therapy**

# Components of SIT

- **Assessment**
- **Advance Informed Consent**
- **Psychotherapy**
- **Sexual identity social integration**

# What you won't hear in SIT

- To heal homosexuality everyone must relive past wounds
- You need to receive healthy touch in therapy in order to change
- Homosexuality is a gender identity disorder
- You were born gay and you should not try to resist it
- Experts agree that people are gay because \_\_\_\_\_.
- Anyone can completely be free of homosexual attractions if they are motivated
- You are not trusting God enough if you have same sex attractions
- Your religion is homophobic, you should consider changing your church

# Websites of interest

- [www.sitframework.com](http://www.sitframework.com)
- [www.wthrockmorton.com](http://www.wthrockmorton.com)
- [www.sexualidentityinstitute.org](http://www.sexualidentityinstitute.org)