

Sexual Attraction Fluidity Exploration in Therapy (SAFE-T) Guidelines

Alliance for Therapeutic Choice and Scientific Integrity

Guideline 1. Clinicians are encouraged to recognize the complexity and limitations in understanding the etiology of same-sex attractions. (SSA)

Guideline 2. Clinicians strive to understand how their values, attitudes, and knowledge about homosexuality affect their assessment of and intervention with clients who present with unwanted same-sex attractions and behavior.

Guideline 3. Clinicians are encouraged to respect the value of clients' religious faith and refrain from making disparaging assumptions about their motivations for pursuing SAFE-T.

Guideline 4. Clinicians strive to respect the dignity and self-determination of all their clients, including those who seek to change unwanted same-sex attractions (SSA) and behavior.

Guideline 5. At the outset of treatment, clinicians strive to provide clients with accurate information on SAFE-T processes and outcomes, sufficient for informed consent.

Guideline 6. Clinicians are encouraged to be aware of the legal environment in their state or local jurisdiction with respect to the presence of therapy bans and to seek competent legal counsel as appropriate under the circumstances.

Guideline 7. Clinicians are encouraged to utilize accepted psychological approaches to psychotherapeutic interventions that minimize the risk of harm when serving clients with unwanted same-sex attractions.

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Guideline 8. Clinicians are encouraged to be knowledgeable about the psychological and behavioral conditions which often accompany same-sex attractions (SSA) and offer relevant treatment services to help clients manage these issues.

Guideline 9. Clinicians strive to understand the difficult pressures (e.g., culture, religious community) which clients with unwanted same-sex attractions (SSA) confront.

Guideline 10: Clinicians are encouraged to acknowledge and accommodate the unique experiences of women who experience SSA.

Guideline 11. Clinicians are encouraged to recognize the special difficulties and risks which exist for youth who experience SSA.

Guideline 12. Clinicians make reasonable efforts to familiarize themselves with relevant medical, mental health, spiritual, and religiously oriented resources that support clients in their pursuit of attraction fluidity and change.

Guideline 13. Clinicians are encouraged to increase their knowledge and understanding of the literature relevant to SAFE-T, and seek continuing education, training, supervision, and consultation to improve their clinical work in this area.