

The Alliance for Therapeutic Choice and Scientific Integrity

"Holding Therapy Techniques" Official Position Statement

Recent attention has been given by the media and the community to a variety of techniques described as "holding therapy" for the treatment of unwanted homosexuality. Such techniques are not a part of the standard of psychological care and they are not included in treatment procedures by licensed mental health professionals on the Alliance therapist referral list.

There is no scientific evidence to support the effectiveness of such interventions. In fact, there is strong consensus among those who provide psychological care to individuals who present with unwanted homosexual attraction that such holding techniques are contraindicated and potentially dangerous, placing clients at risk for emotional and sexual exploitation.

The Alliance strongly opposes the use of holding techniques and advises its members to provide psychological care in a professional, ethical manner which is consistent with the codes of ethics of the national mental health organizations and state licensing boards.

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