

Submitter: Stephanie Spak LPC

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

I am a licensed professional counselor in Oregon. I support this bill. Conversion therapy is not an evidence-based treatment, and, in fact, has long been discredited as harmful. Sexual orientation and gender identity are not mental illnesses, yet conversion therapy treats them as such. Exploration of one's sexuality or gender is completely appropriate; conversion therapy to try and force changes is not. This only helps to foster discrimination and prejudice and can contribute to an individual's depression, anxiety, or even suicidal ideation.