

In working with college students to assist them in adjusting to their own homosexuality, it was found that "growth occurs in a therapeutic environment where more than one therapist is involved and where emphasis is placed on increased therapist and client transparency in immediate emotional confrontation."


In a comprehensive review of the clinical literature, a "favorable outcome" was found in almost all cases whether the goal was one of achieving a change in sexual orientation or a reduction in the associated problems.


Analyzes characteristic patterns of interaction in a group treatment context according to both psychodynamic and behavioral criteria.


Contends that group work is efficacious in overcoming the homosexual's defense mechanisms of isolation, rationalization, and denial.


As an instrument of personal growth, psychodrama permits the homosexual to be his private, real self and to face roles and situations to which a successful adjustment has not been made.

J. RELIGIOUS AND RELATED "CURES"

From the first appearance of psychotherapy as an organized discipline in North America, a certain affinity with established religion was evident. Both fields take upon
themselves the "care of souls." In recent years some religionists, many of them fundamentalists, have claimed the capacity to effect lasting sexual reorientation. However, the validity of these claims has been sharply questioned as a result of follow-up studies.

In this popular autobiographical work the writer perceives his past as empty and futile.

A vigorous and well-informed critique of ostensible "cures" achieved by the Christian right, and the manipulation of reports of them for ideological purposes.

Contends that as a learned behavior, homosexuality can be overcome through sympathetic "nouthetic counseling."

Rejecting the idea that a homosexual orientation is "unchangeable," the author presents a reparative model to point the individual to Jesus as the definitive answer to external anxiety.

Personal testimonies of individuals who claim to have achieved permanent reorientation through techniques evolved within a metaphysical system (regarded by some as a personality cult) founded by Eli Siegel.

Discusses eleven men purported to have changed sexual orientation from exclusive homosexuality through participation in a pentecostal church fellowship. The claims were sharply criticized in the subsequent discussion, ibid., 138 (1980), 852-53.

Seeks to show that the "cures" promised by various religious groups are not lasting or significant.
Testimonies of changed lives, biblical passages concerning homosexuality, and guidelines for counseling homosexuals "toward freedom in Christ." See also his: The Gay Theology (Plainfield: Logos, 1977; 194 pp.).

Recommends the concept of developmental recapitulation, linked to biblical teachings, as a means of guiding therapy.

Presents a theological rationale and a therapeutic method for helping homosexuals change orientation through "trusting in the power of the Holy Spirit."

K. SEX THERAPY

The increased understanding of the mechanisms of coitus achieved by Masters and Johnson encouraged many therapists to address the problem of sexual dysfunction. Most of this work concerns heterosexual couples, though a few therapists have addressed themselves wholly or partly to homosexuals.

Reports considerable success with subjects who were regarded as hard to treat, having had a sexual dysfunction averaging six years.

When the patient can be helped to a comfortable acceptance of his homosexual feelings, very often the dysfunction is relieved, and there is a marked change in the ability of the individual to achieve gratification in genuine heterosexuality.

A comprehensive work divided into three major sections.
The first section, on psychological aspects, emphasizes that it is important clearly to separate organic and psychogenic causes. Section Two analyzes the medical elements involved in sexual disorders. Section Three offers a combined, integrative approach. See also her: Disorders of Sexual Desire; and Other New Concepts and Techniques in Sex Therapy (New York: Simon and Schuster, 1979; 238 pp.).


3853. MASTERS, WILLIAM H., and VIRGINIA E. JOHNSON. Homosexuality in Perspective. Boston: Little, Brown, 1979. 450 pp. After their two major studies of heterosexuals, the noted sex researchers undertook a laboratory study of the sexual functioning of male and female homosexuals. It was found that homosexual couples tend to understand each other’s sexual needs better than heterosexual ones. There was no difference in sexual response between the two groups. The book presents a therapeutic program for treating homosexual dysfunction and dissatisfaction. Some doubts have been raised about claims for reorienting homosexuals to heterosexuality, though in fairness it must be noted that this was not the study’s main purpose.