

Ex-Lesbian: The Truth Behind Conversion Therapy 'Fake News'

We have heard much about the negativity surrounding the approach toward conversion therapy. Attempting to change someone's sexuality from homosexuality to heterosexuality via any type of harsh method should be condemned. Decades ago, methods such as shock therapy, ice-pick lobotomies and behavior modification were used in an attempt to "change" the individual.

When people bring up the term "conversion therapy" today, it is usually associated with the assumption that the one doing the counseling or ministering will be the one changing the individual being counseled. This is not the case.

In my ministry, and many others with a heavy emphasis on persons struggling with unwanted same-sex attraction, this type of ministry is never forced, nor are harsh methods used. Quite to the contrary, it's mostly relaxed conversations about the Bible and personal experiences. There is no pressure to change their sexuality or behaviors. I always tell my mentees, "I'm here for you whether you change or not."

God told me a long time ago that He would bring people to me, people whose hearts He has already spoken to but who just need a little guidance along the way. The personal experiences I share help give clarity to the mentees' specific ups and downs, confusions and concerns.

Who better to walk with someone struggling with same-sex attraction than someone who has been through it? Listen to this episode of *The Victory Is Greater Than the Struggle* for more on the topic of conversion therapy. {eoa}