



# IPsyNet

International Psychology Network for Lesbian,  
Gay, Bisexual, Transgender and Intersex Issues

## IPsyNet Statement on *LGBTIQ+ Concern*



# IPsyNet Statement and Commitment

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- » We acknowledge, as subscribers to the principle that human rights are universal, that all human beings are worthy of dignity and respect, including respect for diversity on the basis of sexual orientation, gender identity and gender expression, or differences in sex development. We believe that discrimination and psychological maltreatment are not consistent with international human rights aspirations (Universal Declaration of Ethical Principles for Psychologists, 2008). We actively support the development of and support for LGBTIQ+ affirmative and inclusive treatment as well as service provision.
- » We concur that psychology as a science and a profession has expertise based on decades of research demonstrating that LGBTIQ+ identities and expressions are normal and healthy variations of human functioning and relationships. For example, as set out in the *ICD-10* (World Health Organization, 1990, p. 11), homosexuality is not a diagnosable mental disorder. We actively challenge claims made by political, scientific, religious, or other groups that claim or profess that LGBTIQ+ identities, expressions, and sex characteristics are abnormal or unhealthy.
- » As LGBTIQ+ identities and orientations are normative variations of human experience and are not diagnosable mental disorders per se, they do not require therapeutic interventions to change them. Given that conversion therapies actively stigmatize same-sex orientations and transgender identities, as well as have the potential for harm, we support affirmative approaches to therapy for LGBTIQ+ people and reject therapies that aim to cause harm to LGBTIQ+ people.
- » Transgender and gender nonconforming individuals have the right to live according to their gender identity and to access medical, psychotherapeutic, and social support as needed. This support should be offered irrespective of whether the person has a binary or nonbinary gender identity and whether they seek access to social or medical transition or one, several, or all treatments available. We furthermore support the full autonomy of transgender and gender nonconforming individuals in affirming their gender identities. Affirmative psychological support may be beneficial to their identity development and decision-making regarding social and medical transition (Coleman et al., 2012). We strongly oppose regulations forcing transgender and gender nonconforming individuals to undergo sterilization, divorce, or other procedures that might have stigmatizing or mentally, physically, or socially harmful effects in order to access desired transition supports. We affirm that transgender and gender nonconforming individuals have the right to define their identities as well as to decide on and access affirmative and transition-related health care as desired (Yogyakarta Principles, 2007).
- » Some LGBTIQ+ people may experience psychological distress because of the impact of social stigma and prejudice against LGBTIQ+ people in general or their individual identity within the LGBTIQ+ spectrum. LGBTIQ+ individuals with nonmonosexual (e.g., bisexual, pansexual) and non-cis identities (e.g., trans, nonbinary, agender), as well as LGBTIQ+ individuals with intersectional minority identities (e.g., based on race, ethnicity, disability, religion, gender, social class), may be especially at risk for minority stress, discrimination, both within and outside the LGBTIQ+ population, and resultant psychological difficulties. We condemn discrimination on the basis of intersecting minority identities within and beyond the LGBTIQ+ population. We furthermore actively support psychological research and practice that fully consider the intersectionality of LGBTIQ+ identities with others' identities such as ethnicity, social class, and religion.
- » Efforts to repathologize LGBTIQ+ orientations, identities, or people by linking them to poor mental health misconstrue the effects of stigmatization and environmental hostility as inherent to LGBTIQ+ sexual orientations, gen-

der identities and expressions, or biological variance. We advocate for the removal of the stigma of psychopathology from LGBTQ+ identities and expressions and oppose the misuse of research on health inequalities faced by LGBTQ+ people that seek to misinform the public and attempt to repathologize LGBTQ+ people.

- » Psychologists' lack of information and misinformation about LGBTQ+ people and identities can perpetuate discrimination, stereotyping, and the potential for physical and mental health abuse. We advocate for the inclusion of LGBTQ+ people as experts and as active, equal partners in research and policy development for research and policy initiatives that concern them. We support the development of psychological research and education that is not hetero- or cis-normative (e.g., Clarke, Ellis, Peel, & Riggs, 2010). Moreover, we provide psychological knowledge to psychological networks, organizations, policymakers, the media, and the public. Finally, on the basis of scientifically grounded knowledge, we advocate for greater awareness of the health and well-being needs of LGBTQ+ people to improve public policy and LGBTQ+ communities.

## ORGANIZATIONAL ENDORSEMENTS

### REGIONAL

European Federation of Psychologists Associations  
Interamerican Society of Psychology/Sociedad Interamericana de Psicología

### NATIONAL

#### ALBANIA

Order of Psychologists of Albania

#### AUSTRALIA

Australian Psychological Society

#### BANGLADESH

Bangladesh Psychological Association

#### BRAZIL

Brazilian Association of Teaching of Psychology/Associação Brasileira de Ensino de Psicologia

Brazilian Association of Legal Psychology/Associação Brasileira de Psicologia Jurídica

Brazilian Association of Psychotherapy/Associação Brasileira de Psicoterapia

Brazilian Association of School and Educational Psychology/Associação Brasileira de Psicologia Escolar e Educacional

Brazilian Institute of Psychological Evaluation/Instituto Brasileiro de Avaliação Psicológica

Federal Council of Psychology/Conselho Federal de Psicologia

National Association for Research and Graduate Studies in Psychology/Associação Nacional de Pesquisa e Pós-graduação em Psicologia

National Coordination of Psychology Students/Coordenação Nacional de Estudantes de Psicologia

#### CAMEROON

Cameroon Chamber of Actors in Psychology/Chambre Camerounaise des Acteurs en Psychologie

#### CANADA

Canadian Psychological Association/Société Canadienne de Psychologie

#### CHILE

Psychologists Association of Chile/Colegio de Psicólogos de Chile

#### COLUMBIA

Colombian College of Psychologists/Colegio Colombiano de Psicólogos

#### GERMANY

Association for Lesbians, Gay, Bisexual, Trans\*, Intersexual and Queer People in Psychology/Verband für lesbische, schwule, bisexuelle, trans\*, intersexuelle und queere Menschen in der Psychologie (VLSP\*)

German Psychological Society/Deutsche Gesellschaft für Psychologie

#### GUATEMALA

Guatemalan Psychological Association/Asociación Guatemalteca de Psicología

#### NETHERLANDS

Dutch Association of Psychologists / Nederlands Instituut van Psychologen

#### HONG KONG

Hong Kong Psychological Society

#### HUNGARY

Hungarian Psychological Association, LMBTQ Section/Magyar Pszichológiai Társasági

#### LEBANON

Lebanese Psychological Association

#### NEW ZEALAND

New Zealand Psychological Society

#### NORWAY

Norwegian Psychological Association/Norsk Psykiologforening

#### PHILIPPINES

National Association for Sikolohiyang Pilipino/Pambansang Samahan sa Sikolohiyang Pilipino

Psychological Association of the Philippines

#### POLAND

Association for Contextual Behavior Science Polska

Polish Psychologists' Association/Stowarzyszenie Psychologów Polskich

Polish Dialectic Behavioral Therapy Association / Polskie Towarzystwo Terapii Dialektyczno-Behawioralnej

Polish Association for Cognitive and Behavioral Therapy / Polskie Towarzystwo Terapii Poznawczej i Behawioralnej

#### PORTUGAL

Order of Portuguese Psychologists/Ordem dos Psicólogos Portugueses

#### PUERTO RICO

Puerto Rico Psychological Association/Asociación de Psicología de Puerto Rico

#### RUSSIA

Russian Psychological Society/Российское психологическое общество

#### SOUTH AFRICA

Psychological Society of South Africa

#### SPAIN

Spanish Psychological Association/Colegios Oficiales de Psicólogos

#### TAIWAN

Taiwan Counseling Psychology Association

Taiwan Counseling Psychologist Union

Taiwan Guidance and Counseling Association

#### UNITED KINGDOM

British Psychological Society

#### USA

Association for Behavioral and Cognitive Therapies

American Psychological Association

National Latinx Psychological Association

#### URUGUAY

Coordinator of Psychologists of Uruguay/Coordinadora de Psicólogos del Uruguay

### FOR FURTHER INFORMATION

For more information about IPsyNet Member Organizations, see [here](#).

For IPsyNet Member Guidelines and Practice Position Statements, see [here](#).

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