

COUNSELING THE HOMOSEXUAL

1. Explore the motivation of the individual seeking help in overcoming homosexuality. Is he/she willing to drop all homosexual associations – friendships, haunts, literature, etc. If not, it may indicate a weak motivation brought on by family pressure, or an emergency response to having been discovered.
2. In addition to individual study and counseling, if possible, get them into a support group such as:
 - a. Exodus International, www.exodus-international.org - The largest of such groups, often led by former-homosexuals.
 - b. Courage, NYCourage@aol.com - A Catholic agency.
 - c. Homosexuals Anonymous Fellowship Services, www.members.aol.com/hawebpage – Follows a 12 step program like AA.
 - d. Desert Stream Ministries, www.desertstream.org - Affiliate of Exodus International.
 - e. NARTH, www.narth.com - A secular organization using a therapeutic approach.
 - f. Jonah, www.jonahweb.org - A Jewish program. (Restoring Sexual Identity, Paulk, A., Harvest House Pub., Eugene, Ore., 2003, pp. 111-113).
3. Collins suggests the following approach to individual counseling:
 - a. Determine the counselee's needs and goals
 - b. Instill realistic hope
 - c. Share accurate knowledge
 - d. Show love and acceptance of the person
 - e. Encourage behavior change
 - f. Recognize that counseling may be complex and time consuming (Christian Counseling, Collins, Gary R., Nelson Pub., 2007, p. 398)
4. Give spiritual support:
 - a. Pray with them and for them
 - b. Share Biblical truth in merit
 - (1) What the Bible says about it – Lev. 18:22, 20:13, Rm. 1:18-32
 - (2) The help God promises to give – Phil 4:13, 1 Cor. 10:13
 - (3) Forgiveness & change are possible – 1 Cor. 6:9-11

c. Share secular truth –

- (1) In a rare statement, an article in the American Journal of Psychiatry stated, after reviewing cases of a number of persons who claimed to have changed from a homosexual orientation, “Corollary evidence suggests that the phenomenon of substantiated change in sexual orientation without explicit treatment and/or long-term psychotherapy may be more common than previously thought.” E.M. Pattison & M.I. Pattison, “Ex-Gays: Religiously Mediated Change in Homosexuals, American Journal of Psychiatry, 137, No. 12 (1980), pp. 1553-62, quoted in Homosexuality & the Politics of Truth, Santinover, Jeffrey, Baker Books, 9th Printing, 2003, p. 197.

5. Realistic outcomes: The younger they are, and the less experienced they are in living out their homosexuality, the better the hope of a sexual orientation change. For the older, more entrenched persons, it may be their solution is life-time abstinence, not that different from the condition of many Christian widows and widowers, and those who never marry.
6. Our task is to deal lovingly with homosexuals, to tell them that the Lord loves them, and that it is no harder for Him to forgive their sins than it is those of any other person. We would all be lost were it not for His grace! (Rom. 3:21-26).

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