

Reparative Therapy Helped Save My Life

By Joe

Hello, my name is Joe, and I'm from the Kansas City area. I'm happy to express some of my authentic experiences undergoing Reparative Therapy. This therapy helps men move from homosexuality to heterosexuality. Also, I currently happen to be a Reparative Therapist.

When I was 5 years old, I was sexually molested by a 16-year-old high school boy who was my next-door neighbor. I was also emotionally abused through a frequently unintentional and hidden neglect of need fulfillment. I missed the fulfillment of what every boy needs to grow into manhood. In short, I almost completely missed the emotional experience of male affirmation, approval and affection.

I did not bond with my father. In fact, I was terrified by him. This experience was not accompanied by hardly any corrective expressions of emotional love between us. This led me to identify much more with my mother, and led to my gender identity inferiority during a particularly important developmental stage when gender and sexuality are first formed. In school, I was bullied and called fag, queer, and a host of other things. And so, in puberty and many years beyond, I found myself many times sexually attracted to men. As any competent therapist will tell you, homosexual feelings frequently occur in boys as a result of rape or sexual abuse. Emotional abuse can result in homosexual feelings as well. For years I carried and repressed the most crushing shame one could ever imagine for having homosexual feelings.

During the next twenty years or so I became clinically depressed twice, dealt with high anxiety and OCD, and I knew in my heart I was very confused about my gender identity. During the latter part of this period I began to find real help with my issues. For me, that help came in the form of authentic Reparative Therapy, created by Dr. Joseph Nicolosi in LA. I was in therapy for years, and I was never coerced and never shamed.

Reparative Therapy helped save my life. I don't know what I would have done or where I would be now if I hadn't gone through the wonderful transformation I experienced. Reparative Therapy helped me get rid of any and all shame for having homosexual feelings, and ironically led to the lessening and dissipation of my homosexual feelings; a journey I'm happily still on. It helped me solidify my gender identity and I experienced a profound increase in my confidence as a man and in my self-esteem. Also, my attractions for women increased about 100% from where they were. This therapy fit me perfectly because it zeroed in on the causes of my homosexual feelings and allowed me to do the deep emotional work I needed to do.

Psychologically speaking, real change in sexuality, (in varying degrees), does occur if one deals with the deep emotional wounds that cause homosexual feelings. I know change is possible because I'm living proof.