

Homosexuality

Is it really a mental disorder ??

Homosexuality

- The term homosexuality often describes a person's overt behaviour, sexual orientation, and sense of personal or social identity. Many persons prefer to identify sexual orientation by using terms such as lesbians and gay men, rather than homosexual, which may imply pathology and aetiology based on its origin as a medical term, and refer to sexual behaviour with terms such as same sex and male–female.

- Homophobia is a negative attitude toward, or fear of, homosexuality or homosexuals.

Heterosexism is the belief that a heterosexual relationship is preferable to all others; it implies discrimination against those practicing other forms of sexuality



Heterocentrism

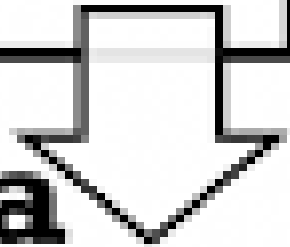
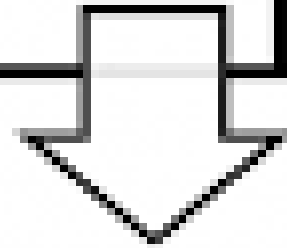
(Ideology)

Heterosexism

(System)

Homophobia

(Manifestation)



- In 1973 homosexuality was eliminated as a diagnostic category by the American Psychiatric Association, and in 1980, it was removed from the Diagnostic and Statistical Manual of Mental Disorders (DSM). The 10th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10) states: “Sexual orientation alone is not to be regarded as a disorder.” This change reflects a change in the understanding of homosexuality, which is now considered to occur with some regularity as a variant of human sexuality, not as a pathological disorder. As David Hawkins wrote, “The presence of homosexuality does not appear to be a matter of choice; the expression of it is a matter of choice.”

- Before 1973 , homosexuality was considered a “mental illness” , at least by the psychiatrists that authored the edition 2 of the DSM .
- In edition 3 , it was reclassified as normal .

- But just because a phenomenon is considered by some to be a mental disorder doesn't mean it actually is .
- There are behavioural patterns , psychological attitudes and syndromes that may or may not be in alignment with the dominant social norms of the day , and when a behaviour deviates sufficiently far from what society thinks is common , then someone somewhere labels the behaviour deviant or an illness.



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- The definition of mental illness that is emerging in the mental health field today focuses on whether a behaviour pattern is dysfunctional or not .
- If someone is not having a problem getting along in the world , not accomplishing any danger to self or other , then there is no illness .
- Homosexuality , though associated with distress for some , is not a mental disorder because the distress is not caused by homosexuality itself , it's caused by the contrast between one's sexuality and society , discriminative policies , bigoted attitudes , and internalized shame and confusion .



- We have to put in mind calling a condition a mental illness doesn't mean that we are saying that it's morally wrong .

People creating the diagnoses are not the cause of stigma and bigotry . The bigotry was already there and it's the real problem , and that's the clinical reason that homosexuality is not itself the cause of distress or dysfunction , and thus is not a mental or behavioural disorder . By that homosexuality by itself is not a condition that needs to be treated or cured .

- The main arguments for it being an illness are :

1. Rationale about procreation .

2. The trouble it can cause people in their lives due to non_acceptance .

3. Its arguably low frequency (less than 10% of society) .

- The main flaws in the mental illness claims are that :

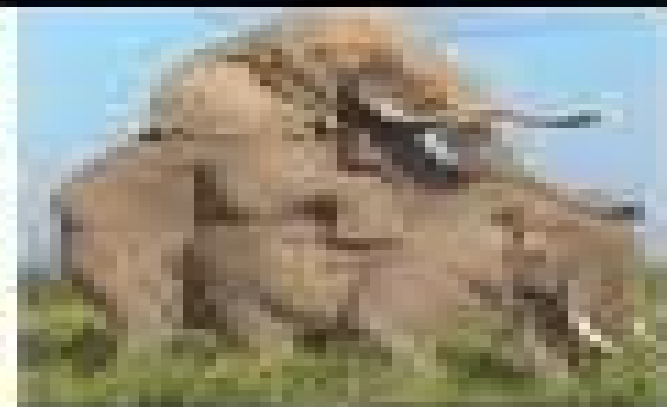
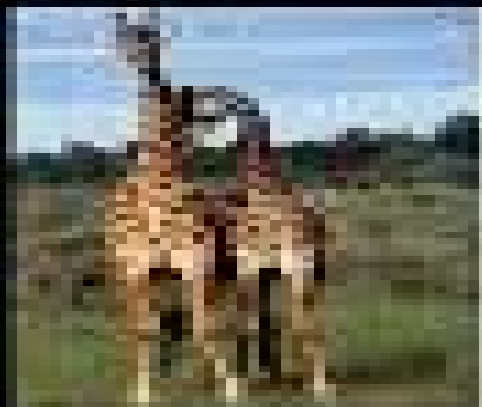
1. People with this condition lead happy successful lives .

2. Homosexuality has been a phenomenon for as long as recorded history .

3. It seems to have a biological basis (studies on rodents) and is present in other species .

4. Its arguably high frequency (as much as 10% of society) .

Homosexuality is found in over 1500 species.



Homophobia is found in only one.

Which one seems unnatural now?

- In general , the concept of mental illness is a new and constantly changing evolving idea , and its not clear why homosexuality should be treated differently from any sexual preferences .
- And one can say if the concept of procreation were really the dominant argument , then celibate priest and people not wanting children could be considered sexually deviant as well .

**I AM
~~GAY~~
~~STRAIGHT~~
~~BI~~
~~TRANSCENDER~~
...A PERSON**

Psychopathology.

- The range of psychopathology that may be found among distressed lesbians and gay men parallels that found among heterosexuals; some studies have reported a high suicide rate, however. Distress resulting only from conflict between gay men or lesbians and the societal value structure is not classifiable as a disorder. If the distress is sufficiently severe to warrant a diagnosis, adjustment disorder or a depressive disorder should be considered. Some gay men and lesbians with major depressive disorder may experience guilt and self-hatred that become directed toward their sexual orientation; then the desire for sexual reorientation is only a symptom of the depressive disorder.

The history of psychiatry and homosexuality

- Homosexuality had been officially classified as a mental disorder in the 1st edition of DSM IN 1952 , where it was designated as a “sociopathic personality disturbance” .
- DSM II , was published in 1968 listed homosexuality as a sexual deviation , but sexual deviation were no longer categorized as a sociopathic personality disturbances .
- The publication of DSM II coincided with the emergence of the gay rights movement “ the stonewall riots “.

- Gay people started to confront the APA (American psychiatric association) about its position on homosexuality .
- There were a series of dramatic encounters between activists and psychiatrists at the annual meetings of the APA between 1970 and 1972 .
- While the opposition to the activists was vehement by some in the APA there were increasing numbers of psychiatrists e.g (Judd Marmor) who supported the activists view .

CHRISTOPHER
GAY LIBERATION DAY
1970





- Homosexuality is not a mental disorder . All of the major medical organization , including the American psychiatric association , American psychological association , and the American academy of paediatrics agree that homosexuality is not an illness or disorder , but a form of sexual expression and preference .



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THANK YOU