

The Mental Health Professions and Homosexuality: International Perspectives

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This paper describes the attitudes of British Psychoanalysis toward homosexuality, starting from the time of Ernest Jones to the present day. It traces the development of psychoanalytic theory from its total pathologising of all expressions of homosexuality towards a more questioning and non-pathologising formulation. The article illustrates how changes in psychoanalytic theory and practice both mirror and are influenced by the changing legal and societal status of homosexuality in the United Kingdom. Although openly gay and lesbian candidates are beginning to be accepted into psychoanalytic training, the continued existence of antihomosexual prejudice and bias suggest an ongoing need for continuing education and concern.

KEYWORDS. British psychiatry, British psychoanalysis, gay and lesbian candidates, homosexuality, psychoanalytic training, psychopathology

- From Perversion to Sexual Identity: Concepts of Homosexuality
and Its Treatment in Germany 23
Falk Stakelbeck, MD
Udo Frank, MD

The article describes the attitudes towards gays and lesbians as found in the theory and practice of psychiatry and psychotherapy in Germany. After providing a brief historical background, it presents the concepts of homosexuality prevailing in psychiatry, psychoanalysis and sexology after 1945, primarily focusing on West Germany. In the early years of West Germany, the ideas of anthropological psychiatry, psychoanalysis and those fields of sexology dealing with this subject exclusively followed normative concepts. During the subsequent period of social liberalization this normative fixation was revised by a new generation of sexologists. During this

period, Fritz Morgenthaler also formulated the first psychoanalytical conception of a non-pathological homosexuality in Germany. The psychoanalytic concepts of the last few years emphasize the different modi of sexual identity. After homosexuality ceased to be a diagnosis in itself, it became impossible to determine a consistent psychiatric model. There are few empirical studies documenting the actual situation of gay and lesbian patients or of gay and lesbian health care professionals in the German health service. Consequently, what is known about their current situation is based primarily on anecdotal evidence and indirect references. This article is the first to report on three surveys about the admission policies of German psychoanalytic institutes toward gay and lesbian applicants and candidates, including previously unpublished data showing changes in institute policies. Attitudes in the mental health fields mirror the general social climate and range from pathologization and other more subtle forms of homophobia to almost complete acceptance.

KEYWORDS. Developmental theory, gay/lesbian mental health professionals, gay/lesbian patients, German Association of Gays in the Health Service (BASG e.V.), German psychiatry, German psychoanalysis, homosexuality, mental health, psychoanalytic training, sexology

Psychiatric, Psychoanalytic, and Mental Health Profession
Attitudes Toward Homosexuality in Switzerland 47
Prof. Dr. Udo Rauchfleisch

During the past 10 years, theoretical models of homosexuality have changed in Switzerland from a pathological view to one in which homosexuality is a non-pathological orientation equivalent to heterosexuality. Although it is a rarely discussed topic in the professional literature, there is a growing number of courses and lectures about homosexuality in the universities and schools of social sciences in Switzerland. Pathologizing therapists are usually members of religious groups and they are not psychologists and psychiatrists with professional qualifications. In several towns, lesbian and gay therapists are working together in informal groups, and there is a national organization of lesbian and gay therapists called "medy gays." Being openly lesbian or gay still carries great risk for psychiatrists and psychologists who may not be accepted for psychoanalytic training. Swiss Psychoanalytic institutes are reluctant to openly discuss their admission policies. The paper concludes by calling for investigations of the traumatic outcomes of sexual conversion therapies undertaken by fundamentalist religious groups and for more research regarding the situation of older lesbians and gays.

KEYWORDS. Gay and lesbian therapists, non-pathological model of homosexuality, research in homosexuality, sexual conversion therapy, Swiss psychiatry, Swiss psychoanalysis

Look to Norway? Gay Issues and Mental Health
Across the Atlantic Ocean 55
Reidar Kjær, MD

This paper addresses the origin of the current theoretical framework for Norwegian psychiatry's understanding of homosexuality. In Norway today, the prevailing

attitude is an essentialistic, non-psychopathological understanding of homosexuality based on the generally vague psychosocial and biological understanding of mental health problems and illnesses. This paper points to the influence in Norway of German academic psychiatry, and the impact of both pre- and post-World War II psychoanalytic theories. The gay movement's influence on the pro-gay legislation and position statements in psychiatry is emphasized. Since the radical 1970s, little research has been done in this field of Norwegian psychiatry. This has led to a situation where firm knowledge is scarce and there is a demand for establishing a special competence center. This vacuum has allowed psychoanalysts to fall behind on their theoretical updates and for religious groups to import the reparative therapy movement. Both groups are now challenged. The discrepancy between the pro-gay legislation and the lack of development in Norwegian psychiatry is suggested as a possible field of research.

KEYWORDS. Gay civil rights, homosexuality, Norwegian psychiatry, position statements, psychoanalysis

Homosexuality in Finland: The Decline of Psychoanalysis'
Illness Model of Homosexuality 75
Olli Stålström, PhD
Jussi Nissinen, MSC

This paper addresses the ways in which Finnish psychiatric textbooks and psychotherapy practices have conceptualized homosexualities since the beginning of the twentieth century. Liberal views of the first decades changed in the 1950s under the influence of the American adaptational (Rado-Bieber) school of psychoanalysis. These later views were reflected in psychiatric textbooks until the 1990s. This paradigm has been criticized since the 1970s by radical psychiatrists and grassroots movements. Changes in American psychiatric textbooks contributed to the change in Finnish textbooks. However, the majority of mental health professionals still feel that their professional training had not given them adequate sources of information about homo/bisexuality and the treatment teams seldom discuss openly the sexual orientation of their clients.

KEYWORDS. Adaptational psychiatry, anti-psychiatry, Finnish psychiatry, Finnish psychoanalysis, gay patients, homosexuality, illness model of homosexuality, lesbian patients, mental health professional training, psychiatric textbooks, Rado-Bieber school

Happy Italy? The Mediterranean Experience of Homosexuality,
Psychoanalysis, and the Mental Health Professions 93
Paola Capozzi, MD
Vittorio Lingiardi, MD

The authors outline the history of the relationship between Italian psychoanalytic and psychiatric institutions and homosexuality. In a "don't ask-don't tell" climate, this history evolved between post-war Italy's ideological polarization between Catholicism and post-war Marxism as well as between two different "local cultures": Middle-European and Mediterranean. In a review of the Italian psychoanalytic, psychological and psychiatric literature from 1930 to the present,

there is a dearth of articles dealing with homosexuality. In the articles that do exist, most link homosexuality with psychopathology or developmental arrests. There is no discussion of the concept of internalized homophobia in the Italian literature. The authors present some early, empirical research in which they assess attitudes toward homosexuality among members of Italian psychoanalytic institutions, both Freudian and Jungian. Preliminary data indicates a greater anti-homosexual bias in Freudian institutes. The authors conclude that in the last ten years the cultural climate and the clinical attitude have changed and that the Italian mental health community is beginning to come to terms with its own anti-homosexual biases.

KEYWORDS. Analytical psychology, discrimination, “don’t ask, don’t tell,” homophobia, homosexuality, Italian psychoanalysis, Italian psychiatry, psychoanalytic training, theories of homosexuality

From “*Long Yang*” and “*Dui Shi*” to Tongzhi:

Homosexuality in China

Jin Wu, MA

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Homosexuality was widespread, recognized and fairly tolerated, although not entirely accepted, in ancient China. After being invaded and defeated by the Western powers in the mid- to late nineteenth century, “progressive” Chinese intellectuals at the turn of the twentieth century believed that Chinese traditions were “backward” and the actual cause of China’s defeat; they looked to Westernization as a cure for the nation. This occurred at a time when homosexuality was regarded as a psychiatric condition in the West. Consequently, a pathological view of homosexuality and other antihomosexual attitudes were adopted by the Chinese along with Western technology and other “progressive thoughts.” It was only after 1949 that homosexual behavior was seriously punished in China and served as grounds for persecution during Chinese political upheavals between the 1950s and 1970s. In the 1980s, the Chinese government’s “open door” policy made it possible for the Chinese gay and lesbian community to develop; its bumpy journey since then reflected the fluctuation of the general political situation in China over the last two decades. Despite the official pathologizing position of Chinese psychiatry—the prevailing view until recently—starting in the late 1980s, gay-friendly scholars and health professionals began to sympathetically research gay (tongzhi) communities in China and to advocate for sexual minorities. In 2001, the latest edition of the Chinese Classification of Mental Disorders (CCMD-3) removed the diagnosis of homosexuality per se but still retained a diagnosis resembling ego-dystonic homosexuality. Nevertheless, the tongzhi community in China has much work left to do before achieving full civil rights.

KEYWORDS. Ancient China, Chinese psychiatry, diagnostic categories, homosexuality, lesbianism, mental health professionals, *tongzhi*

Homosexuality in India: The Light at the End of the Tunnel

Suresh Parekh, MA

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This paper begins with a brief overview of sexuality and homosexuality in the Hindu civilization. In the sections that follow, the author discusses changing attitudes toward gay people, their legal status and the emergence of gay and lesbian

organizations in modern India. As there is little psychiatric and psychological literature in India on the subject, the paper addresses the theoretical models used for understanding homosexuality in India on the basis of the few research studies published in psychiatry and psychology journals, unpublished reports, and interviews with psychiatrists and clinical psychologists. Finally, the paper concludes with some anecdotal accounts of gay people published in gay magazines or told by gay individuals regarding their experiences with mental health practitioners.

KEYWORDS. Antihomosexual attitudes, gay and lesbian organizations, Hindu civilization, homosexuality, Indian Psychiatry, modern India, sexuality

**The Emergence of an International Lesbian, Gay,
and Bisexual Psychiatric Movement** 165
Gene A. Nakajima, MD

Since the 1990s, lesbian, gay and bisexual (LGB) psychiatrists have started to organize internationally. In particular, members of the Association of Gay and Lesbian Psychiatrists (AGLP), working collaboratively with the American Psychiatric Association (APA), have expanded their advocacy of LGB affirmative psychiatry outside of North America. Seven percent of AGLP is now comprised of international members. AGLP and APA have participated in efforts to depathologize homosexuality in Japan and China. Some progress has been made in increasing the awareness of LGB issues within the World Psychiatric Association (WPA). A future goal should be the elimination of stigmatizing diagnoses like egodystonic sexual orientation from the ICD-10.

KEYWORDS. American Psychiatric Association, Association of Gay and Lesbian Psychiatrists, Chinese Classification of Mental Disorders, egodystonic sexual orientation, homosexuality, International Classification of Diseases, World Psychiatric Association

**The International Psychoanalytical Association
and Homosexuality** 189
Ralph Roughton, MD

With more than 10,000 members in 30 countries, the International Psychoanalytical Association (IPA) considers itself the world's primary psychoanalytic accrediting and regulatory body. Until 1998, however, the IPA had never addressed the problem of antihomosexual discrimination, even though gay people were excluded from most of its institutes and societies. Rationalizations for discrimination included: (1) "homosexuality is pathological and therefore disqualifying," (2) "as a scientific organization the IPA should avoid political issues," and (3) "because there is no written policy excluding homosexuals, there is no problem." Nevertheless, recent progress was finally made when an official nondiscrimination policy was adopted by the IPA. Homosexuality has become a topic for scientific programs and newsletter dialogue, but full implementation of the policy will require an ongoing process. This article presents the history of that process to date.

KEYWORDS. Antihomosexual bias, discrimination, gay and lesbian psychoanalysts, homosexuality, International Psychoanalytic Association, prejudice, psychoanalytic training, sexual orientation

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