



SHAME
AND
ATTACHMENT
LOSS

The Practical Work of
Reparative Therapy

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Foreword

I would like to take this opportunity to recommend to you the publication of this important volume by Dr. Joseph Nicolosi. Having served in the education and training of therapists for many years, I commend his work for the following reasons. First, although reparative therapy has been maligned by some in Division 12 (Clinical) of the American Psychological Association, it has not been rejected as a therapeutic modality for those seeking to change their sexual orientation, especially Christians or other religious or morally motivated persons.

Second, while there is currently a strong emphasis on empirically validated treatment modalities, all approaches initially began as theories which were clinically applied long before they were subjected to controlled clinical studies. Reparative therapy as described in Nicolosi's volume is one such modality. Empirical validation will be the next step in its development, but it should not be discounted merely for being at this stage in its development.

Third, reparative therapy, as detailed by Nicolosi, is not presented as a therapeutic cure-all nor is it presented as a model that explains each and every incidence of homosexuality. Reparative therapy is offered as a hopeful remedy grounded in one environmentally significant determinant—namely family interaction. It is also offered as an option for religiously motivated persons who are seeking some alternative to the view that they cannot change.

In summary, Nicolosi is making room for the “social/environmental” hypothesis. His theories are a significant upgrading of the classic psychoanalytic model, one that accords well with classical Judeo-Christian teachings. Although in our current atmosphere there may be some risk in the publication of this book, I welcome Nicolosi's bold and valuable contribution to psychotherapy in the hope that it would influence the field to become more balanced in its approach.

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