



SHAME
AND
ATTACHMENT
LOSS

The Practical Work of
Reparative Therapy

Joseph J. Nicolosi, Ph.D.

Forewords by H. Newton Maloney, Ph.D.,
and Robert Perloff, Ph.D.


IVP Academic
An imprint of InterVarsity Press
Downers Grove, Illinois

CONTENTS

<i>List of Figures and Tables</i>	11
<i>Foreword by H. Newton Malony</i>	13
<i>Foreword by Robert Perloff</i>	14
<i>Acknowledgments</i>	16
<i>Introduction</i>	17
PART ONE: <i>Psychodynamics of Homosexuality</i>	
1. Overview: <i>Advances in Reparative Therapy</i>	30
2. Family Dynamics	39
3. Homosexuality as a Shame-Based Symptom	57
4. Homosexuality as a Repetition Compulsion	86
5. Homosexuality as a Reparative Drive	93
PART TWO: <i>Treatment: Affect-Focused Therapy</i>	
6. The Primacy of Affect	128
7. The Body	139
8. Reparative Body Work: <i>The Concept of the Two-Triangle Sequence</i>	148
9. Reparative Body Work: <i>Working the Two-Triangle Sequence</i>	175
10. The Double Bind	202
11. The Double Loop	208
12. From Double Bind to Double Loop	224
13. The Scenario Preceding Homosexual Enactment	237
14. Working Through the Scenario Preceding Homosexual Enactment	256
15. Journaling	283

16. Counseling Teenagers	287
17. Male Friendships	303
18. Relationships with Women	317
PART THREE: <i>Grief Work</i>	
19. The Role of Grief Work in Reparative Therapy	350
20. Approaching the Core Injury	357
21. Defenses Against Grief	399
22. Homosexual Enactment as an Opportunity for Grief Work	419
23. Resolution of Grief: <i>A Life Without Illusions and Distortions</i>	431
Appendix: <i>Eye Movement Desensitization and Reprocessing Therapy</i>	442
<i>Notes</i>	451
<i>References</i>	457
<i>Index</i>	469

Foreword

An advocate for gay men and women who are serious about striving to overcome their same-sex orientation and achieving sexual fulfillment heterosexually, Nicolosi—like a voice in the wilderness—audaciously defies conventional psychologists who cling to the belief that changing from homosexuality to heterosexuality is neither possible nor advisable.

Disseminating his point of view is desirable and necessary for society, as well as for gay men and lesbians. Now this is not to definitively assert that for many homosexuals, heterosexuality is preferable to homosexuality; only that this quest should be freely accessible to the homosexual person, if indeed that is his or her wish.

Nicolosi's treatise on reparative therapy is a groundbreaking and courageous navigation of the tricky shoals, perilous undertows, and precipitous twists and turns required to bypass the psychological community's declaration that homosexuality is appropriate for all homosexual men and women. Though still controversial, his treatise is punctuated and made more believable through his reliance on the client's perceptions, feelings and family dynamics.

In a word, Nicolosi's thrust in promoting his point of view on behalf of this contentious hot-button issue is broad and deep, abstract and experiential, and theoretically and practically depicted.

The policies and resolutions of organizations such as the American Psychological Association, and probably the American Psychiatric Association as well, would be better framed and more truthfully based were these organizations cognizant of, and open to, the sentiments promoting reparative therapy.

Nicolosi's book deserves widespread readership, by friend and foe alike, whether or not, truth to tell, it is still a work in progress; even if in the long run, he is shown to be right, wrong, or somewhere betwixt and between. The

paths to ultimate truth can only be forged when consummated fully and unconditionally, and certainly not with impeding and competing ideological polestars misdirecting their voyages.

The author has contributed enormously to the sexual literature by offering his not unreasonable views for consideration by gays and lesbians, by scholars in the field, by the man in the street, and by practicing psychotherapists. His challenging and forceful commentary is must-reading from top to bottom, from stem to stern.

Robert Perloff, Ph.D.

Former President, American Psychological Association

Distinguished Service Professor Emeritus, University of Pittsburgh