

The Oklahoma Psychological Association does not support the use of treatment found to be harmful to individuals seeking care. According to the American Psychological Association, the intention of counseling psychology is to address “the emotional, social, work, school and physical health concerns people may have at different stages in their lives, focusing on typical life stresses and more severe issues with which people may struggle as individuals and as a part of families, groups and organizations.” Treatment is intended as a means of addressing disorders outlined in the Diagnostic and Statistical Manual of Mental Health Disorders (fifth edition).. The Oklahoma Psychological Association echoes that intention by supporting the focus of evidence-based mental health treatment to be directed toward mental health disorders.

This association aims to promote human welfare in Oklahoma by advancing psychology as a science and profession. This means, in part, that OPA strives to support the use of scientifically-based psychological practice that helps individuals. The association does not support the use of treatments scientifically shown to be harmful; descriptions of unsupported treatments can be found in the United Nations’ Human Rights Council’s report from May 2020, found at [https://www.un.org/en/ga/search/view\\_doc.asp?symbol=A/HRC/44/53](https://www.un.org/en/ga/search/view_doc.asp?symbol=A/HRC/44/53), and in the document “Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth” (SAMHSA, 2015) , and currently includes therapies identified as “conversion” therapies or “reparative” therapies.

The Oklahoma Psychological Association was founded for the purpose of advancing psychology as a science, profession, and as a means of promoting human welfare. As such, the association supports the promotion and dissemination of peer-reviewed research in psychology that identifies treatments beneficial to those in need.

Substance Abuse and Mental Health Services Administration. (2015). Ending conversion therapy: Supporting and affirming LGBTQ youth. *HHS Publication No.(SMA) 15-4928*.