

**Genesis 1:27**

SO GOD CREATED
MANKIND IN HIS
OWN IMAGE, ...
MALE AND FEMALE
HE CREATED THEM

Do not be
conformed to this
age but be
transformed by
the renewing of
your mind.
Romans 12:2

Psalms 139: 14

I will praise you
because I have been
remarkably and
wondrously made.
Your works are
wondrous, and I know
them very well.

GROWING IN HIM COUNSELING

Conversion Therapy

In 2019, Colorado passed a law forbidding “conversion therapy” by licensed counselors. On March 31, 2026, the Supreme Court of the United States ruled against this law stating it regulated speech which is protected by the 1st Amendment.

**Trust in the Lord
with all your heart
and do not rely on
your own
understanding. In
all your ways
know him, and he
will make your
paths straight.**

-Proverbs 3:5-6

What is Conversion Therapy?

Conversion Therapy is defined by the State of Colorado as any effort “to change an individual's sexual orientation, including efforts to change behaviors or gender expressions or to eliminate or reduce sexual or romantic attraction or feelings toward individuals of the same sex.”

Why did the State prohibit this practice?

Unethical and harmful practices from the 1950's and 1960's were utilized to help “cure” many mental health disorders, including gender dysphoria, anxiety, depression and personality disorders. These practices are no longer being used and were considered very dangerous. The state law is vague in its description of “conversion therapy” and does not refer to only these practices. It goes beyond to say even “talk therapy” is prohibited. This current law allows for acceptance of gender dysphoria as well as encouragement to follow through with gender surgeries, however, it forbids any discussion towards aligning with your birth gender. The therapist is also prohibited from discussing alternative therapies even when the minor and parents were asking for and wanting this help.

What are the statistics around gender dysphoria?

According to the CDC, 2% of American's struggle with gender dysphoria. Additionally, research shows that approximately 90% of people who go through with gender affirming surgery wish to reverse it within 10 years of the surgery.

Supreme Court Ruling: Salazar vs. Chiles

Kaley Chiles is a Licensed Therapist in Colorado Springs. She felt it was a breach of her 1st amendment right to not allow her to speak to clients about their struggles with gender dysphoria and homosexuality. She argued that “talk therapy” was different than “professional conduct” and that the government could not regulate her speech. The law forbids any discussion around re-aligning with your God-given identity.

A research study conducted in 2021 showed that evidenced based, ethical practices were successful in re-aligning a person's feelings towards their bodies as well as attractions to the opposite sex. The results were clinically significant, and the participants were followed for 2 years after treatment. Some of the participants even ended therapy early because it had been successful before the expected timeframe had concluded.

This Supreme Court ruling will allow for talk therapy in sessions with clients who are asking for help in aligning their thoughts and feelings with who they believe God made them to be. The justices were concerned that the law was one-sided and would only support treatment that encouraged a change in gender identity or sexual desires towards a person of the same sex but denied any conversation that would reduce or eliminate unwanted sexual attractions, change sexual behaviors, or grow in the experience of harmony with their bodies.

What Now?

The Supreme Court of the United States (SCOTUS) ruled in favor of Kaley Chiles in a vote of 8 to 1.

The State of Colorado argued they were regulating “conduct” or a medical treatment of licensed counselors. Conduct is open for regulation (like regulating surgeries) to maintain quality of care. The State also argued that if a person wanted counseling around aligning their desires with their “birth gender” or opposite sex attraction, the client could speak with a Pastor or life coach as these professions were not being regulated.

The SCOTUS made two important rulings:

1. The law was regulating **speech**, not conduct, thus it violated the 1st Amendment of the Constitution.
2. Colorado was engaged in “viewpoint discrimination” in which it supported one viewpoint (gender ideology) but prohibited another (gender alignment).

This ruling protects counselors and other professionals in conversations with their clients.

The “Conversion Therapy” Law was NOT overturned. There are still some conversion therapies which are considered medical practices that remain against the law. These practices include Electro-Convulsion Therapy (ECT) which is considered harmful and dangerous.

Moving forward, it is now legal for a counselor to have a conversation that is requested by a minor around gender identity and sexual orientation that aligns with their faith. Parents can now request a Christian counselor to offer support for their struggling teenager knowing that this counselor will not encourage their child to undergo dangerous and harmful medications and surgeries.

It is important to note that these conversations were and will continue to be requested by the client. It is unethical to force or persuade a person into making a decision they disagree with. It is helpful, however, to challenge thought processes that are harmful and damaging to a person’s overall health (Spiritual, Emotional, Physical, and Mental)

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