

PRACTICAL EXERCISES FOR MEN IN RECOVERY OF SAME-SEX ATTRACTION (SSA) BY DR. JAMES E PHELAN

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Review

A basic principle to healing homosexuality is the reclaiming of ownership of oneself. Dr. Phelan provides an aid to the change process with his guidelines for making the subjective, objective; for transforming the reactive to the responsive. --Joseph Nicolosi, PhD, Author, Reparative Therapy of Male Homosexuality

This book is a wonderful hands-on approach to recovery from same-sex attraction. It is full of incisive exercises by a professional who knows what he is talking about. Each exercise is designed to deal with one of the problems that are bound to come up for people going through recovery. These include: Fixing boundary violations (handling mothers who are too intrusive), Confront the abusers (writing letters which may or may not be sent), and Assessing your percentage of sexual addiction (a helpful chart that helps users evaluate and manage their addiction). A much-needed resource! --Gerald Schoenewolf, Ph.D., Author, 101 Therapeutic Successes

At last a practical and therapeutic workbook for all men who wish to heal from unwanted same-sex attraction (SSA). Phelan's Practical Exercises for Men in Recovery of SSA will bless the struggler in his journey into manhood, and those who accompany him. This is a long needed resource in the arsenal of tools to help men reclaim their healthy masculine soul. --Richard Cohen, M.A., Author, Coming Out Straight; and Gay Children, Straight Parents

About the Author

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This practical workbook of 80 insightful exercises was developed specifically for men in recovery of same-sex attraction (SSA). The author has been working with men for over 12 years and has found success in using these exercises. The exercises are geared toward behavioral and cognitive strategies and affect regulation. This workbook is intended to accompany counseling or mentoring. It's best to process these exercises with someone such as a counselor, mentor, or clergyman who is trained in, and familiar with, the recovery of SSA. The book comes highly recommended from leaders in the field. As an added feature, the book contains a helpful appendix, resource section, and personal journaling space.

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19 of 30 people found the following review helpful.

A much needed, excellent workbook

By Amy Capella

At a time when the PC Nazis are trying to control our every word, not to mention our every thought, James E. Phalen's book may seem, at first glance, to be anachronistic. His workbook for men who are unhappy with their homosexuality or bisexuality will certainly be offensive to those in the Gay Rights Movement. However, to those who are gay and bisexual and do not want to be, his book provides some rare and welcome support. The Gay Rights Movement has tried to ban psychotherapy for men who want to change from gay or bisexual to straight; I think that is reverse discrimination, and so does James Phelan. He has put together a very practical workbook that guides men who have an unwanted same sex attraction. The book begins with some questionnaires to help men better understand their sexuality, then goes on to provide an array of fill-in-the-blank forms and exercises to help readers find a mentor, figure out how they allow others to violate their boundaries, assess their current sexual behavior, explore childhood influences, forgive those who have been harmful, and understand primary relations with father, mother, sister, brother. It also helps men get in touch with and understand their feelings, including anger, sadness and shame, and points the way toward resolution through the use of guided imagery, diary writing and other exercises. The appendix contains suggested readings and other helpful resources. I tried some of the exercises myself and found them illuminating, even though I don't have have unwanted same-sex desires. This is a brave book that goes against the current PC trend and offers much needed guidance to the hundreds of thousands of men who are having a hard time finding support for their cause. If you are one of them, I highly recommend this book.

2 of 3 people found the following review helpful.

Helpful.

By Amazon Customer

Actually, it is quite helpful despite the biased negative comment.

5 of 11 people found the following review helpful.

Ridiculous, Dangerous Pseudoscience...

By S. W. Helms

This book is full of some of the most dangerous pseudo-science on the topic of homosexuality ever printed. The incestuous relationship between the major players in the anti-gay "Gay Conversion Therapy" movement is as obvious as it is laughable. N.A.R.T.H. founder Joseph Nicolosi and Exodus International President Alan Chambers (who recently denounced these practices and apologized for his group's involvement) are quoted, with plenty of product placement by Richard Cohen (do an Internet search for his "Holding Therapy" for a good laugh).

The "Practical Exercises" in this book include keeping a masturbation diary, drawing pictures of your "gay self" and your "straight self," and repeated suggestions that what they refer to as "Same-Sex Attractions" are created by a father who was distant and uncaring toward you, as well as a mother who was too close and protective (the opposite for women, of course). None of this has been taken seriously by psychologists or other mental health professionals for over a century.

Also troubling is the persistent religious theme found throughout the book; reputable psychotherapists leave their own religious and/or spiritual beliefs on the other side of their office door, allowing the client to decide whether such beliefs are relevant to her or his progress. The weaving of spirituality in this tome leaves one with the distinct impression that it's contents are only an extension of the "pray the gay away" tactics used by earlier groups in the 1970s.

Buy this only USED, and only as an archival example of what can go wrong when ideology supplants science in the struggle to deal with a society becoming more and more open to diversity in sex and sexual orientation.

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