

The International Federation for Therapeutic and Counselling Choice (IFTCC)
治疗和咨询选择国际联合会(IFTCC)

Mission Statement
使命声明

The International Federation for Therapeutic and Counselling Choice (IFTCC) is a multi-disciplinary organization that exists to support dedicated providers of services to individuals seeking change of their unwanted relational and sexual behaviours, attractions and patterns. It works to preserve the rights of clients to access such services, and of providers to offer services. It advocates for scientific integrity and research objectivity. Its anthropological approach is based on a Judeo-Christian understanding of the body, marriage and the family. It aspires to being guided by professional standards of association and practice, with transparent accountability. Those supporting the IFTCC include both professional and pastoral-care practitioners, educators, and legal and community leaders from around the world concerned with the promotion of sexual health.

治疗和咨询选择国际联合会(IFTCC)作为一家多学科组织，致力于支持专业的服务提供商帮助个体改变其不当关系和性行为、性吸引和性模式，在努力保护客户有权获得此类服务的同时，也保护提供商有权向客户提供此类服务。IFTCC 倡导科学的诚信和研究的客观性，在犹太教和天主教对人类身体、婚姻和家庭的认知基础上构建人类学方法，始终以行业协会和行业实践的专业标准为准绳，保持透明度和可靠性。IFTCC 获得了来自世界各地致力于促进性健康相关人士的支持，包括专业从业者、宗教咨询辅导人士、教育工作者、法律工作者和社区领袖。

Objects of Association 协会目标

1. The promotion of the rights and freedoms for individuals to seek, to offer, and to research professional psychotherapeutic, clinical, counselling and/or pastoral support to achieve client-centered goals of reducing, managing, or where possible, overcoming unwanted relational and sexual behaviours, feelings and attractions;
支持个体在寻求、提供和研究专业的心理疗法、临床治疗、咨询服务和/或宗教心理辅导方面的权利和自由，以此实现以客户为中心的目标，减少、管理或在可能的情况下克服不当关系和性行为、性感受和性吸引。
2. The dissemination of accurate scientific and research information relevant to the field of practice, reflecting shared and transparent ethical premises and standards;
传播与这一从业领域相关的准确科学信息和研究信息，充分体现共享和透明的道德前提与标准。
3. Development of an international, self-regulating educative forum, offering professional and collegial support to those providing care to individuals with unwanted relational or sexual practices and attractions:
建设国际性、自制式的教育论坛，以专业性和学术性的支持帮助从业人员，向存在不当关系或性行为、性吸引的人士提供关服务。
4. The provision of continuing professional development (CPD) and basic information for those offering interventions or support to individuals with unwanted relational or sexual behaviours and attractions;
向相关从业人员提供持续专业发展(CPD)和基本信息，帮助他们对存在不当关系、性行为或性吸引的人士进行干预或支持。
5. Encouragement of accountable practices and research initiatives, utilizing recognized standards of accuracy, duty and care among practitioners and providers;
鼓励负责任的从业行为和研究项目，在准确性、责任和关怀方面采用从业人员和服务提供商公认的标准。

6. Enhancement of understanding via cross- and inter-cultural competencies, and research initiatives that respect proven family-centered values.

提高在跨文化和文化间层面的能力，在开展的研究项目中尊重以家庭核心、久经验证的价值观，以此加强认识。

Values¹

价值观

Attitudes Toward Clients in Counselling or Therapy

在咨询或治疗中对客户的态度

Guideline 1. Practitioners are encouraged to respect the dignity and self-determination of all their clients and to respect their choices.

原则 1: 从业者应该尊重所有客户的尊严和自我决定权，尊重客户的选择。

Guideline 2. Practitioners are encouraged to recognize the complexity and limitations in understanding the etiology of unwanted sexual behaviours, attractions, and patterns.

原则 2: 在了解不当性行为、性吸引和性模式病因的过程中，从业人员应该意识到这个过程的复杂性和局限性。

Guideline 3. Practitioners are encouraged to understand how their values, attitudes and knowledge about identity and sexuality affect their assessment of and intervention with clients who present with unwanted attractions and behaviors.

原则 3: 在对展示出不当性吸引和性行为的客户进行评估和干预的过程中，从业人员应该意识到，其自身的价值观、态度和关于身份和性行为的知识，可能会对这一过程产生影响。

Guideline 4. Practitioners are encouraged to respect the value of clients' religious faith and refrain from making disparaging assumptions about their motivations for pursuing change-oriented interventions.

原则 4: 从业者应该尊重客户宗教信仰的价值观；对于客户希望获得干预以做出改变的动机，不要做出带有轻蔑性的猜测。

Guideline 5. At the outset of support or treatment, practitioners are encouraged to provide clients with information on change-oriented processes and intervention outcomes that is both accurate and sufficient for informed consent.

原则 5: 在开始提供支持或治疗前，从业人员应该向客户告知改变程序的具体信息和干预的结果。这些信息必须准确而充分，让客户能够做出知情同意。

Guideline 6. Practitioners are encouraged to consider and understand the pressures from culture, religion, and family that are confronted by clients who struggle with unwanted sexual attractions or want to explore their identity.

原则 6: 对于那些在不当性吸引中挣扎、或希望了解其个人性身份的客户，从业人员应该考虑到他们在文化、宗教和家庭方面所面对的压力，并予以理解。

Guideline 7. Practitioners are encouraged to recognize the special difficulties and risks that exist for youth who experience unwanted sexual feelings including same-sex attractions. They should also appreciate the greater fluidity of sexual orientation and identity that appears to exist among young people.

原则 7: 对于那些正在经历不当性感受（包括同性吸引）的年轻客户，从业人员应该意识到工作的特殊难度和风险。年轻人的性取向和性身份更易变，从业人员应该意识到并接受这一点

Treatment and Support Considerations for Therapists

治疗师的治疗和支持考量

¹Adapted from the NARTH Institute Guidelines: 摘自 NARTH 机构指南

Practice Guidelines for the Treatment of Unwanted Same-Sex Attractions and Behavior (2008). 不当同性吸引和行为的治疗实践指南 <https://www.scribd.com/doc/115508811/NARTH-Institute-Practice-Guidelines>

Guideline 8. Practitioners are encouraged to utilize accepted psychological approaches to therapeutic interventions.

原则 8: 从业者应该采用行业公认的心理方法提供治疗干预。

Guideline 9. Practitioners are encouraged to be knowledgeable about the psychological and behavioral conditions that often accompany gender identity problems and unwanted relational or sexual behaviours, attractions and patterns.

原则 9: 对于性别身份问题、不当关系或性行为、性吸引和性模式，从业者应具备与之相关的心理学和行为知识。

Guideline 10. Practitioners are encouraged to offer or refer clients for relevant treatment services to help them manage their issues.

原则 10: 从业者应该向客户提供相关的治疗服务或转诊至相关的治疗服务，帮助他们管理心理问题。

Continuing Education

持续教育

Guideline 11. Practitioners are encouraged to make reasonable efforts to familiarize themselves with relevant medical, mental health, spiritual, and religious resources that can support clients in their pursuit of change.

原则 11: 从业者应该采取合理的努力，熟悉相关的医学、心理健康、精神和宗教资源，支持客户寻求改变。

Guideline 12. Practitioners are encouraged to increase their knowledge and understanding of the literature relevant to clients who seek change, and to seek continuing education, training, supervision, and consultation that will improve their work in this area.

原则 12: 对于寻求改变的客户，从业者应该不断获取更多知识，更深入地了解相关文献，通过持续教育、培训、监督和咨询的方式改善在这一领域的工作。