

# *Reversing Homosexual Development: Helping and Hurting Behaviors*

Robert Brennan, M.A., MFT  
鮑普能 Bao Pu Nen

*Apokata.* Psychological Services  
ChristianMentalHealth.com  
(714) 326-9893

Copyright © 2020 Robert Brennan. All Rights Reserved

# Journey of Rebellion

## Luke 15 : The Prodigal Son

- Prideful
- Fleeing
- Personal Adventure – Seeking fulfillment
- Squanders Resources
- Experiences Failure and Despair
- Returns Home
- Father Welcomes Unconditionally

# Objective

- Keep Families together and bring about reconciliation resulting in holiness before God.
- Adolescent- age 12 to 18

# Parental Dilemma



- Shock
- The family Identity Shaken
- A Rebellious Child Emerges

# Do Things Right



Cannot make  
mistakes

“Stay within the lines”

Perfection

“If I blow it, people  
will not accept me”

# Conditional Love



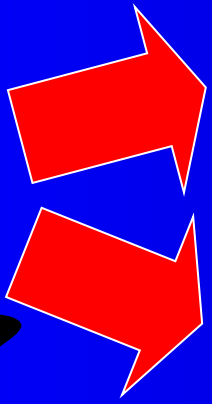
Conditional  
Support

“If you do things right,  
I’ll support you.”

Self-worth  
contingent on  
others opinions

“I am only okay if you  
approve of me.”

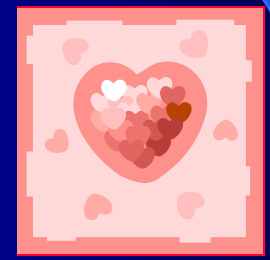
# Splitting the Self



Performing Self



Real Self



Performing Self / Public Self

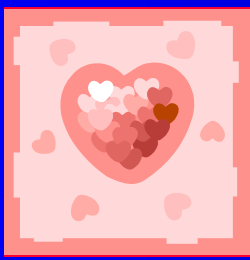
Behavior

Interaction



Compliant  
 Cooperative  
 Helpful  
 Mature  
 Good Boy/Girl

Visible



Acting Out  
 Secretive  
 Lying  
 Deceptive  
 Angry  
 Immature

Invisible

Real Self / Private Self



# Reversing Homosexuality Topics

1. Relationship Quality with Child
2. Homosexual Relationships
3. Healing Resentments
4. Pain Response
5. Home
6. Family Reputation
7. Church/God
8. Financial

# Hurting Behaviors

- After Disclosure, over control
- Treat them as the problem
- Use the Bible to try to convince and conform
- Blame child as the reason for the family pain and that they are “less than”
- Working to fix the SSA problem

# Helping Behaviors

- View your child's hx as a family problem
- Manage Child Safety-Boundaries
- Re-contract Relationship Agreements
- Become aware of and express your pain
- Self Care by building a support system
- Assume you don't know your child and inquire.  
(stop doing?)
- Father connect emotionally with child, mother withhold
- In time, offer professional help for depression

# Helping Behavior Summary

- Getting Help / Support System
- Prayer
- Stay Together
- Develop Parent-Child Understanding
- Develop Parental Healing
- Healthy Boundaries
- Manage Pain

# Faith Of The Parents

*For this my son was dead,  
and is alive again; he was  
lost, and is found. And they  
began to be merry.*

Luke 15:24

# Apokata. CD Resources

- *Reversing Homosexual Development*
- *Early Stages of Homosexual Recovery*
- *The Addiction To Pornography*
- *Sex Addiction -Family Development*
- *Sexual Addiction Recovery*
- *Emotional Codependence*
- *Myth or Truth about homosexuality*
- *Gender Identity*
- *Parental Effectiveness In Promoting Healing*
- *Codependency Dysfunctional Family*
- *Obstacle to the Purpose Driven Life*
- *Building A Sound Christian Marital House*

# *Reversing Homosexual Development: Helping and Hurting Behaviors*

Robert Brennan, M.A., MFT  
鮑普能 Bao Pu Nen

*Apokata.* Psychological Services  
ChristianMentalHealth.com  
(714) 326-9893