



# IPsyNet

International Psychology Network for Lesbian,  
Gay, Bisexual, Transgender and Intersex Issues

## Isitatimende se IPsyNet sokukhathazeka kwe LGBTIQ+



- » Siyavuma njengabahlanganyeli kwisimiso sokuthi, bonke abantu banamulungelo emhlabeni jikelele, ukuthi bonke abantu bafanelekile ukuzizwa benesithunzi futhi behloniphekile, Kanye nokuhlonipha ukwehlukahlukana obugxile ekuziboneni ngokobulili obuthile, ukuzichaza ngokobulili, ukuziveza ngokobulili, noma ukwehlukana kokukhula ngokobulili. Siyakholwa ukuthi ukucwasa Kanye nokuhlukumeza ngokomqondo akuhambisani nemithetho yamalungelo abantu (Universal Declaration of Ethical Principles for Psychologists, 2008). Sikweseka ngetshisekelo ukuthuthuka nokwesekwa kwe LGBTIQ+ okuqinisekisa nokubandankanya kuphathwa nokunikezelwa kwamasevisi.
- » Siyavumelana nokuthi ezingqondo njengesayensi nomsebenzi, kunobucwepheshe obesekwe yiminyaka yocwaningo oluveza ukuthi ukuziqonda nokuziveza njenge LGBTIQ+, kuvamile futhi enye yezindlela ezinempilo zokusebenza komuntu. Isibonelo. Njengoba kubhalwe kwi ICD-10 (World Health Organization, 1990, p.11), ukuthandana kobulili obufanayo akusiso isifo sokugula ngengqondo. Ngentshisekelo siphonsa inselelo emibonweni ebekwa osopolitiki, abezombusazwe, ososayensi, ezenkolo noma amanye amaqembu amemezela ukuthi ukuziveza njenge LGBTIQ+ Kanye nezinkomba ze LGBTIQ+ akuvamile futhi akunampilo.
- » Njengoba ukuziqonda nokuma kwe LGBTIQ+ kungenye yezindlela ezejwayelekile abantu abahlangana nazo futhi akusiso isifo segqondo esidinga ukwelashwa ukuze kushitshwe. Njengoba ukwelapha kokuguqulwa kukhuthaza ukucwasa, ukuzibona ngokobulili obufanayo, ama transgender kungenzeka kube nomthelela olimazayo, seseka izindlela eziqinisekisa zokwephatha abantu be LGBTIQ+, siphikisana nezindlela zokwelapha ezihlase ukulimaza abantu be LGBTIQ+.
- » I- Transgender Kanye nabangahambisani nokwahlukaniswa ngobulili banelungelo lokuphila ngendlela yobulili abazikhethela bona Kanye nokufinyelela ekutholeni usizo lwezempilo, ukwelashwa ngokomqondo noma ukwesekwa umphakathi uma kudingekile. Lokhwesekwa kumele kunikezwe ngokungakhathaleli ukuthi odinga ukwesekwa ukholelwa ebulilini obubili noma akakholelwa ebunikazini bobulili (ekuzichazeni ngobulili obubili), noma ngabe badinga ukufinyelela (osizweni) kwezokwelashwa okusemphakathini, ukuguqula ubulili bakhe, ngakunye, ngakuninzi noma konke ukwelashwa okutholakalayo. Ngaphezu kwalokho seseka ukuzimela ngokugcwele kwe-Transgender, nabangahambisani nobulili ukuze baqinisekise ubulili abazikhethela bona. Ukwesekwa ngokwengqondo okubanika isiqiniseko kungaba lusizo ekuthuthusekiseni kokuziqonda nokuthatha izinqumo mayelana nenguquko ngokwasempakathini noma ngokwelashwa (Coleman et al., 2012). Siphikisana kakhulu nezimiso eziphoqa I- Transgender Kanye nabangahambisani nobulili ukuba bavale inzalo, isehlukaniso nanoma ezinye izinqubo ezingakhuthaza ukucwaseka noma kube nemiphumela ebalimazayo empakathini, emzimbeni, emqondweni ukuze bafinyelele ekwesekweni abakufisayo okuphathelene nenguquko. Siyaqinisekisa ukuthi i-Transgender nabangahambisani nobulili, banelungelo lokuzichaza ukuthi bangobani Kanye nokunquma nokufinyelela kokuqinisekisa Kanye nokuphathelene nokunakekeleka ngokwempilo njengoba befisa (Yogyakarta Principles, 2007).
- » Abanye abantu be LGBTIQ+ bangaba nokukhandleka komqondo okuwumthelela wokucwasa empakathini nokubandlululwa kwabantu be LGBTIQ+ njenge njwayelo noma indlela abazichaza ngayo ohleni lwe LGBTIQ+. Abantu be LGBTIQ+ abangenabo ubulili obubodwa( eg. Bisexual, pansexual) ne non-cis/ identities( eg. Trans, nonbinary, agender) Kanye nabe LGBTIQ+ abane intersectional minority identities(eg. Ngokwebala, ubuzwe, ukukhubazeka, inkolo, ubulili, izinga lenhlalo) bangaba sebucayini obedlulele bengcindezi ngenxa yokuba mbalwa nokubandlululeka empakathini, nangaphakathi kwi LGBTIQ+ Kanye nemiphumela yezinkinga zenqondo. Asilweseke ubandlululo oluvela ekuhlanganeni ukuzichaza kwabayincosana ngaphakathi nangaphandle kwe LGBTIQ+. Ngaphezukwalokho siyaluxhasa ucwaningo lwezengqondo nokusebenza okubhekelela ngokugcwele inhlanganisela/ukwahlukahlukana kokuzichaza kwe LGBTIQ+ Kanye nokunye ukuzichaza okufana nobuzwe, isigaba enhlalo nezenkolo.
- » Imizamo yokwenza kubukeke sengathi kuwukugula ukuba yilunga le LGBTIQ+ noma ukuba babukeke sengathi abantu abaphazamiseke emqondweni kwenza kungaqondakali imiphumela yokucwasa, nenzondo ekuhlaleni njengokuvamile kwi LGBTIQ+, nokuzibona ngokobulili obuthize, ukuzichaza ngobulili noma ukuziveza. Simmele ukuthi kususwe ukucwasa nokubukeka sakugula kwi LGBTIQ+, siphinde siphikisane nokungasetshenziswa kahle kocwaningo lwezempilo olungalingani olubhekiswa kubantu be LGBTIQ+ olufuna ukudlulisela ulwazi olungelona empakathini nokuzama ukwenza kubukekeke sengathi abantu be LGBTIQ+ bayagula.
- » Ukuba nolwazi okungesilona noma ukuba nolwazi oluncane kwabeluleki bezengqondo mayelana nabantu be LGBTIQ+ kungabhebhethekisa ubandlululo, ukucwasa, kuphinde kube nomthelela ekuhlukumezekeni kwabo ngokwengqondo Kanye nangokomzimba. Sikummele ukumbandakanywa kwabantu be LGBTIQ+ njengochwepheshe abasebenza ngokulingana kucwaningo Kanye nasekuthuthukisweni kwenqubomngomo ethinta bona. Siyakweseka ukuthuthukiswa kocwaningo lwezengqondo Kanye nemfundo olungesilo olobulili obejwayelekile (eg. Clarke, Ellis, Peel & Riggs, 2010). Ngaphezu kwalokho, sihlizeka ngolwazi lwezengqondo kwizinhlangano, kubantu abenza amapholisi, kwabezindaba Kanye nasempakathini wonkana. Ekugcineni, kwisisekelo solwazi lwesayensi olumisiwe, simmela ukuqwashisa okukhulu kwempilo Kanye nenhlala-kahle nezidingo zabantu be LGBTIQ+ ekuthuthukisweni kwenqubomngomo yomphakathi Kanye nomphakathi we LGBTIQ+.

## IZINHLANGANO EZIVUMELAYO

### OKWAMAZWE NGAMAZWE

Association for Contextual  
Behavioral Science

### OKWEZIFUNDA

European Federation of Psychologists  
Associations

Interamerican Society of Psychology/  
Sociedad Interamericana de Psicología

### OKWEZWE

#### ALBANIA

Order of Psychologists of Albania

#### AUSTRALIA

Australian Psychological Society

#### BANGLADESH

Bangladesh Psychological Association

#### BRAZIL

Brazilian Association of Teaching of  
Psychology/Associação Brasileira de  
Ensino de Psicologia

Brazilian Association of Legal Psychology/  
Associação Brasileira de Psicologia  
Jurídica

Brazilian Association of Psychotherapy/  
Associação Brasileira de Psicoterapia

Brazilian Association of School and  
Educational Psychology/Associação  
Brasileira de Psicologia Escolar e  
Educacional

Brazilian Institute of Psychological  
Evaluation/Instituto Brasileiro de  
Avaliação Psicológica

Federal Council of Psychology/Conselho  
Federal de Psicologia

National Association for Research  
and Graduate Studies in Psychology/  
Associação Nacional de Pesquisa e Pós-  
graduação em Psicologia

National Coordination of Psychology  
Students/Coordenação Nacional de  
Estudantes de Psicologia

#### CAMEROON

Cameroon Chamber of Actors in  
Psychology/Chambre Camerounaise des  
Acteurs en Psychologie

#### CANADA

Canadian Psychological Association/  
Société Canadienne de Psychologie

#### CHILE

Psychologists Association of Chile/  
Colegio de Psicólogos de Chile

#### COLUMBIA

Colombian College of Psychologists/  
Colegio Colombiano de Psicólogos

#### GERMANY

Association for Lesbians, Gay, Bisexual,  
Trans\*, Intersexual and Queer People  
in Psychology/Verband für lesbische,  
schwule, bisexuelle, trans\*, intersexuelle  
und queere Menschen in der Psychologie  
(VLSP\*)

German Psychological Society/Deutsche  
Gesellschaft für Psychologie

#### GUATEMALA

Guatemalan Psychological Association/  
Asociación Guatemalteca de Psicología

#### THE NETHERLANDS

Dutch Association of Psychologists/  
Nederlands Instituut van Psychologen

#### HONG KONG

Hong Kong Psychological Society

#### I-CZECHIA

The Czech-Moravian Psychological  
Society/Českomoravská Psychologická  
Společnost

#### HUNGARY

Hungarian Psychological  
Association, LMBTQ Section/Magyar  
Pszichológiai Társaság

#### LEBANON

Lebanese Psychological Association

#### NEW ZEALAND

New Zealand Psychological Society

#### NORWAY

Norwegian Psychological Association/  
Norsk Psykologforening

#### PHILIPPINES

National Association for Sikolohiyang  
Pilipino/Pambansang Samahan sa  
Sikolohiyang Pilipino

Psychological Association of the  
Philippines

#### POLAND

Association for Contextual Behavior  
Science Polska

Polish Psychologists' Association/  
Stowarzyszenie Psychologów Polskich

Polish Dialectic Behavioral Therapy  
Association/Polskie Towarzystwo Terapii  
Dialektyczno-Behawioralnej

Polish Association for Cognitive and  
Behavioral Therapy/Polskie Towarzystwo  
Terapii Poznawczej i Behawioralnej

#### PORTUGAL

Order of Portuguese Psychologists/  
Ordem dos Psicólogos Portugueses

#### PUERTO RICO

Puerto Rico Psychological Association/  
Asociación de Psicología de Puerto Rico

#### RUSSIA

Russian Psychological Society/  
Российское психологическое общество

#### SOUTH AFRICA

Psychological Society of South Africa

#### SPAIN

Spanish Psychological Association/  
Colegios Oficiales de Psicólogos

#### TAIWAN

Taiwan Counseling Psychology  
Association

Taiwan Counseling Psychologist Union

Taiwan Guidance and Counseling  
Association

#### UNITED KINGDOM

British Psychological Society

#### UNITED STATES

Association for Behavioral and Cognitive  
Therapies

American Psychological Association

National Latinx Psychological Association

#### URUGUAY

Coordinator of Psychologists of Uruguay/  
Coordinadora de Psicólogos del Uruguay

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