



All-Men's Psychotherapy Group

Mondays, 7pm – 8:30pm

\$50 per group session. Insurance billed out-of-network.

Any man, or male presenting person, seeking to establish, enhance, or maintain relationships with other well-meaning men are invited to participate in this ongoing psychotherapy group. As we age, men often experience increasing risk of isolation from each other, raised to be in competition rather than in close brotherhood. The group experience will provide an opportunity for participants to examine how they contribute to their own isolation, while learning new ways of establishing close relationships with other men with diverse life experiences in a safe and supportive environment. This group will establish a space to: explore and challenge gendered beliefs and stereotypes; develop emotional awareness, personal accountability, and self-compassion; and, broaden opportunities for allyship and wholehearted living. Topics may include, but are not limited to the following:

Confidence and Self-esteem • Conflict Resolution • Self-awareness • Friendship & Family
Physical health • Sex & Sexuality • Aging • Spirituality • Body Image
Emotional Accountability • Anti-Racism, Sexism, and Transphobia • Shame-management
Marriage, Dating, and Divorce • Fatherhood • Career Decisions • Achieving & Self-compassion

Group is open to men of all races, classes, sexualities, abilities, religions, and gendered experiences. This group is stronger with more diverse perspectives among us. New members are encouraged to attend 8-group sessions, before committing to ongoing membership on a weekly basis. Folks who are already exploring and questioning their gendered experiences and the topics above are the most likely to benefit from this group.

Therapist:

Adam Clevenger, MA, LPCC-S, CST
Mental Health Counselor & Sex Therapist

**To schedule an intake appointment, or for billing and insurance questions,
or to schedule an intake appointment, contact 614-957-0164 (ex 101) or
Adam@tandemcolumbus.com.**