



Gay, Bi, and Queer Men's General Psychotherapy Group

Wednesdays, 7:30pm – 9:00pm

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

Gay, Bi, & Queer men (or male presenting people) who are seeking to establish, enhance, or maintain relationships with other men are invited to participate in this ongoing psychotherapy group. The group experience provides an opportunity for participants to explore how they form connections with others, while learning new ways of establishing relationships and emotional intimacy 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:

Reducing Isolation • Marriage, Dating, and Relationships • Social Support
Confidence and Self-esteem • Sex and Sexuality • Self-awareness • Spirituality
Community Racism, Sexism, and Transphobia • Identity Exploration
Career Decisions • Conflict Resolution • HIV and Chronic Illness • Coming Out
Social Anxiety • Family Issues • Aging • Body Image • Allyship & Community Accountability

Group is open to men of all races, classes, abilities, religions, and gendered experiences. This group is stronger when membership reflects the wide range of experiences across the queer community. New members are encouraged to attend 8-group sessions, before committing to ongoing membership on a weekly basis. Folks who have an established queer identity are the most likely to benefit from this group.

Therapist:

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

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