



## All-Gender Psychotherapy Group

Wednesdays, 6:00pm – 7:30pm

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

People of all gender identities and gender orientations seeking to establish, enhance, or maintain relationships with other well-meaning humans 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 relational intimacy in a safe and supportive environment. This group will establish a space to: explore and challenge biases, stigma, and other self-limitations; 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  
Career & School Decisions • Conflict Resolution • “Adulthood” • Identity Exploration  
Community Racism, Sexism, and Transphobia • Community & Allyship  
Social Anxiety • Family Concerns • Aging • Physical Health & Wellness

Group is open to people of all races, classes, abilities, sexualities, religions, and gendered experiences. This group is stronger when membership reflects the wide range of experiences in our Columbus community. New members are encouraged to attend 8-group sessions, before committing to ongoing membership on a weekly basis. Folks who have prior experience in therapy will benefit most 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](mailto:Adam@tandemcolumbus.com).**