



# Tandem

## COLUMBUS

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

German Village, Wednesdays, 6:30pm – 8:00pm  
\$50 per group (or, “pay what you can”) Insurance out-of-network.

Gay, Bi, & Queer men 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 cis- and trans men of all races, classes, abilities, and religions. 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.

#### **Therapist Facilitator:**

Adam Clevenger, MA, LPCC-S, CST, CSTS  
Mental Health Counselor & Sex Therapist  
[www.tandemcolumbus.com](http://www.tandemcolumbus.com)

**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).**