

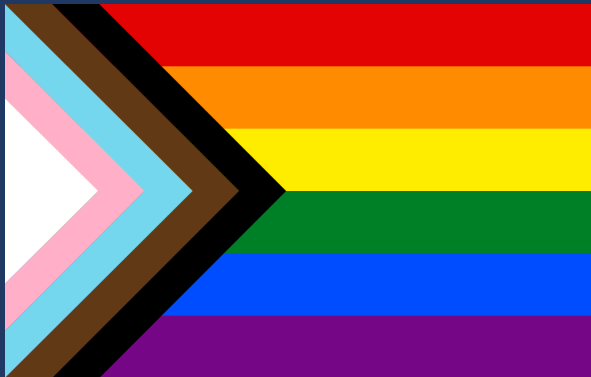
Queers and Peers Teletherapy Group

*Interpersonal Processing
Support Group for
LGBTQIA+ Teens*

Thursdays 5-6pm

Beginning April 28, 2022

Ongoing Semi-Open Group



Group members will...

Give and Receive
Support from Other
LGBTQIA+ Teens

Discuss Self and
Community Advocacy

Process Impact of
Prejudice

Improve Interpersonal
Communication

For Teens Aged 14-17



Capital Institute for
Cognitive Therapy

*For more questions or
to schedule an intake:*

Contact Dr. Patrick Love
Via Phone
(202) 234-0903 ext. 28

~ or ~

Email at
plove@cognitivetherapydc.com

Capital Institute for **Cognitive Therapy**

Queers and Peers

*Teletherapy Interpersonal Processing Support Group
for LGBTQIA+ Teens*

The Queers and Peers Support Group is a semi-open ongoing teletherapy interpersonal process group designed to help teens who are part of the LGBTQIA+ community who are experiencing stress, anxiety and/or problems with low mood. The goal of this group is to provide a safe and comfortable place for teens to receive support from other members of their community, discuss self and community advocacy, process the impact of prejudice, and improve interpersonal communication.

Interpersonal process groups are less structured than traditional groups and more akin to support groups. They encourage its members to share their experiences, give support to each other, as well as to give and receive real time feedback about their experiences during the group. This allows group members to use the group to practice new ways of interacting with others. Although there is no formal agenda for the group, topics likely to be discussed in group include mindfulness, interpersonal functioning, coping with stress, how our cultural identities impact our interactions with others, coping with prejudice, and self-advocacy.

This group is a mixed gender group for 14 to 17-year-old individuals who identify as part of the LGBTQIA+ community. Individuals with and without prior therapy experience are welcome. Teens currently engaged in individual therapy are also welcome to join.

Thursdays from 5-6 pm
starting April 28th, 2022

Ongoing Group with 4-8
teen members

\$100 per Session

Hosted on a Secure,
HIPAA-Compliant
Telehealth Platform

Group Leader:
Patrick Love, PhD

*For questions or to schedule a
50-minute intake to determine
your eligibility for the group,
please contact*

Dr. Patrick Love at
(202) 234-0903 ext. 28

~ or ~

plove@cognitivetherapydc.com