



CAPITAL INSTITUTE
FOR COGNITIVE BEHAVIORAL THERAPY

LGBTQIA+ Teen Teletherapy Support Group

When: Wednesdays

Time: 6pm-7pm

Ages: 14-17

**For more information, or to
schedule an intake, contact:**

Patrick Love, Ph.D.

202-234-0903, ext. 28

plove@cognitivetherapydc.com

-or-

Maya Cook, M.A.

202-234-0903, ext. 10

mcook@cognitivetherapydc.com



Teletherapy Interpersonal Processing Support Group for LGBTQIA+ Teens

The Q 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. Members are encouraged 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, experiences with discrimination, how our cultural identities impact our interactions with others, coping with prejudice, and self-advocacy.

This 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 welcomed to join.

\$100 per session

Hosted on a Secure, HIPAA-Compliant Telehealth Platform

Group Leaders:

Patrick Love, Ph.D. and Maya Cook, M.A.