

LGBTQ Coming Out Therapy Group

Saturdays 1:00 - 3:00pm

Location: Office of Joe Kort, Ph.D. & Associates

248-399-7317 ext 3

This is a supportive and informational counseling group where lesbian, gay, bisexual, transgender, or individuals who are questioning their identity can come to at any stage in their coming out process and be able to explore their thoughts, feelings, and emotions in a safe and friendly environment. Group members will be given useful community information that they can benefit from immediately.

The issues examined will include:

- understanding feelings of same sex gender attraction
- examining stereotypes about lesbians, gays, bisexuals, and transgender individuals
- stages of coming out
- coming out to family, friends, and co-workers
- overcoming feelings of fear and isolation
- developing a network of social support
- what to expect and what to avoid during the coming out process
- family dynamics
- issues of grief and loss
- Post Traumatic Stress Disorder symptoms from long-term "closetedness", relationship issues, heterosexual marriage and more



Facilitator:

Kelli Weller is a Psychotherapist, State of Michigan Limited Licensed Professional Counselor, Certified School Counselor and Secondary Education Teacher who has over 10 years experience working with teens and adolescents. She focused her counseling and teaching skills specifically with small groups of teens in an alternative educational setting for 5 of those years. She is a member of both the American Counseling Association (ACA) and the Michigan Counseling Association (MCA). She serves as an active Member in Good Standing of the Chi Sigma Iota Counseling Academic and Professional Honor Society International Pi Omega Chapter and presented a workshop session on Suicide Assessment in Schools at the Michigan Counseling Association's Conference.
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