

Gender Affirming Group Therapy



This Gender Affirming Group Therapy experience will be a place where individuals can connect with others who are experiencing similar situations and can find support and affirmation. Some topics in this group will be: identity and transitioning, the coming out process, relationships, mental health, and celebrating or coping with reactions from friends and family. During the group process, individuals will have the opportunity to share more about their experiences, receive feedback, and hear about the experiences of others. Group topics may change dependent on the needs of the group members. There will also be a focus on adaptive, healthy coping strategies utilizing approaches grounded in Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy.

WHO

This group is intended for adults 18+ who are transgender, gender nonconforming, or questioning their gender.

WHEN & WHERE

Saturdays
2:30 - 4:00 pm

June 17, 24
July 8, 15, 22, 29
August 5, 12

In Process Counseling
1525 Oregon Pike
Suite 602

INVESTMENT

\$280
Early Registration
Paid by June 3

\$320
Regular Price
Paid by June 17
(Self-Pay Only)

CONTACT US

To ask questions
or register for group:

Text: 717-322-4474

Email: Anthony@
InProcessCounselingLLC
.com

Call: 717-322-4474 x3

*Brief screening process
to confirm this group is a
good fit for you.*



Dr. Anthony J. Vajda, PhD, NCC (He/Him) will be facilitating group.

You can learn about him as a therapist on our website:

www.InProcessCounselingLLC.com

Additionally, Anthony is accepting clients (age 14+) for individual and couples therapy, intakes can be scheduled online.