



SORTING SEXUALITY

A 6-week virtual psychotherapy group

Starting May 17, 2022
Tuesdays from 6-7pm

Facilitated by Em
Riveles, LCSW

Sexuality is an aspect of life that has many layers to it, often related to our environment growing up, how we have been socialized in the world, and how we understand ourselves in relation to others. This is often impacted by our gender identity and expression, particularly for individuals who identify within the non-binary and transgender identity spectrums. With this group, participants will dig below the surface to explore many themes related to sexuality, including gender roles, ethical non-monogamy/polyamory, impact of past experiences on sexuality, feelings of guilt or shame that may exist in relation to sexuality, and acceptance as well as affirmation regarding one's sexual identity.

IF INTERESTED, PLEASE CONTACT EM@REFRESHTHERAPYNYC.COM



Sorting Sexuality: A Virtual Therapy Group

Tuesday evenings, 6:00 - 7:00pm

6 sessions: May 17th, 2022- June 21st, 2022

My name is Em Riveles and I am a Licensed Clinical Social Worker (LCSW) at Refresh Psychotherapy. I am excited to announce that Refresh Psychotherapy will be offering Sorting Sexuality, a psychotherapy group that will support individuals within the non-binary and transgender identity spectrums in exploring sexuality. The group will run for 6 weeks, beginning on Tuesday, May 17, 2022 from 6-7pm. The group will be facilitated virtually.

Sexuality is an aspect of life that has many layers to it, often related to our environment growing up, how we have been socialized in the world, and how we understand ourselves in relation to others. Reaching a place of comfort and understanding regarding one's sexuality can be complicated and further complicated by societal pressures. This is often impacted by our gender identity and expression, particularly for individuals who identify within the non-binary and transgender identity spectrums.

With this group, participants will dig below the surface to explore many themes related to sexuality, including gender roles, ethical non-monogamy/polyamory, impact of past experiences on sexuality, feelings of guilt or shame that may exist in relation to sexuality, and acceptance as well as affirmation regarding one's sexual identity. Participants will consider messages related to sexuality and gender that they have received and explore how they can feel empowered around their

sexuality within the context of their gender identity. Through Sorting Sexuality, group members will have the opportunity to discuss these themes in a safe space with peers who share similar experiences.

If you feel that Sorting Sexuality is a group that will be a good fit for your needs, feel free to reach out so we can schedule a brief consultation. I look forward to hearing from you!

Sincerely,

Em Riveles, LCSW

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