

# ***RESOLVING SEXUAL ORIENTATION, RELIGIOUS, AND SOCIAL CONFLICTS***

This therapy group is based on research that describes the process of how individuals can resolve their distress and concerns about their sexual orientation.

The group offers participants a place to sort out thoughts and feelings, enhance self-esteem and confidence to face rejection, find support, develop a positive identity, & find comfort within their lives.

Group discussions explore a wide range of options to identify solutions that fit for the individual.

The group meets in Salt Lake City weekly throughout the year. Cost is \$30, with some reduced fee openings available upon request. All sessions are treated confidentially.

For more information regarding group or individual therapy, contact Lee Beckstead, PhD, 801-581-0422.