

***“A trusting, collaborative relationship with my clients lies at the core of effective treatment.”***

Kenny Levine, LCSW, provides individual and group psychotherapy services for adults, adolescents, and couples. He sees clients with a wide range of backgrounds, beliefs, and treatment issues, including anxiety, depression, substance abuse, relationship distress, and sexuality. Kenny has received specialized training in group psychotherapy, and has years of experience facilitating treatment groups for anxiety and depression. He received a B.A. in psychology from UNC-Chapel Hill, and a Masters in Social Work from Barry University in Miami, FL.

Kenny's practice is located on Highway 54 in New Hope Court, conveniently located just off of I-40, near The Streets at Southpoint. New Hope Court is a new office complex surrounded by trees and ample parking.

For more information regarding the Gay Men's Psychotherapy Group, or other services, please call Kenny at (919) 475-3068 or visit on the web at [www.kennylevine.com](http://www.kennylevine.com).



*Kenny Levine, LCSW*  
**Reclaim your life!**

# Gay Men's Therapy Group



KENNY LEVINE, LCSW

Call (919) 475-3068, or visit  
[www.kennylevine.com](http://www.kennylevine.com)



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## GAY MEN'S THERAPY GROUP

This group provides a safe and comfortable environment for gay men ages 23 and over to work through interpersonal problems and emotional issues. Group therapy is effective because it allows individuals to give and receive feedback in a setting that replicates real life situations. Through the group process, clients can gain insight into their own thoughts and behavior, offer support to others, and develop new ways of relating to other people.

Group members are free to raise the issues that are important to them in the moment, but the following themes are commonly addressed:

- Anxiety
- Depression
- Loneliness
- Self-destructive behaviors
- Coming-out
- Family issues
- Intimacy
- Sexuality & sexual compulsivity
- Self-image

## BENEFITS OF GROUP THERAPY

Group therapy can help people identify and create the kinds of lasting, positive changes they desire in their lives and their relationships. It specifically offers numerous benefits for gay men who seek to resolve a wide range of emotional and interpersonal issues. This group allows members to:

- **Overcome** the barriers to feeling connected with other gay men.
- **Resolve** feelings of anxiety, anger and low self-worth.
- **Change** self-destructive behaviors, including substance abuse and sexual compulsivity.
- **Enhance** both friendships and romantic relationships.
- **Explore** emotional and relationship difficulties from the past and present.
- **Gain** skills for dating, communicating, and managing conflict.
- **Learn** to connect sex with emotional intimacy.
- **Increase** self-knowledge, and explore essential questions of identity.
- **Experience** cost effective therapy that works!

## HOW TO JOIN

Please call Kenny at (919) 475-3068 to schedule a screening appointment. During that appointment, you will have an opportunity to discuss in depth some of the issues you are interested in working on, and receive an orientation to the group process.



## SCHEDULE & FEES

The Gay Men's Therapy Group is open ended, meaning that members will have the opportunity to progress at their own pace, and leave the group when their personal goals have been met.

The group meets Wednesday evenings from 6:00 to 7:30 p.m. at 1502 Highway 54 West, Ste. 603. The fee is \$50 per weekly group. The group size is limited to 10 participants. Many major insurance plans accepted (visit [www.kennylevine.com](http://www.kennylevine.com) and click "insurance" to see if your plan applies).

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