

Al Bright PhD All About Men



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RETIRED I specialize in men's concerns offering counseling held in a group setting, and focusing on issues of sexual identity, personal power and self respect, improved relationships with self and others, senior concerns, and other personal issues as viewed from the male perspective. Al Bright's Groups: All About Gay and Bisexual Men This group focuses on the unique personal issues of gay and bisexual men and the related issues common to men of any age in our culture. If you are concerned about your sexual identity, lack of intimacy with your partner, want to better understand your emotions, or just want to express yourself in a protected environment with other like-minded men, and guided by an experienced group leader, please join us. All About Men & Their Relationships This mixed group focuses on the intimacy issues men have in their relationship with themselves, their partners, and others. What are the age related issues you are confronting in whatever season of life you are in? Perhaps you want to better understand your emotions, or just want to express yourself in a protected environment with other like-minded men, and guided by an experienced group leader. If so you are welcome to join us.

Specialization(s): Men's Groups, Men's Issues
Rates: \$50 Group, \$100 Indiv, No insurance taken