

Queer Identity & Authenticity Coaching - bi pan poly



Oakland, California 94610
United States

Updated: June 2022 Offering Individual Sessions, Workshops and Groups

Utilize life-coaching to get inquisitive and creative about how you can take practical actions towards discovering and becoming the person you want to be today and going forward. I'm known for my ability to examine information from many different perspectives and for giving honest feedback. I use Motivational Interviewing and future oriented interventions to nudge you in the direction you want to go. Being your authentic self requires frequently addressing social constructionism such as: heteronormativity, false gender roles, discrimination, homophobia, biphobia, gender, traditional monogamy and ableism. When you don't feel like you can be your true self (with gay friends, with family, in your different communities, your culture, your society) you are missing out on opportunities for deeper connection and acceptance. Navigating your own minority identities and the isolation which often accompanies them presents us with rich opportunities to normalize that which is stigmatized. Loving more than one gender is a beautiful thing and sexual identities are multidimensional. Sometimes expanding your labels can be liberating e.g. pansexual, demisexual, gender queer, trans, asexual. Your fluid desires and attractions are normal and understanding them can lead to an

empowering sense of belonging. This will apply to areas of dating, partnership, intimacy and relationships in general. Every CNM (consensual non-monogamous) relationship looks different. Open relationships, poly, and monogamish structures carry a complexity that often requires some intense self-reflection and an empathic confidant. Ethical non-monogamy is freedom with responsibility, not freedom from responsibility. Let's visualize the relationships and intimacy you desire, clarify agreements, address feelings of jealousy and establish healthy boundaries. My other specialty is Disability, Especially the Deaf and Hard-of-Hearing Community. If you or someone close to you has a disability, is D/deaf or is experiencing hearing loss, let me guide you through this challenging transition. There are countless communication tools, technology, resources and entire communities waiting for you. Let me empower you with Coaching & Counseling to gain a more intuitive and spiritual understanding of yourself, your essence and your desires so that you can stand alone with confidence in your identity while also feeling the support of communities in which you belong. The intersections of your oppressed identities are valid and crucial to connecting more authentically with others. **life-coach services are not psychotherapy, those needing Licensed Mental Health services will be referred to an appropriate therapist**Virtual and Worldwide coaching sessions

~~~ Schedule your free 20 min consultationBackground:Marriage Family Child

Counseling, MS

Rehabilitation Counseling, MS

Approach:

Motivational Interviewing

Solution-Focused

Non-Violent Communication

Personal Identities:

Bisexual, Pansexual, Queer, Bi+

Non-monogamous

Deaf/deaf/Hard of Hearing

Mama

Specializations:Gender expansive language

LGBTQIA

Sex-positive

Disability

Deaf Culture

ParentingGroup Facilitator - available upon demand

Rates: \$120 per 50 min session

GayLesbianDirectory Discount Offered: \$10 off first session

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