



*Therapy for the
Sophisticated Gay Man*

NEWSLETTER

Kemp L. Smeal, MA, MFT
714.647.7577
License #MFC36925

Welcome to the premiere issue of Therapy For Gay Men newsletter, an e-newsletter designed to provide practical, relevant information for the gay man, and about gay men and their relationships.

This newsletter is for you, the gay man, or you, the non-gay person who cares about gay men, and is interested in learning about issues a gay man might deal with practically everyday of his life.

Living an authentic life as a gay man requires dealing honestly with emotional aspects of relationships with family, friends, partners, work associates, and relationship with yourself. "Coming out" and being out as a gay man can be a huge relief - and it **may create more questions and challenges.**

Some of the challenges are: dealing with fear and aloneness, homophobia, dating and learning how to date, sexual expression and activity, health and disease issues, religion and spirituality, career and work, ex-spouse or ex-partner, parent-child relationships, partner relationships, "coming out" to people you love and care about.

Professional and non-professional support and care, and information can help you deal more effectively with the myriad of challenges you may face living life as a gay man.

I invite you to add this free newsletter to your cache of personal resources. Feel free to forward it to gay men and others you know who might benefit from receiving it.

If you're receiving this ezine as a forwarded link and would like to subscribe, please visit my website: www.TherapyForGayMen.com and click on **Get free tips!**

In addition, TherapyForGayMen.com offers more information and helpful links.

Thanks for reading!

Peace to you--

Kemp