

# SEXUAL ORIENTATION & GENDER INSTITUTE OF ARIZONA

## Our Vision:

- Connect, unite, and support Arizona's LGBTQIA community
- Promote the well-being and healthy behaviors of individuals, families, and partners/couples across the lifespan
- Inspire future generations of behavioral health providers and community partners to promote Arizona's LGBTQIA community

## Our Mission:

Arizona's LGBTQIA+ community members will find community-based support groups, gender affirmative services, and the highest quality evidence-based individual, family, and group therapies for those struggling with behavioral health concerns and that are supportive of each individual's/family's/relationships /couple's life goals.



## TAKE THE FIRST STEP...

REACH OUT TO US TO REQUEST  
AN APPOINTMENT

ADMIN@SOGIAZ.EBTZ.COM

<https://www.sogiaz.com/>

For more information  
please call:

480-780-0278

11811 N. TATUM BLVD. #3031  
PHOENIX, ARIZONA 85028

Toll-free Suicide Prevention Hotline  
**1-800-273-TALK (8255)**

Arizona Suicide Prevention Hotline  
**480-784-1500**

For LGBT crisis hotline please call  
**480-736-4925**



**We can help you live the  
life you deserve**

**SOGIA's providers have  
extensive training to  
support those in the  
LGBTQIA+ community**



# Meet Our Providers

## JOSHUA KELLISON, Ph.D. (HE/HIM)

Dr. Kellison is the Founder and Director of Clinical Services and Training for SOGIA. A Licensed Clinical Psychologist who completed his doctoral training at Arizona State University. Kellison has specialized training in several types of evidence-based therapies (e.g., ACT, CBT, CPT for PTSD, and full-model DBT). Dr. Kellison provides therapy to all ages.



## MICHAELA GUSMAN, B.A. (SHE/HER)



A Clinical Psychology doctoral student at Arizona State University completing her third-year clinical practicum placement at the SOGIA/EBT Center of Arizona. Mickie attained her Bachelor of Arts degree in Psychology at Skidmore College in Saratoga Springs, New York. She provides evidence-based individual and group therapy to children, adolescents, and adults.

# Step into Our Spaces



# Therapy Options

- **Individual Therapy**—a provider and client meet one-on-one for most of the therapy sessions
- **Couples, Relationships, and Family Therapy**—a provider meets with the individuals that comprise a romantic relationship or those within a family.
- **Support Group Therapy**—Groups comprise of both lessons provided by the therapist who facilitates the group and support where group members are encouraged to share and gain support from others.
- **Group Therapy**—Skills-based groups. While providing support to each other is an important element to skills groups, these groups are psychoeducational and have more of a “class” feel than support groups. The focus of the group is to facilitate the learning and practice of skills.



## Individual Care

- Relationship and Sexuality Support
- Depression and Anxiety
- Impulse Control
- Anger Management
- Trauma/PTSD
- Grief and Loss
- Parenting and Family Planning
- Gender-affirming care
- Gender Evaluations for gender affirming hormones and surgeries
- Supportive care for those living with CARD/DSD and/or identifying as Intersex
- Living with HIV/AIDS
- Substance Use/Addictions
- Suicidal Thoughts/Self Harm

## Therapeutic Models

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance Commitment Therapy (ACT)
- Cognitive Processing Therapy (CPT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Complicated Grief Treatment (CGT)