

Mixed Orientation Relationships Group

6 sessions over 3 mos

*30 min screening/consult (virtually or in-person) required

Would you like to take your journey of personal growth to the next level?

This group was formed to offer a space for those in committed mixed-orientation relationships. The group will help clients feel visible, receive support, and process the challenges they are facing in their relationship due to their differing sexual identities. We welcome those who have chosen to be monogamous, elected to open their relationship in some capacity, or those still deciding the boundaries of their relationship.

Together the group will engage with external materials — books, podcasts, articles, etc. — as tools to help explore their relationship structures, challenges, and gifts.

Any committed dyad in which one member identifies as LGBTQIA+ and whose partner identifies as heterosexual is welcome to join this group. Please note that this group functions in dyads; therefore, both partners will need to be present for group sessions.

To set up an assessment or for more information, please email Sophie directly at: snewman@connectioninstitute.net



Sophie Newman.MFT

Sophie Newman uses a creative, culturally-attuned, and systemic therapeutic approach to provide access to healing for those seeking support in their relationships through therapy.

Holding the belief that healthy relationships must be built on a foundation of trust, Sophie strives to provide an environment where humans from all orientations & walks of life feel welcome.

While Sophie enjoys working with a variety of concerns, she specializes in working with individuals and relationship systems that struggle with desire, intimacy, and sexuality.

