

## Our Mission

Through quality confidential therapy, we are committed to assisting individuals, couples, families, and children make meaningful changes within themselves, their relationships, and their communities.

As a clinic, we are dedicated to creating a safe place to serve all people, all relationships, and all communities.

The Couple and Family Therapy (CFT) program is committed to training ethical, socially responsible, well-rounded students who will be valuable assets to both the Couple and Family field and the communities they serve.

**SAFE ZONE**



We provide supportive and affirming services to LGBT individuals and their families.

Safe and  
Affirmative  
therapy for

Lesbian,  
Gay,  
Bisexual, and  
Transgender

individuals, couples,  
and families

### Family Therapy Center

Stop N Go Center  
1919 North University Drive  
NDSU Dept. 2615  
PO Box 6050  
Fargo, ND 58108-6050

701-231-8534



[www.ndsu.edu/hdfs/family\\_therapy\\_center](http://www.ndsu.edu/hdfs/family_therapy_center)

Family  
Therapy  
Center at NDSU

701-231-8534

1919 North University Drive · Fargo ND

# the Family Therapy Center NDSU

*we specialize in providing affirmative therapy services to lesbian, gay, bisexual, and transgender individuals, couples, and families.*

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## What is LGBT Affirmative Therapy?

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Affirmative therapy is based on a positive view of lesbian, gay, bisexual, and transgender identities and relationships and seeks to provide a safe and supportive therapeutic environment for LGBT individuals and their families as they work through normal life and relationship struggles.

LGBT affirmative therapy acknowledges that LGBT individuals are often treated unfairly. Therefore, LGBT affirmative therapy explores the ways in which living with discriminatory treatment can influence the individual lives and relationships of LGBT people.

All of the therapists at the FTC have received specialized training in providing LGBT affirmative therapy and are committed to being allies in the local community for LGBT people.

## Common Therapy Topics

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*Individuals, couples, and families come to the Family Therapy Center for a wide range of topics or concerns. Some common therapy topics include:*

- Coming Out
- Family Issues Related to Coming Out
- Raising Children in a LGBT Identified Family
- Parenting Gender Creative Children
- Discrimination Related to Homophobia & Heterosexism
- Gender Identity
- Transgender Identity
- Gender Expression
- Transgender Disclosure
- Depression & Anxiety
- Spiritual & Religious Issues
- Struggles with Body Acceptance
- Pre-Commitment & Pre-Marital Therapy
- Couple Difficulties
- Conflict Resolution
- Childhood Behavioral Struggles
- Grief & Loss
- Life Transitions
- Sexual & Emotional Abuse
- Family & Partner Violence

## Flexible Hours

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To fit your schedule, we offer day and evening appointments from 8:00am to 8:00pm.

To set up an appointment, call 701-231-8534. We can usually schedule you within a week of your call. All calls kept strictly confidential.

## Affordable Fees

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Fees for therapy services are based on a sliding scale which takes into account gross annual income, household size, and the ability to pay.

No one is ever turned away for inability to pay, and we will make sure your fee is affordable for you. *NDSU students receive services for free.*

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