A closed 7-week cohort

Expansive Relationships Lab: Support & Skill-Building Group

A support and skill-building group for non-normative intimate relationships (not exclusive to solely romantic) - polyamory, relationship anarchy, non-monogamy, and everything without a script - built with neurodivergent processing styles and LGBTQIA+ intersectionality in mind from the ground up.

Built & co-facilitated by a queer, trans, neurodivergent, polyamorous, and relationship anarchist graduate clinical intern.

What we'll work on

- Relational formations, smorgasbord & frameworks
- Boundaries vs. agreements vs. rules
- Direct, open communication skills
- Emotional processing & parts
- New relationship energy, jealousy & compersion
- Conflict & repair
- Values-aligned decision-making
- Time & schedule management
- Marginalization & systemic stress

Who it's for

Adults in Washington State currently in, actively exploring, or considering non-normative relationship structures wanting to gain tools for emotional processing, relational decision-making, healthy boundary development & support in navigating these relationships.

How it runs

Small closed group, seven 90 min weekly virtual sessions. First week identifying relevant frameworks, setting group norms & target goals based on group members' desires/identified areas of growth. Specific structure will be adjusted/built out from there.

Starts	January 12, 2027
Meets	Weekly on Tuesdays, 5:30-7pm for 7 consecutive weeks
Group size	4-8 participants
Cost	Insurance accepted. Self-pay options available.

Facilitators: Ray Power & Thomas Matysik, graduate clinical interns at Balanced Living Therapy, LLC under the supervision of licensed clinicians

Interested?

Talk with your therapist or call/email our front desk at 425-977-4988 or frontdesk@balancedlivingtherapy.com to sign up

www.balancedlivingtherapy.com