



It's Your Hour: Guide to Queer-Affirmative Psychotherapy

Michael Bettinger

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Making the decision to seek psychotherapy is a challenging one, but for gays, lesbians, bisexuals, or transgendered persons the challenge is double. Michael Bettinger, a psychotherapist practicing in San Francisco, lays out a comprehensive guide to the process. From determining if psychotherapy is for you and overcoming fear of "treatment" to selecting a therapist who is capable of dealing with the unique needs of a GLBT patient, from scheduling issues to problems with insurance companies, *The Lavender Couch* is the one and only book of its kind and the ultimate guide for GLBT patients to choosing the right path to total mental health.

Michael Bettinger is a psychotherapist, educator, and writer. He is in private practice in San Francisco and works primarily with people who are gay, lesbian, bisexual, or transgendered.



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