

New Year's Eve Bash!

Ring in 2002 at Portland's Newest, Classiest, Hottest & Biggest ALL WOMEN'S MONTHLY NIGHT SPOT!!!

VENUS

1125 SE Madison
(corner of SE 12th & Madison)



Party Favors

Free Hors d'Oeuvres
Door Prizes, Hot Music,
Full Bar & Hundreds of
Wall-to-Wall Women!

\$10 Advanced/\$14 At the Door
Get tix early before they sell out! We haven't had a class act party like this in years! Arrive early to ensure entry.

Advanced Tickets

Monday
Dec 31
2001

On Sale at:
It's My Pleasure
3106 NE 64th
In Other Words
3734 SE Hawthorne
or call our Info #
at 503-993-9920

21 &
Over

Counter Media

THIS HOLIDAY SEASON,
WHY NOT GIVE THE GIFT OF SMUT?

- (NEW) *The Male Nude Now*. Artful yet torrid erotica by 114 photographers and artists. \$40.
- (NEW) *2002 Calendars: Colt Men*. \$15.95. *Real Naked Marines*. \$14.95. *Naked Youth*. \$13.
- (SALE) *Bidgood*. Lush male photos by 60s filmmaker. 5-star camp! Reg \$40. Sale \$19.99.

DOWNTOWN @ 927 SW OAK • 226-8141

GRATEFUL DEAD
Saturday Dec. 22, 5PM-midnight

WITCHES NETWORK NEWS
Friday Dec. 28, 6PM

a feminist antiwar satire performed by Radical Women.

Listen for **THIS WAY OUT** Tuesdays at 6pm.

KBOO COMMUNITY RADIO
90.7fm PORTLAND
503/231-8032 • 20 SE 8th St., Portland • www.kboo.org
92.7 COLUMBIA GORGE • 100.7 WILLAMETTE VALLEY

Santa's Best Helper

Available at Spartacus

Mon—Thurs 10am—11pm
Fri—Sat 10am—12pm
Sunday 12noon—9pm



SPARTACUS

503.224.2604
300 SW 12 Ave Portland, OR 97205



Are we all in bed together?

Call MAN2MAN at 503-223-5907
For One on One Peer Education

Cascade AIDS Project

CULTURE

Got the ho-ho-hums?

The holidays can be especially stressful for gay and lesbian families. Help is available from a variety of sources this season—and beyond.

BY ORIANA GREEN



Given the state of the world right now, it's no surprise one industry not suffering an economic downturn is pharmaceuticals—especially the makers of handy-dandy antidepressants. Factor in the prospect of finding ways to work yourself into a holiday mood, and lots of us are succumbing to full-blown, kick-the-cat, drown-in-mac 'n' cheese depression.

Now for the good news: Help is out there—both low-tech and high-tech. One of the easiest things to do is read a book.

If you're considering therapy, a good place to start is *It's Your Hour: A Guide to Queer-Affirmative Psychotherapy* by Michael Bettinger, Ph.D. He starts out with this point: "It's not easy being queer, being part of one of the few groups that large parts of our society feel it is acceptable to legally and socially discriminate against."

He says that we have unique issues and that if we are substantially bothered or hindered by them, psychotherapy can help. Bettinger believes the basic identity issue for gay men is that society often views them as fools throwing away their birthright to heterosexual male dominance.

Lesbians, he notes, have a double problem, because society devalues them first as women and again as lesbians. The author also mentions the paucity of positive role models for either gender.

Of course, given that there are still therapists out there who were taught homosexuality is a disease, choosing the right one is paramount. Bettinger has been practicing in San Francisco for 20 years, working primarily with people who are gay, lesbian, bi or trans, so he seems well qualified to advise readers on the ups and downs of therapy.

His guide includes 20 pages of resources and covers topics such as how to know whether you need therapy, special issues

confronting gay men and lesbians, different approaches to treatment, how to choose a therapist and whether to medicate. The information is doled out with lots of examples and case studies, making this an accessible book for a general audience.

Portland lesbian therapist, now with two books to her credit, has a unique approach. Marilyn Sorensen, Ph.D., specializes in treating low self-esteem.

Swimming against the tide of the one and only official diagnostic manual, she believes low self-esteem is a diagnosis all by itself, not just a symptom or side effect of something else—depression, for example. Because low self-esteem is not yet recognized as a diagnosis, insurance companies won't pay for treatment.

Even if your therapist manages to get around that with another diagnosis, managed care policies often limit the number of visits to between 10 and 20 a year.

And that, Sorensen says, probably isn't enough to deal with such a deep-seated issue—especially one that can erode every area of your life.

She suggests patients think of long-term therapy as they would any other major purchase: an investment that will pay long-term benefits. But if that kind of financial commitment just isn't possible and you are wondering whether low self-esteem is part of your picture, you always could start with her first book, *Breaking the Chain of Low Self-Esteem*.

Her follow-up, published this year, is *Low Self-Esteem: Misunderstood & Misdiagnosed*, which makes her case for changing the diagnostic manual as well as the thinking of an entire profession. This book could be especially useful to someone who's been in therapy but hasn't seen the expected results.

