UNDERSTANDING SELF AND OTHERS

for grad & professional students

This is a safe and confidential group designed for graduate students who want to explore ways to build closeness in interpersonal relationships, work on the interpersonal aspects of anxiety and depression, resolve problems and conflicts, and become more aware of their actions and communication styles. The group typically comprises of 8-10 members with two group therapists.

Thursdays, 3-4:30 PM
Begins January 30th
CDI Multipurpose Room
DUC Suite 150
Facilitated by Aditi Ahlawat, Ph.D., and Yujia Lei, Ph.D.

Please contact Dr. Aditi Ahlawat (aditiahlawat@wustl.edu) to learn more about the group or to schedule a group orientation appointment.