UNDERSTANDING SELF AND OTHERS

for undergrads

This is an interpersonal process group for undergraduate students that provides a safe and confidential environment for students to meet together weekly and work through relational issues that lead to psychological symptoms or dissatisfaction in relationships. Each group session lasts for 75 - 90 minutes and comprises of 8-10 individuals who meet weekly with the facilitation of one or two group therapists. The power of such a group lies in the unique opportunity to receive multiple perspectives, support, encouragement, and feedback from other individuals.

In an interpersonal process group you can:

- Become a better listener
- Learn how to give and receive feedback effectively
- Understand and apply healthy boundaries in relationships
- Problem-solve interpersonal issues with your peers

MONDAYS, 3-4:30 PM
BEGINSESSEP. 9

HABIF HEALTH AND WELLNESS CENTER CLASSROOM

FACILITATED BY ADITI AHLAWAT, PH.D., AND SHANNON GARTLAND, LPC

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