

Counseling and Psychological Services

BRIDGE

Building Relationship Intimacy & Dialogue Effectiveness

Fall 2021 | Tuesdays at 3:00 PM

BRIDGE (Building Relationship Intimacy & Dialogue Effectiveness) focuses on identifying ways to foster healthy relationships via self-monitoring, effective communication, and conflict resolution skills.

The three-session workshop is divided into content that builds upon itself. The sessions include modules dedicated to helping you:

- 1. Better understand your values and boundaries in relationships,**
- 2. Learn the role of culture in communication, different styles of communication, and strategies for effective communication, and**
- 3. Identify common causes of conflict and effective conflict management techniques.**

Each workshop is 45 minutes to one hour. Attendance is expected at each of the three workshop sessions, as the information builds on material from previous sessions. The BRIDGE workshop is not a substitute for formal counseling and does not constitute mental health treatment.

To find out about registration, please consult with a CAPS clinician regarding referral. Once registered, you are welcome to join this free workshop series using the link that will be provided to you.

If you have any questions or should you need accommodations please contact counsel@gwu.edu.

Zoom link will be provided by the facilitator.

SECTION 1

- **September 21**
- **September 28**
- **October 5**

SECTION 2

- **October 12**
- **October 19**
- **October 26**

SECTION 3

- **November 2**
- **November 9**
- **November 16**

COUNSELING AND PSYCHOLOGICAL SERVICES

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