

Counseling and Psychological Services

BRIDGE

Building Relationship Intimacy & Dialogue Effectiveness

Spring 2022 | 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 virtual workshop is divided into content that builds upon itself. The sessions include modules dedicated to help 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

- **January 18**
- **January 25**
- **February 1**

SECTION 2

- **February 15**
- **February 22**
- **March 1**

SECTION 3

- **March 22**
- **March 29**
- **April 5**

COUNSELING AND PSYCHOLOGICAL SERVICES

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