COUNSELING & PSYCHOLOGICAL SERVICES

UNDERSTANDING YOURSELF & OTHERS

Undergraduate Student Group

Fall 2022 | Wednesdays 3 - 4:30pm

USO is a weekly, in-person, process group for undergraduate students who are looking for a safe and supportive environment to support their personal growth and gain awareness of how they function in relationships. You'll learn about yourself by exploring their interpersonal patterns, getting feedback, and using the group to practice new behaviors.

TELL ME MORE ABOUT THIS GROUP

You can benefit from membership in this therapy group in the following ways:

- Gain greater self-awareness
- Improve existing and future relationships
- Increase self-esteem
- Learn to trust others
- Foster personal growth

GET CONNECTED TO CAPS

Get a pre-screening by talking with a CAPS clinician during a virtual consultation by calling (202) 994-5300 daily between 12-4pm. Students can also scan QR code to complete a group interest form and a clinician will reach out.

You can also request more information by contacting the group facilitators:
Jeremy Smith, LMSW | jeremymacsmith@email.gwu.edu

Scan the code to learn more!