COUNSELING & PSYCHOLOGICAL SERVICES
THE JOURNEY: A GRIEF/LOSS GROUP

Fall 2022 | Mondays 3:00pm-4:15pm

Who should attend this group?

This process group is intended for GW Students who have experienced the death of a family member. If you have experienced the death of a loved one, this group may be the support you are looking for.

What will this group provide for me?

- A safe environment where you can narrate your story and express feelings freely in a supportive environment
- A place for establishing a connection that brings a decrease in isolation
- A forum for understanding common myths about what grief is and how to grieve
- A community that validates your emotional reactions

Get Connected

Students can request a pre-screening by talking with an SHC CAPS clinician during a virtual consultation by calling (202) 994-5300 (Monday through Sunday) from 12pm to 4pm, or you can request more information by contacting the group facilitators, Dr. Vaughn Miller at vaugmil@email.gwu.edu or Jeremy Smith, LMSW at jeremymacsmith@email.gwu.edu.
COUNSELING & PSYCHOLOGICAL SERVICES

Understanding Yourself & Others-Graduate

Fall 2022 | Tuesdays 3:00-4:30 PM

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

What will this group provide for me?

Individuals 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

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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. Participants will learn about themselves by exploring their interpersonal patterns, getting feedback, and using the group to practice new behaviors.

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