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

Get Connected

If you are interested, you can request to be scheduled for a pre-screening by talking with an SHC CAPS clinician during a virtual consultation by calling (202) 994-5300 from 12pm to 4pm (Monday through Sunday). For more information, please contact the group facilitator, Sarah Zoogman, PhD at szoogman@gwu.edu