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Wellness Center
Student Counseling Services



Interpersonal Process * Support Group

Mondays 2 - 3 PM
In-Person

This group is for individuals looking to expand their awareness of themselves in relation to self and others. The focus is on themes such as trust, intimacy, and boundaries. If you struggle with interpersonal patterns such as not knowing how to communicate your needs/feelings, putting others' needs ahead of your own, and/or shying away from getting close to people, then this group might be for you.

* Students from all programs are welcome to request this service, but an individual appointment with the group facilitators is required to determine goodness of fit with the current five members. Looking for up to three more members to join.

Interested? Request Services here:
(or Stop by Room 6422)

Facilitated By:

Dr. Inez Strama, Psy.D.
Assistant Director, SCS

Zeina Kamareddine, M.A.
Clinical Fellow, SCS

