



Understanding Self & Others

Wednesday 3 to 4:30PM

This therapy group is for students (undergraduate & graduate) who would like to better understand their communication and interaction styles and receive feedback regarding their interpersonal style and interactions with others. Various topics may be discussed, such as family dynamics, how early experiences impact current relationships, coping with changing levels of intimacy, initiating conversations, relationship dynamics, with an emphasis on here-and-now exploration.

Group Facilitator(s): Josh Turchan, PhD & Tim Wilkins, M.A.



Counseling & Psychiatric
Services (CAPS)
MICHIGAN STATE UNIVERSITY

Fall 2020

**Meets weekly until finals
week**

**Get a better
understanding of yourself
and others!**

**Great for undergrad and
graduate students**

**Pre-group meeting
required
Contact email
turchanj@msu.edu for
more information.**

LOCATION:

**Counseling & Psychiatric
Services (CAPS)**

Virtual Group

caps.msu.edu