



Counseling and Psychiatric Services (CAPS)  
University Health and Wellbeing  
MICHIGAN STATE UNIVERSITY

# Understanding Self and Others

## TUESDAYS

Starting January 24

9:30-11 A.M.

In Person

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## WEDNESDAYS

Starting January 25

3-4:30 P.M.

In Person

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## FRIDAYS

Starting January 26

2-3:30 P.M.

In Person



This therapy group is for undergraduate and graduate students who would like to better understand their communication and interaction styles and receive feedback about their interpersonal style and interactions with others.

### Register:

Get started at  
[caps.msu.edu/schedule](https://caps.msu.edu/schedule)  
for more info,  
pre-screening and  
registration information.



Discussion topics include family dynamics, how early experiences impact current relationships, coping with changing levels of intimacy, initiating conversations and relationship dynamics, with an emphasis on here-and-now exploration.

Pre-screening is required. Schedule a phone screening at [caps.msu.edu/schedule](https://caps.msu.edu/schedule) and indicate that you're interested in this group.

**Tuesday:** Yvonne Connelly, PhD, LP  
Troy Strother

**Wednesday:** Josh Turchan, PhD, LP  
Ciera Lewis, MA

**Thursday:** Markie Silverman, PhD, LP  
Kiera Kunkle, MA