



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

Understanding Self and Others

TUESDAYS

Starting May 30

9:30-11 A.M.

In Person

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WEDNESDAYS

Starting May 31

3-4:30 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.

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 and indicate that you're interested in this group.

Tuesday: Yvonne Connelly, PhD, LP
Jovany Avedano, PsyD

Wednesday: Josh Turchan, PhD, LP
Ashley Craft, MA

Register:

Get started at
caps.msu.edu/schedule
for more info,
pre-screening and
registration information.

