Understanding Self and Others

TUESDAYS
Starting May 30
9:30-11 A.M.
In Person

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.

Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff.

Call (517) 355-8270
Visit caps.msu.edu
@healthyspartans

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