

Fall 2021

# INTERPERSONAL PROCESS GROUP FOR GRADUATE AND PROFESSIONAL STUDENTS

Group Leader: Sophia Chang, Psy.D. CGP  
Thursdays 3:30 - 5 PM via Zoom



Interpersonal Process Group offers a secure environment to identify and explore feelings, give and receive support and feedback, practice new, healthier ways of relating to others, and experience authentic interpersonal experiences.

- Improve self-awareness and relational abilities
- Understand the impact of your behavior on others
- Explore trust issues
- Understand insecure attachment
- Strengthen interpersonal boundaries
- Develop ability to handle confrontations and conflicts
- Present authentic self and express vulnerable feelings



**CAPS4GAPS**  
Counseling and Psychological Services for  
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**TRITONS  
FLOURISH**

**Please contact Dr. Sophia Chang at 858-534-3755  
to schedule a pre-screen appointment.  
Zoom link will be given after pre-screen appointment.**