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

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