INTERPERSONAL PROCESS GROUP
FOR GRADUATE AND PROFESSIONAL STUDENTS

Facilitated By: Dr. Sophia Chang
Thursdays 3:30 – 5:00 PM Via Zoom

Through this Interpersonal Process Group:

• Utilize a secure environment to identify and explore feelings, and to exchange support and feedback.

• Expand your self-awareness, awareness of others, and practice new, healthier ways of relating to others.

• Gain comfort with vulnerability and complex emotions

• Create cerebral and behavioral changes that help you improve the way you treat yourself

This is a process-oriented group that requires a pre-screen appointment. Please contact Dr. Sophia Chang (858-822-2825) to schedule a pre-screen appointment.