

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

UC San Diego
STUDENT HEALTH AND WELL-BEING
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**TRITONS
FLOURISH**

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.