INTERPERSONAL
PROCESS GROUP
FOR GRADUATE AND
PROFESSIONAL SCHOOL
STUDENTS

SPRING 20
APR 2ND - JUN 4TH
THURSDAYS 3:30 PM - 5 PM
HTTPS://UCHEALTH.ZOOM.US/MEETING/REGISTER/UZWRC--GQZWQCD6T9FIV5BQXJLFKMN74Q
FACILITATED BY: DR. SOPHIA CHANG

Interpersonal process groups offer 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.

Participation in such a group is a powerful way to expand self-awareness and improve relational abilities (how we connect, solve problems, respond to hurts, express ourselves, manage distress, etc. with others).

It is also a place to gain comfort with vulnerability and explore the complex emotions that come up in relationships. It may also help you to improve the way you treat yourself. As members explore and process their reactions and feelings, in real time, this immediacy creates brain and behavioral change that begins to transfer to the rest of life.

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.
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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.

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