Understanding Self and Others (USO)  
Weekly Interpersonal Process Group  

Wednesdays 1:00-2:30 pm

Do you ever feel alone even when you’re with other people? Or experience feeling “stuck” in the same interpersonal pattern in relationships? We are here to help! We offer a safe environment where you can learn about yourself and others as a participant in a weekly group meeting.

Participation in our group may lead to better connections with others and ways to improve significant relationships in your life. Group members can expect to learn how to successfully navigate interpersonal boundaries by practicing satisfying interactions with other group members, increase understanding of how people perceive you by sharing and receiving honest feedback from group members, improve your ability to identify and regulate your feelings, and explore visible and invisible personal identities in a group climate emphasizing safety and mutual respect.

Wednesdays 1:00-2:30 PM
Via Zoom

Group Leader:
Sophia Chang, Psy.D.
Licensed Psychologist
Phone: 858-822-2825

To register for USO group, please contact Dr. Sophia Chang (858-822-2825) to schedule a pre-screen appointment.

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