LEARNING ABOUT OURSELVES AND OTHERS

INTERPERSONAL THERAPY GROUP

Feel like it's hard to show your authentic self?

Worry about being judged?

Struggle to open up and make friends?

DO YOU EVER...

HEALTHY RELATIONSHIPS START WITH BEING REAL

THIS GROUP THERAPY PROCESS IS AN OPPERUNITY TO:

- See vulnerability as a strength
- Practice authentic self-expression
- Build compassion for others and self
- Explore healthy boundaries in relationships
- Use creativity, somatic awareness, and "here-and-now" experiences to deepen connection

HOW TO JOIN

A brief screening/orientation appointment is required. Talk to your counselor or call ***716-878-4436*** to schedule with Suzanne Johnson for group screening.
Recommended: Students participating also have a counselor in the Counseling Center.