Fall 2014 Groups Program
Student Health Services
shs.wustl.edu

Check out our new offering!

Mindfulness, Coping & Resilience Workshop Series
Fridays 2:10-3:00pm at Student Health
This drop-in workshop series develops skills that help combat depression, anxiety, motivation and performance problems, and poor self-image. Workshops held every Friday with a different topic covered each week. Topics include using mindfulness to improve attention and mood, managing difficult thoughts and feelings, increasing self-esteem, and using values to create a life worth living. Attend as many sessions as you like; no need to register! Starts Friday, September 19th in the classroom @ SHS.

Interpersonal Growth
Day/Time TBA
This interactive group explores our patterns of relating to others and ourselves. Group members have the chance to discover how others see them, cope with difficult emotions, resolve personal and interpersonal concerns, and achieve more satisfying relationships. NOTE: pending sufficient interest, two sections may be offered with slightly different emphases. Inquire for details.

Origins: The Family and the Self
Day/Time TBA
This is a personal growth group with a particular emphasis on issues related to family. People whose family situations are difficult, complicated, and/or frustrating will gain support and insight into how their family system has come to be how it is, the role they play, and what changes are possible.

Finding Your Center
Day/Time TBA; starts mid-semester
This workshop series incorporates a number of holistic strategies that help students quiet their mind and feel more focused. Each session allows time to practice relaxation techniques, deep breathing, and meditation exercises that help reduce stress and alleviate anxiety.

Dissertation Support
Fridays 3:00-4:30pm at Student Health
This group offers support with the dissertation writing process and helps students discover ways to move past obstacles like procrastination, low motivation, isolation and other things that have them feeling stuck. Space is limited – sign up early!

Graduate Women
Day/Time TBA
This group supports women facing the challenges of graduate study. Topics often include balancing work and life demands, issues of motivation, productivity and meaning, relationship and parenting challenges, and coping with biases within one’s field.

For registration contact Dr. Goldman at gregory.goldman@wustl.edu
(unless otherwise indicated)
Additional groups may be offered. Groups are free and confidential.
All full-time Washington University students and partners who are covered under student insurance plans (or qualified alternative plans) may participate.