



Spring 2015 Groups Program

Student Health Services

shs.wustl.edu



Interpersonal Growth

Meets in South 40 House Meeting Room 1

Fridays 3:10-4:30pm

~ Second section pending demand ~

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.

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!

Finding Your Center

Meets in Dardick House Seminar Room

Wednesdays 2:15-4:45pm (March 18 – April 29)

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.

Check out our drop-in workshops!

- Attend as many sessions as you like
- No need to register

Mindfulness, Coping & Resilience

Meets at Student Health

Two Runs:

Fridays 2:10-3:00pm (Feb 6 – March 6)

Wednesdays 2:10-3:00pm (March 18 – April 15)

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.

Alcohol In Your Life

Meets at Student Health

Tuesdays 2:10-3:00pm (Feb 3 – April 7)

This drop-in workshop is for any student who has concerns about how alcohol is affecting their life. Do you have a friend or family member who you think is drinking too much? Do you have a friend you want to talk to about their drinking? Are you thinking about making changes in your own drinking habits? Participants will learn to determine if drinking is a problem, how to approach friends or family to discuss their drinking, and strategies to change drinking behaviors.

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.