Personal Growth Groups  
*Day/Time TBA*

These interactive groups explore 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.

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 a better understanding of 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*

This group 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.

Graduate Women  
*Fridays, 1:10-2:40pm*

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.

Dissertation Support  
*Wednesdays 4:00-5:30pm*

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!

Support and Skills for ADHD  
*Day/Time TBA*

This new group offers an opportunity for undergraduate students with ADHD to share their experiences in a supportive and non-judgmental environment. In addition to emotional support, group participants will learn from each other and from the group facilitator, including strategies for improving executive functioning skills (e.g. organization, time management, planning, paying attention). Space is limited to 10 students so sign up early.

For registration contact Dr. Goldman at gregory.goldman@wustl.edu

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 may participate.