Interpersonal Growth
Facilitated by Brad Kinnear, MA, LPC
Day/time/location 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.

Origins: The Family and the Self
Facilitated by Gregory A. Goldman, Ph.D.
Day/time/location TBA
This is an interpersonal 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
Facilitated by Karolyn Senter, Ph.D., LPC
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
Facilitated by Jackie Miller, M.Ed., LCSW
Fridays March 25 – April 29, 2:15-3:45pm, location TBA
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. To register or for questions contact Jackie Miller at jmiller@wustl.edu.

Body Image Support Group  New!
Facilitated by Nikki Cassidy, Psy.D.
Fridays 10:00-11:30am in South 40 House Meeting Room 1
This group is an 8-week support group for undergraduate and graduate students who are interested in exploring issues around body image. In this group, you will be able to share your struggles with others who relate to issues with their body. Each week will feature a different topic oriented around helping you experience your body in different ways. A brief meeting with the group leader prior to the first group is required to determine whether this group is an appropriate fit for your needs.

ADHD Support Group
Facilitated by Jennifer Self, Ph.D., LPC
Mondays 4:00-5:00 in Siegle 206
This drop-in group, co-facilitated by Dr. Self from Student Health and Dr. Michael Getty from the College of Arts & Sciences, provides peer support, accountability, and practical strategies for students with ADHD. Undergraduate students are eligible to participate. Attend as many sessions as you like, no need to register! For questions contact Dr. Self at jen.self@wustl.edu.

Mindfulness, Coping & Resilience
Facilitated by rotating counseling staff
Most 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! For schedule of topics, go to shs.wustl.edu.

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