



UNDERSTANDING SELF & OTHERS GROUP FOR HELPING PROFESSIONALS

This group is designed for students in helping profession fields of study. This group will provide a safe space for personal growth opportunities for students to engage in giving and receiving support, empathy, and feedback to help make desired changes, gain insight, explore meaning in your life and gain a better sense of self. Concerns such as anxiety, stress, depression, self-esteem, body image, feeling distant from others, trauma history or grief will be explored in this process group. Discover you are not alone in the difficulties you experience.

Thursdays 11:15am-12:45pm

contact danjones@etsu.edu or wiglen@etsu.edu for more info