

# Spring 2023 Therapy Groups

## **Black Graduate All-Gender Interpersonal Process Group**

**In-Person**, Mondays 2:00-3:30pm

Contacts: tggran2@emory.edu; hfessah@emory.edu

## **Undergraduate All-Gender Interpersonal Process Group**

**In person**, Fridays 3:00-4:00pm

Contacts: grickar@emory.edu; jeraca.gayle@emory.edu

## **Graduate All-Gender Interpersonal Process Group**

**Virtual**, Wednesdays 3:00-4:30p

Contacts: katherine.werner@emory.edu; michelle.aiello@emory.edu

## **Grief & Loss Therapy & Support Group**

**Virtual**, Tuesdays, 4:00pm-5:00pm

Contacts: katherine.werner@emory.edu;  
bridget.clare.donnelly@emory.edu



## FAQ

### **How do I join a Therapy Group at CAPS?**

In order to participate, you must become a client at CAPS. All CAPS clients must be physically located in the state of Georgia.

Call CAPS at 404-727-7450 to schedule an initial consultation and ask your counselor about a pre-group interview.

### **What is an Interpersonal Process Group?**

Interpersonal process groups are therapy groups that apply the knowledge of how people function psychologically to promote change and healing. Their focus is on examining relationship patterns so that members can become increasingly able to form satisfying relationships.

### **Does group really work?**

Yes! Research studies have shown group therapy to be just as effective as individual therapy.

