

ADOLESCENT INTERPERSONAL PROCESS GROUP



FACILITATED BY: STEVEN
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MEETS: WEDNESDAYS AT 4:30

AN 8 WEEK-CYCLE IS
ENCOURAGED

PRE-SCREENING IS REQUIRED

Group members will learn, through the process of interaction with others in the group who provide feedback, how they relate to and interpret their world. Under a climate of acceptance, teens will explore interpersonal difficulties in a safe environment, and learn problem-solving strategies that promote self-acceptance and psychological growth. Group members can expect to increase their:

Effective Communication, Self-Confidence, Trust, Ability to handle constructive feedback, Courage to change troublesome behaviors, Ability to help others, Ability to decrease stress, Knowledge of more positive adaptive behaviors.



**EFFECTIVE
COMMUNICATION**



SELF CONFIDENCE



COURAGE