



PSHDC

Psychological Services and Human Development Center

Psychological Skills Training Group for Family Members

Are You Involved in a Relationship with a Family Member or Significant Other who Exhibits:

- Low self-esteem or poor sense of self?
- Tendencies to harm themselves and/or others?
- Difficulty managing their emotions in a healthy way?
- Acting out anger by screaming, yelling, fighting, or arguing?
- Feelings of emptiness or confusion about their identity?
- Acting on impulses that lead to negative consequences for them and others?

.....If you answered "Yes" to any of the above questions.....

Psychological Services and Human Development Center has a group that can help! Simply complete the information below and return this from to your therapist or group leader. Led by Dr. Debra Resnick, the Training for Family Members group will be held once a week from 6pm-7:30pm for approximately six weeks. Group starts March 24, 2011 with a cost of \$40 per person or \$75 per couple.

Your Name: _____ **Phone:** _____

No. of people who will be attending: _____

Circle the description that best describes the person(s) who will be attending group:

Spouse Roommate Child Parent Girlfriend/Boyfriend

Other: _____