



## Dissertation Support

Facilitated by Karolyn Senter, Ph.D., LPC

Fridays,

3:00–4:30pm

Location: Student Health Center

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! For

questions contact Dr. Senter at

[karolynsenter@wustl.edu](mailto:karolynsenter@wustl.edu).

## CHAT

Facilitated by Karolyn Senter, Ph.D and Ciloue Steward, PhD

Wednesdays starting 9/20/17

10:15–11:30am

Small Meeting Room, Liberman Graduate Center in DUC

CHAT is a weekly informal gathering for international graduate students – taking place in a friendly, relaxed environment where you can meet and share your experiences with other international students and enjoy friendship support with each other. For

Questions contact Dr. Senter at

[Karolynsenter@wustl.edu](mailto:Karolynsenter@wustl.edu)

Or Dr. Stewart at [ciloue.c.stewart@wustl.edu](mailto:ciloue.c.stewart@wustl.edu)

## DBT Skills Class

Facilitated by Jessica Dyer, MSW, LCSW

Mondays

Starting 9/11/2017, 4:15–5:00pm,

Location: Student Health Center

Interested in learning new skills to manage anxiety, depression or relationship problems? DBT Skills class is focused on teaching people skills they can use in everyday living that allow them to feel more mindful, more in control of their emotions, and have better relationships/coping skills when under extreme pressure.

Come and join in on having a life worth living!

For questions, contact Jessica Dyer at [jdyer@wustl.edu](mailto:jdyer@wustl.edu).

**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.**