USO Group
(Understanding Self & Others)

For students who feel distress or dissatisfaction in their relationships with others. This group is helpful if you:

- try to change others
- are often distrusting and suspicious of others
- have a hard time expressing affection toward others
- feel embarrassed in the presence of others
- are unable to be firm with others
- have difficulty feeling and/or expressing anger
- try too hard to please others and/or avoid conflict
- are overly self-disclosing or seek attention inappropriately
- have a hard time spending time alone

Please call CAPS at (702)895-3627 for additional information about this group.