

HELLO.

An Interpersonal Communication Discussion Group



(click on QR code to sign up)

Facilitated by
Claudia Kypuros, Ph.D., LCSW-S & Mónica L. Solís- Hoefl, LPC-S

This is an interpersonal group that aims to provide a safe space to explore and learn more about active listening, verbal, written and non-verbal communication, and how to manage interactions between people. We look forward to using varying frameworks, terminology, critical thinking, and empathy tools to promote and improve engagement in productive conversations; and, be able to relate better with others and feel better about yourselves.

About the participants

The group is for enrolled Trinity students who wish to engage and learn about interpersonal communication..

About the facilitators

Claudia Kypuros is a Clinical Social Worker with a doctorate in Counseling Education and Supervision. She has 15 years of experience in collegiate mental health.

Mónica L. Solís-Hoefl (she/her/ella) is a licensed professional counselor & supervisor. She has worked with all stages of adolescence & adults for more than 20 years in higher education.

About the gatherings

- This is a discussion group, not a psychotherapy group. Therefore, no participant becomes a client of Counseling Services by virtue of participating in the group, and no record of any meeting is kept other than attendance.
- We meet for 70 minutes for a total of 5 meetings during spring semester, typically in the Counseling Services Gathering Room on Fridays at 3pm to 4:10 pm (70 minutes).
- Students may attend whenever they wish. They may arrive and depart as their availability permits.
- The group meetings are:
 - Sept. 20
 - Oct. 4
 - Nov. 1
 - Nov. 15
 - Dec. 6

- Each group will include interactive activities, teaching/review, and dialogue. The series of exercises will be offered in order to facilitate discussion and to build group cohesion.

About the expectations

- Confidentiality: What's said in the group stays in the group.
- It has been important to the participants to have a *safe space* to discuss their experiences while a student at Trinity. Sometimes the discussions are sensitive and emotional. Safety in the group is of high concern. Therefore, all participants provide a respectful and supportive atmosphere where safety and trust abound.

Exceptions to confidentiality

Neither of the following has been disclosed during a gathering, but you should be aware of the following so you can be thoughtful about what you might disclose if either is ever relevant for you.

- If a group participant discloses an incident of *sexual assault*, *sexual harassment*, *dating violence*, or *stalking* that has been perpetrated by or experienced by themselves or any Trinity student or employee while a Trinity student or employee (regardless of the location), Texas law requires the facilitators to report all disclosed information about the incident to the university's Title IX coordinator.
 - The Title IX coordinator will offer information to the student about support resources and complaint resolution options. The report does not initiate the complaint process, and the student will be in control over whether and how to engage with the Title IX coordinator.
 - There are three confidential sources of support on campus: a Counseling Services counselor (when the student is a client), a Health Services medical provider, and the University Chaplain.
- If a group participant discloses *intent to injure themselves* or *another person*, Dr. Kypuros and/or Mx. Solís-Hoefl will respond to support the safety of anyone at risk of injury or death by soliciting the assistance of Counseling Services' on-call counselor.

For questions about the group, email:

Dr. Kypuros: ckypuros@trinity.edu and/or Mx. Solís-Hoefl, MS, LPC-S at msolisho@trinity.edu.