



SPRING 2021 COUNSELING GROUPS & WORKSHOPS

Understanding Self and Others (M- 10-11:30am, Amanda Weaver, PsyD & Mike Hart, MA); (T 3-4:30pm, Anand Desai, PsyD & Devin Kelly, BA); (W 3-4:30, Kaity Brock, M. ED & Tom Gaus, MA)

This group is best for people who experience troubled relationships (including romantic, family, and friend-related), loneliness, depression, and low self-esteem. It offers a protected environment to (but not limited to) understand and express feelings; learn to give and receive empathy; learn about oneself through receiving feedback; develop healthier ways of relating to others and oneself; and learn how to connect to others in order to increase a sense of belonging and feel less lonely and isolated.

Managing Graduate School: Both within and outside the classroom (M 10-11:30am, Jacaranda Palmateer, PsyD & Rich Williams, MA)

This group provides a place to receive support from other graduate students and explore academic and relationship issues that can exacerbate distress during this phase of life.

LGBTQIA Support and Empowerment Group (F 10-11:30am, Briana Johnson, LPC, LAC & Tye Stephens, MA)

This is a group for students who self-identify as bisexual, gay, lesbian, queer, questioning, transgender, or any other personally meaningful term who are navigating sexual and/or gender identity development and acceptance. Focus is on establishing positive connections with others and exploring the process of integrating one's sexual and gender identities in authentic, self-affirming ways.

Stronger Together: A Support group for trauma survivors (R 1-2:30, Amanda Weaver, PsyD & Dallas Vallar, BA)

This group is for women who are healing after experiencing trauma (sexual, emotional, physical, neglect and/or trauma experience within their family of origin). It is intended to provide a space to cope with depressive symptoms, anger, guilt, sadness, and other powerful emotions associated with trauma.

LGBTQIA-Focused Trauma Support Group - (R 3-4:30, Jacaranda Palmateer, PsyD)

This is a group for LGBTQIA-identified individuals who are healing after experiencing trauma (sexual, emotional, physical, neglect and/or trauma experience within their family of origin). It is intended to provide a space to cope with depressive symptoms, anger, guilt, sadness, and other powerful emotions associated with trauma.

Grief and Loss Group (R 4:30-6, Anand Desai, PsyD & Courtney Agorsor, MS)

This group helps participants express and explore emotions in order to cope with their experiences of loss of a loved one (e.g., family member, friend).

Student of Color Support and Empowerment Group (F 12:30-2pm, Anand Desai, PsyD)

This is a group for students of color who are navigating our current complex and difficult racial climate. The focus of this group is on creating a space for students of color to support one another around experiences of discrimination/oppression/racism and gaining wisdom and energy from each other.

DBT/Interpersonal Effectiveness Group (F 2:30-4pm, Ann Leibovitz, PsyD & Anne Neuweiler, MA)

Participants in this module will focus on improving interpersonal skills. Mindfulness is incorporated in this group.

Quarantine Management: Skills & support for balancing academic demands in a pandemic (F 1:30-2:30pm, Wendy Morrison, PhD)

This workshop is designed to provide hands-on skills for you to improve your attention, focus, and organization to boost your academic performance and manage the adjustment to online learning.

ACT Workshop: Getting unstuck from anxiety and depression (R 2-3pm, Wendy Morrison, PhD); (W 9:30-10:30am, Nahed Barakat, PsyD & Rich Williams, MA)

This six-session workshop addresses anxiety/depression by helping students let go of strategies of avoidance and control, increasing the ability to relate more effectively to thoughts, emotions and sensations. It aims to bring more meaning, purpose and vitality to everyday life.

Mindfulness-Based Relapse Prevention Group (T 2:30-4pm, Briana Johnson, LPC, LAC)

This group is to assist those in recovery from addictive behaviors in order to address ingrained and problematic habits.