

Managing Graduate School: Both within and outside the classroom

Academic demands, career questions, and self-doubt frequently impact the health and functioning of graduate students. Additionally, relationships are often impacted outside the classroom, exacerbating experiences of stress, depressive symptoms, and anxiety. This group provides a place to receive support from other graduate students and explore relationship issues that are common during this phase of life.

Monday (Weekly): 10-11:30am (Jacaranda Palmateer, PsyD & Patty Gonzalez, PhD) - Asbury

Monday (Weekly) 10:30am-12p (Wendy Morrison, PhD & Chelse Song, MA) - Ritchie Center



ACT Workshop: Getting unstuck from depression and anxiety

This six-part 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. It will utilize a combination of instruction, readings, and experiential practice to help participants apply ACT based strategies/skills.

Monday (weeks 3-8): 2-3pm (Kayla Rodriguez, LCSW & Ellie Brown, MA) - Zoom Workshop Sessions

LGBTQIA Support & Empowerment Group

This is a group for LGBTQIA-identified students who are navigating sexual and/or gender identity development and acceptance. This group focuses on creating connection across the LGBTQIA community, particularly for those who have not felt accepted in queer spaces. It also creates space for students to integrate one's sexual and gender identities in authentic, self-affirming ways.

Friday (weekly): 11am-12:30pm (Briana Johnson, LPC, LAC & Calvin Lee, MA, NCC) - Ritchie Center

Grief and Loss Group

This group helps participants express and explore emotions related to their experiences of bereavement. It is open to people who have lost a loved one (e.g., family member, friend). It combines sharing, discussion, support, and activities.

Thursday (weekly): 2:30-4pm (Anand Desai, PsyD & Monica Smith-Acuna, MA) - Asbury

Student of Color Support and Empowerment Group

Students of color are often navigating a complex and difficult college environment. The focus of this group is on creating a space for students of color to connect over experiences of discrimination, oppression, racism, and inequity; support one another; and gain wisdom and energy from each other.

Friday (weekly): 11am-12:30pm (Anna Mokry, PsyD & Patty Gonzalez, PhD) - TBD

DBT/Emotional Wellness Group: Emotion Regulation

This workshop will focus on emotion regulation, teaching tangible skills for reducing emotional suffering. Dialectical Behavior Therapy (DBT) participants will learn how to capitalize on existing strengths and learn new skills to reduce vulnerability to negative emotions, and build positive emotional experiences. Mindfulness practice is also an important component of this skills-based group.

Friday (weeks 3-8): 1-2:30 (Tommy Fritze, PsyD & Xavier Bird, BA) - Ritchie

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Understanding Self and Others

Past and present interactions with others contribute to shaping personality. This type of group is often the treatment of choice for people who experience troubled relationships (including romantic, family, and friend-related), loneliness, depression, anxiety, difficulty expressing emotions, self-criticism, and low self-esteem. The group offers a protected environment to identify and explore feelings; to learn how to give and receive empathy; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to foster connections to feel less lonely or isolated.

Monday (weekly): 3-4:30pm (Anna Mokry, PsyD & Amanda Weaver, PsyD) - Asbury

Tuesday (weekly): 12-1:30pm (Anand Desai, PsyD & Bree Armer, PsyM) - Asbury

Time Management 101

This 6-week workshop is designed to provide hands-on skills for you to improve your attention, focus, and organization to boost your academic performance. It will cover areas such as organizing and planning, reducing distractions, and managing multiple tasks, all aimed to help you optimize your time better. This workshop is appropriate for people with learning difficulties (ADHD, Learning Disabilities) and anyone looking to improve in any of these domains. Members are asked to attend at least three sessions to get a foundation for these skills.

Tuesday (weeks 4-9): 2-3pm (Wendy Morrison, PhD & Max Birdnow, MS) - Ritchie

LGBTQIA-focused Trauma Support Group

This is a support group for students who identify as bisexual, gay, lesbian, queer, questioning, and/or transgender and who have experienced trauma in their lives. This includes sexual, emotional, physical, neglect and/or trauma experience within their family of origin. This group is intended as a space for students to share community in order to cope with painful emotions associated with trauma.

Wednesday (weekly): 3-4:30pm (Kayla Rodriguez, LCSW, & Kat Becker, MA) - Asbury

Stronger Together: A healing group for trauma survivors

This group is for women who have experienced chronic trauma in their lives. This includes 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, shame, guilt, and painful emotions associated with trauma.

Wednesday (weekly): 4-5:30pm (Megan Shih, LCSW & Lena Blum, MFTC) - Ritchie



Health and Counseling Center



2022 Spring Quarter Group Counseling and Workshop Schedule

MOST GROUPS ARE BEING PLANNED TO RUN IN-PERSON. GROUPS MAY PIVOT TO ZOOM BASED ON THE STATUS OF THE COVID-19 PANDEMIC. SEE DESCRIPTIONS FOR LOCATIONS.

ALL GROUPS/WORKSHOPS BESIDES ACT AND TIME MANAGEMENT 101 REQUIRE A 30 MINUTE MEETING WITH FACILITATOR(S) PRIOR TO JOINING



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