

## 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.

*Friday (weeks 3-8): 10:30-11:30am (Tommy Fritze, PsyD & Kyana Bellon, MA) - @ Asbury*

## T Time: A Gender diverse support group

T Time is a confidential space that provides support and community building group for trans\*, non-binary, and gender diverse students. While topics may include coming out, gender expression/transition, dating/sexuality, or family and social relationships, discussion will be primarily guided by the interests of the group members.

*Monday (weekly group with open enrollment): 1-2:30pm (Chloe Wright, PhD & John Stennes, MA) - @ Community Commons*



## 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.

*Wednesday (weekly group run for the year with open enrollment until full): 9:15-10:45am (Jacaranda Palmateer, PsyD & Angela Michener, LCSW) - @ Ritchie*

## DBT/Emotional wellness group: Emotion regulation

Participants in this workshop 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 (weekly for the quarter): 10:30-12pm (James O'Geary, LPC) - @ Ritchie*

## Queery: Exploring your LGBTQIA2S+ identity

This is a support group for students who 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 and self-affirming ways.

*Tuesday (weekly): 2:30-4pm (Angela Michener, LCSW) @ TBD*

## Fear-less: An Anxiety management group

This group is for individuals who are motivated to learn new ways of relating to their anxiety in order to be more present and engaged in their daily lives. In this group, you will have the opportunity to connect with others who experience distress, frustration, and shame around their continued struggles and develop skills that allow you to better manage your anxiety.

*Tuesday (weekly for the quarter): 3-4pm (Anne Edwards, PsyD) - @ Ritchie*



### Understanding self and others group

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, social anxiety, difficulty expressing emotions, self-criticism, difficulty with vulnerability/intimacy and low self-esteem. They offer 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.

*Wednesday (weekly group for the year with open enrollment until full): 9:45-11:15am (Anand Desai, PsyD & Hannah Schriber, MA) - @ Asbury*

*Thursday (weekly): 12:30-2pm (Amanda Weaver, PsyD & Emanuel Hermosillo, MA)*

### 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 group with open enrollment until full): 10:15-11:45am (Anna Mokry, PsyD & Kristen Park, M.Ed) - telehealth via ZOOM*

### LGBTQIA2S+ 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 for the quarter): 12:30-2pm (Kayla Rodriguez, LCSW & Jonathan Fricke, MA) - @ Asbury*

### 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 for the quarter): 3-4:30pm (Anand Desai, PsyD) - @ 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 for the quarter): TBD (Megan Shih, LCSW & Deja Alexander, MA) - @ TBD*

## Health and Counseling Center



## 2023 Winter Quarter Group Counseling and Workshop Schedule

MOST GROUPS ARE BEING OFFERED IN-PERSON THOUGH SOME MAY BE OFFERED VIRTUALLY (ZOOM). PLEASE SEE DESCRIPTIONS FOR GROUP DAYS, TIMES AND LOCATIONS. SOME GROUPS MAY ALSO BE HELD IN THE NEWMAN BUNGALOW AND COMMUNITY COMMONS. PLEASE CONFIRM WITH GROUP FACILITATORS.

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

PLEASE EMAIL ANAND DESAI (anand.desai@du.edu) FOR ANY GROUP RELATED QUESTIONS OR CALL 303-871-2205 FOR GENERAL HCC QUESTIONS



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