

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 enrollment until full): 9:45-11:15am (Anand Desai, PsyD & Lindsey Waxman, MA) - @ Asbury

*Wednesday - for *self-identified women* (weekly group for the year with enrollment until full): 12-1:30pm (Megan Shih, LCSW & Hannah Widmer, MS) - 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.

Thursday (weekly group with open enrollment until full): 2:30-4pm (Anna Mokry, PsyD & Jah Latchman, JD, MA, MDiv) - telehealth via ZOOM

Queer community trauma-focused 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): 2:30-4pm or 3-4:30pm (Kayla Rodriguez, LCSW) - @ Ritchie

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 or 3-4:30pm (Anand Desai, PsyD & Blake Pindyck, 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.

Tuesday (weekly for the quarter): 2:30-4pm or 3-4:30pm (Kayla Rodriguez, LCSW & Liz Anthony, BA) - @ Asbury

Health and Counseling Center



2023 Fall 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. MOST GROUPS HAVE THE OPTION OF, BUT NOT REQUIREMENT TO CONTINUE THROUGHOUT THE YEAR WHILE THE USO GROUPS AND GRAD GROUP ARE INTENDED TO BE YEAR LONG.

ALL GROUPS/WORKSHOPS BESIDES ACT, DBT, AND MINDFULNESS 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



Health & Counseling Center
UNIVERSITY OF DENVER

ACT workshop: Getting unstuck from depression and anxiety

This six-part workshop addresses anxiety and 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.

Thursday (weeks 3-8): 1-2pm (Tommy Fritze, PsyD & AJ Franzetti, MEd) - @ Ritchie

Koru Mindfulness/Meditation Workshop

This four week workshop, is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management. Participants will ideally report being less-stressed, sleep better, and live with greater mindfulness and self-compassion.

Thursdays (weeks 5-8): 4-5:15pm (Alice Franks, PsyD) - @ Ritchie

Athlete Injury Recovery Excellence

This group is for varsity student-athletes at varying stages of the injury recovery process, in collaboration with sports medicine. The purpose of this group is to learn about the mental, emotional, and social aspects of injuries, learn and practice effective coping skills, and develop routines to optimize the recovery process. Additionally, support from peers can often be pivotal to a productive healing process

Wednesdays (weekly): 12-1pm (Tommy Fritze, PsyD & Elizabeth Rubio, MA) - @ Ritchie



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 for the year with open enrollment until full): 9:30-11am (Jacaranda Palmateer, PsyD & AJ Franzetti, MEd) - @ Ritchie

DBT/Emotional wellness group: Interpersonal Effectiveness

This workshop focuses on interpersonal effectiveness, teaching tangible skills to promote healthy relationship outcomes. Dialectical Behavior Therapy (DBT) participants will learn how to identify and manage challenging emotional experiences; and incorporate mindfulness, distress tolerance, and emotion-regulation skills to prioritize boundary setting, values clarification, and nonjudgmental self-inquiry.

Friday (weekly): 10:30-12pm (James O'Geary, LPC & Ana Clements-Benedict, MA) - @ Ritchie

Queery: Exploring your queer 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 building a supportive community and sharing space with others as you integrate your sexual and gender identities in authentic and self-affirming way.

Friday (weekly): 1:30-3pm (Angela Michener, LCSW) @ Ritchie

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): 3-4pm (Anne Edwards, PsyD) - @ Ritchie

