

Understanding self and others group

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, support and feedback; to practice new, healthier ways of relating to others; and to foster connections to feel less lonely or isolated.

Wednesday (ongoing weekly group for the year with enrollment until full): 10-11:30am (Anand Desai, PsyD & Sydney Kelly, MA) - @ Asbury

Tuesday (ongoing weekly group for the 2nd half of the year with enrollment until full): 3:10-4:30pm (Anand Desai, PsyD and Tara Del Rosario, MA) - @ Asbury

Family matters

Family dynamics are complicated! It can be hard trying to figure out your own sense of self while also having to manage your role in the family or feeling pulled back into family drama. This group will help you explore your role within your family and its impact on your ability to express emotions, set boundaries, making space for self-healing and form healthy relationships with others.

Tuesday (weekly): 1:30-3pm (Chaney Cook, PsyD & Anna Mokry, PsyD plus Rylie - a therapy dog) - @ Asbury

Student of color support & empowerment group

Students of color are often navigating a complex and difficult college environment. This group creates a space for students of color to connect/support one another over experiences of discrimination, oppression and racism; and gain wisdom and energy from each other.

Thursday (weekly group with open enrollment until full): 2:30-3:45pm (Anna Mokry, PsyD) - telehealth via ZOOM

Mindfulness institute for emerging adults

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.

Thursday (weeks 5-8): 4-5:15pm (Alice Franks, PsyD & Drew Moller, MA) - @ Ritchie

DBT skills group

Mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness are the primary topics emphasized in this group. Members will learn how to identify and respond to challenging emotional experiences; and utilize discussed skills to promote self-advocacy, grace, and nonjudgemental curiosity. Normalizing the complexity of the human experience and empowerment in their self-care plan is a priority.

Friday (weekly): 10:30-am-12pm (James O'Geary, LPC & Lisa Dean, MNM) - @ Ritchie



2025 Spring Quarter Group Counseling and Workshop Schedule

THE MAJORITY OF GROUPS ARE BEING OFFERED IN-PERSON THOUGH SOME MAY BE OFFERED VIA TELEHEALTH (ZOOM). PLEASE SEE DESCRIPTIONS FOR GROUP DAYS, TIMES AND LOCATIONS.

ALL GROUPS/WORKSHOPS BESIDES ACT AND MINDFULNESS REQUIRE A 30 MINUTE MEETING WITH FACILITATOR(S) PRIOR TO JOINING. SOME GROUPS MAY HAVE MEMBERS CONTINUING FROM PREVIOUS QUARTERS INCLUDING UNDERSTANDING SELF AND OTHERS, QUEERY, STUDENT OF COLOR, & THE GRAD SUPPORT GROUP .

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.

Wednesday (weeks 3-8): 1-2pm (Tommy Fritze, PsyD) - @ Ritchie

Athlete injury recovery excellence

This group is for varsity student-athletes at varying stages of the injury recovery process. It is to learn about the mental, emotional, and social aspects of injuries, to practice effective coping skills, and develop routines to optimize the recovery process.

Fridays (weekly): TBD (Tommy Fritze, PsyD & Rakyung Park, MA) - @ Ritchie

Removing the mask: a Group for neurodivergent students

This group is for students whose ways of thinking create different and unique social and professional paths. It focuses on a variety of "neuro styles" including autism spectrum disorder, attentional issues, synesthesia, or neuro difference that has influenced you to "wear a mask".

Wednesday (weekly): 8:30-9:30am (Anne-Stuart Bell, MEd & Jack Stimson, 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): 8:15-9:45am (Jacaranda Palmateer, PsyD & Lauren Caldas, MA) - @ Asbury

Queery: Exploring your queer identity

This is a support group for students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or other personally meaningful term who are navigating sexual and/or gender identity development and acceptance. Focus is on building a supportive community as you integrate your sexual and gender identities in authentic and self-affirming ways.

Friday (weekly): 2:30-4:30pm (Ellie Mata, LPC & Sadie Fulton, MS) - @ Asbury

Grief and loss support group

This group helps participants express and explore emotions related to their experiences of loss. It is open to people who have lost a loved one and combines sharing, discussion, support, and activities.

Thursday (weekly): 3-4:30pm (Anand Desai, PsyD & Lauren Caldas MA plus Ivy- a therapy dog in training) - @ Asbury

Fear-less: an Anxiety management group

This group helps members learn new ways of relating to their anxiety in order to be more present and engaged in their lives. 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 (Bella Bankstahl, BS & Danielle Cevis, MA) - @ Ritchie

