

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.

Tuesday (ongoing weekly group for the year with enrollment until full): 3-4:30 pm (Tyler Ricci, PhD & Emmy Mumford, MA) - @ Asbury

Wednesday (ongoing weekly group for the year with enrollment until full): 3-4:30pm (Anand Desai, PsyD & Haley Schuveiller, MA) - @ Asbury

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 (ongoing weekly group for the year with open enrollment until full): 9:30-11am (Jacaranda Palmateer, PsyD) - @ Ritchie

Mindfulness institute for emerging adults workshop

This four week workshop, designed for teaching mindfulness, meditation, and stress management. Focus is on lowering stress, improving sleep and being more mindful.

Wednesday (weeks 3-6; 9/16-10/7): 3:30-4:45pm (Alice Franks, PsyD) - @ Ritchie

COSTS WILL BE BASED ON STUDENT INSURANCE COVERAGE FOR MOST GROUPS. THE MINDFULNESS WORKSHOP WILL BE PROVIDED AT NO COST.

Health and Counseling Center



2026 Fall Quarter

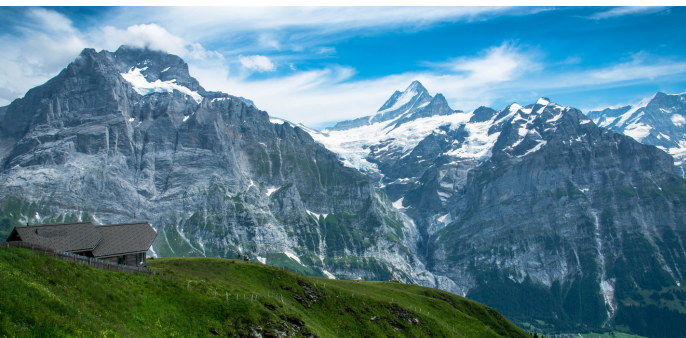
Group Counseling and Workshop Schedule

ALL GROUPS/WORKSHOPS BESIDES THE MINDFULNESS WORKSHOP REQUIRE A 30 MINUTE MEETING WITH FACILITATOR(S) PRIOR TO JOINING. SOME GROUPS MAY HAVE MEMBERS CONTINUING FROM PREVIOUS QUARTERS INCLUDING (BUT NOT LIMITED TO) UNDERSTANDING SELF AND OTHERS AND GRAD SUPPORT GROUPS.

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



Athlete injury recovery excellence

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

Thursday (weekly): 12-1pm (Leah Purvis, MEd, MA) PsyD) - @ Ritchie

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 (Anne Edwards, PsyD) - @ Ritchie



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 & Dominique Salinas, MA, plus Ivy, one of our therapy dogs - based on consent from all group members) - @ Asbury

Trauma 101

This group focuses on the impact of trauma of all kinds. Topics covered include the definition of trauma, relationships, shame, self-blame, anger, trust, self-image and meaning making. We will not be sharing what happened in this group or processing traumatic events. This will be a blend of psychoeducation and practical skill building.

Tuesdays (weekly) starting week 3, six sessions, 1:00-2:30pm - (Lily Clark, PhD) @ Asbury

Resiliency and anti-discrimination group

Students who experience discrimination (e.g. students of color) are often navigating a complex and difficult college environment. This group creates a space for students who have had these discriminatory experiences to connect/support one another while also gaining wisdom and energy from each other.

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

