Managing Graduate School: Both within and outside the classroom

Graduate school can be a challenging time for students. 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.

Thursday (weekly): 9:30-11:00 am (Jacaranda Palmateer, PsyD and Joshua Burg, MA)

DBT/ Emotional Wellness Workshop

Participants in this workshop focus on interpersonal effectiveness skills that will teach strategies for asking others for needs to be met, evaluating responses to other people's requests (i.e., saying “yes” or saying “no”), and coping with interpersonal conflict. The intent is to maximize the chances that goals in specific situations will be met, while not damaging either relationships with that person or feelings of self-respect.

Wednesday (weekly): 12-1:30 pm (Gillian Kaag, PhD and Katie Spencer, MA)
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. They offer a safe 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.

Tuesday (weekly): 3-4:30 pm (Anand Desai, PsyD and Katie Spencer, MA)
Wednesday (weekly): 3-4:30 pm (Anand Desai, PsyD and Jenna Shlacter, MA)
Thursday (weekly): 12:30-2 pm (Chelsea Towler, PsyD and Inga Thors, MA)

Students of Color Support and Empowerment Group*

This is a support group for students of color who 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, support one another, and gain wisdom and energy from each other. (*To be offered in the CME space in the Driscoll Student Center)

Day/Time To Be Determined (weekly): (Erin Unkefer, PhD and Hadeel Ali, MEd)

LGBTQIA Support and Empowerment Group

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, self-affirming ways.

Monday (weekly): 3:30-5 (Erin Unkefer, PhD and Cristin Hofer, BA)

Grief/Loss Group

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

Thursday (weekly): 3-4:30 pm (Anand Desai, PsyD and Mackenzie Jessen, MA)

Stronger Together: a healing group for sexual assault survivors

This group is for women who are on the journey to healing after experiencing sexual trauma in their lives. It is intended to provide a space to cope with depressive symptoms, anger, guilt, sadness, and other powerful emotions associated with sexual trauma.

Wednesday (weekly): 5-6:30 pm (Carolee Nimmer, PhD and Chelsea Towler, PsyD)

Mindfulness Workshop

This is a five-week structured psycho-educational workshop that is educational but primarily experiential. Participants will learn mindfulness strategies for managing stress, anxiety, and depression in their daily lives. They will also learn how to meditate and see some of the benefits that might come from having a regular mindfulness practice including lower stress and improved overall wellness/quality of life.

Tuesday (3rd-7th weeks of the quarter): 2-3 pm (Annie Leibovitz, PsyD and Hadeel Ali, MEd)