



LGBTQI Support and Empowerment Group

A support and psychoeducational group for students who are navigating sexual and/or gender identity development and acceptance. Students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or any other personally meaningful term are all welcome to this group. 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): 3-4:30 pm (Kirsten Ging, PsyD and Ellen Bronder, MA)

Body Positive Group

This group is a protected space for those who struggle with issues related to food and body image. Students who have body image issues and/or have struggled in their relationship with food and/or exercise are welcome to join this group. The focus is not only on the exploration of your relationship to food, but also on the underlying causes that sustain these struggles. The goal of this group is to help its members gain a deeper understanding of their struggles with food, and to help them develop new coping options and challenge old ideas as well as improve self-confidence and acceptance of self.

Thursday (weekly): 12-1:30 pm (Lauren Millard, PhD and Gabe Kaminsky, MPhil)

For more detailed information see:

<http://www.du.edu/health-and-counseling-center/counseling/students/services/group.html>



HEALTH AND COUNSELING CENTER



DBT/ Emotional Wellness Workshop

Participants in this group focuses 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.

Thursday (weekly): 3-4:30 (Gillian Kaag, PhD, and Jared Utley, BA)



GROUP COUNSELING AND WORKSHOP SCHEDULE WINTER 2016*

**Some winter quarter groups may have the option, but not requirement, of continuing into spring quarter.*

Health and Counseling Center
Ritchie Center, 3rd Floor North
MWThF 8am-5pm, T 9am-5pm
303-871-2205

Understanding Self and Others

Past and present interactions with others contribute to shaping personality. This type of group called a “process group” is often the treatment of choice for people who experience troubled relationships (including romantic, family, and friend-related), loneliness, depression, anxiety, grief/loss, and low self-esteem. These groups offer a safe environment to identify and explore feelings; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to feel less lonely or isolated.

Tuesday (weekly): 3-4:30 pm (Anand Desai, PsyD and Jenny Marceron, MPhil)

Wednesday (weekly): 3-4:30 pm (Anand Desai, PsyD and Joanna Drinane, MEd)



Mindfulness Workshop

This is a four-week structured psycho-educational group 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.

TBD (2nd-5th week and 6th-9th week of the quarter): (Ross Artwohl, LCSW and Shaakira Haywood, MA)

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. ******(This is an ongoing and open group).

Tuesday (weekly): 12:15-1:45 (Jacaranda Palmateer, PsyD and Trey Cole, 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.

TBD (weekly): TBD (Carolee Nimmer, PhD and Lauren Millard, PhD)

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): 5-6:30 pm (Anand Desai, PsyD and Hannah Koch, PsyD)