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.

Monday (weeks 3-8): 12-1pm (Wendy Morrison, PhD, & Joey Hsiao, MEd) @ HCC-Ritchie

Wednesday (weeks 2-7): 2-3pm (Tommy Fritze, MA, LPC & Stella Ko, MEd) @ HCC-Ritchie

ACT Workshop: Getting unstuck from depression and anxiety

This six-part workshop (based on ACT therapy) addresses anxiety/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. It will utilize a combination of instruction, readings, and in- and out-of-session experiential practice to help participants apply ACT based strategies/skills.

Monday (weeks 3-8): 12-1pm (Wendy Morrison, PhD, & Joey Hsiao, MEd) @ HCC-Ritchie

Thursday (weekly): 12-1:30pm (Kayla Ham, LCSW & Debora Fernandes, BS) @ HCC-Ritchie

DBT/Emotional Wellness (DBT) Group

Dialectical Behavior Therapy (DBT) participants will learn how to capitalize on existing strengths and learn new skills to balance and attend to one’s needs in relationships. They will focus on interacting more effectively with others. Mindfulness practice is also an important component of this skills based group

Thursday (weekly): 12-1:30pm (Kayla Ham, LCSW & Debora Fernandes, BS) @ HCC-Ritchie

Self-Compassion Workshop

This four-part workshop teaches ways to respond with kindness and caring when struggling. It teaches skills for tolerating distress, decreasing anxiety/depression, and help you feel more connected to yourself and others. Sessions may consist of worksheets, practical exercises, discussions, and meditations focused on building mindfulness and compassion.

Monday (weeks 3-6): 10-11am (Natalie Stemati, PsyD and Madison Taylor, MA) @ HCC-Ritchie

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. (*To be offered at the Hub of the Office of Spiritual and Cultural Life)

Friday (weekly): 12-1:30pm (Anand Desai, PsyD & Jacqueline Blanco, PsyD) @ The Hub
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 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.

Monday (weekly): 3-4:30pm (Molly Shmerling, MA & Madison Taylor, MA) @ HCC-Asbury

Tuesday (weekly): MEN’S GROUP 12-1:30pm (Tommy Fritze, MA, LPC and Colter Snethen, MA) @ HCC-Ritchie

Tuesday (weekly): 3-4:30pm (Anand Desai, PsyD & Jacqueline Blanco, PsyD) @ HCC-Asbury

Friday (weekly): WOMEN’S GRADUATE STUDENT GROUP 10-11:30am (Natalie Stemati, PsyD) @ HCC-Asbury

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 and self-affirming ways.

Wednesday (weekly): 2:30-4pm (Briana Johnson, LPC, LAC & Lily Clark, MEd) @ HCC-Asbury

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): 3-4:30pm (Anand Desai, PsyD & Jacqueline Blanco, PsyD) @ HCC-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.

Thursday (weekly): 3-4:30pm (Natalie Stemati, PsyD & Molly Shmerling, MA) @ HCC-Ritchie

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GROUPS ARE OFFERED IN VARIOUS LOCATIONS. PLEASE CHECK THE GROUP DESCRIPTION FOR EXACT DETAILS. SOME SPRING GROUPS MAY HAVE SOME MEMBERS CONTINUING FROM WINTER QUARTER