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.

Wednesday (weeks 3-8): 12-1pm (Briana Johnson, LPC, LAC, & Lily Clark, MEd) @ HCC-Ritchie

Monday (weeks 4-9): 3-4pm (Ann Leibovitz, PsyD & Madison Taylor, MA) @ HCC-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.

Tuesday (Weekly): 1:30-3pm (Jacaranda Palmateer, PsyD & Briana Johnson, LPC, LAC) @ 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): 3-4:30pm (Anand Desai, PsyD & Jacqueline Blanco, PsyD) @ The Hub

DBT/Emotional Wellness (DBT) Group

The focus of this workshop is on emotion regulation and teaching tangible skills for reducing emotional suffering. Participants will learn how to capitalize on existing strengths and learn new skills to reduce vulnerability to negative emotions, and build positive emotional experiences. Mindfulness practice is also an important component of this skills based group.

Thursday (weekly): 12-1:30pm (Kayla Ham, LCSW & Tommy Fritz, MA, LPC) @ HCC-Ritchie

Self-Compassion Workshop

This four-part workshop teaches ways to be mindful of when you are struggling and respond with kindness and caring. It will teach skills for tolerating distress, decrease your anxiety and 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.

Thursday (weeks 4-7): 12-1pm (Natalie Coffin, PsyD & Joey Hsiao, MEd) @ HCC-Asbury
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): 12-1:30pm (Jacqueline Blanco, PsyD and Tommy Fritze, MA, LPC) @ HCC-Asbury

Tuesday (weekly): 12-1:30pm (Natalie Coffin, PsyD & Colter Snethen, MA) @ HCC-Asbury

Tuesday (weekly): 3-4:30pm (Madison Taylor, MA and Molly Shmerling, MA) @ HCC-Ritchie

Wednesday (weekly): 3-4:30pm (Anand Desai, PsyD & Anna Hangge, MA) @ HCC-Asbury

Stronger Together: A healing group for sexual trauma 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 powerful emotions associated with sexual trauma.

Thursday (weekly): 3-4:30pm (Carolee Nimmer, PhD & Molly Shmerling, MA) @ HCC-Ritchie

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. (*To be offered at the Pride Lounge in Centennial Halls)

Monday (weekly): 2-3:30pm (Natalie Coffin, PsyD & Debora Fernandes, BS) @ Pride Lounge

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

GROUPS ARE OFFERED IN VARIOUS LOCATIONS. PLEASE CHECK THE GROUP DESCRIPTION FOR EXACT DETAILS. SOME WINTER GROUPS MAY HAVE THE OPTION OF, BUT NOT REQUIREMENT TO CONTINUE INTO THE SPRING QUARTER