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): 3-4:30pm (Jacaranda Palmateer, PsyD & Briana Johnson, LPC, LAC) @ HCC-Asbury

DBT/Emotional Wellness (DBT) Group

Participants in this workshop focus on emotion regulation, teaching tangible skills for reducing emotional suffering. DBT 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): 10-11:30am (Alison Gothro, PsyD & Meghan Paynter, MA) @ HCC-Asbury

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 in the Office of Spiritual and Cultural Life)

Wednesday (weekly): 3-4:30pm (Kayla, Rodriguez, LCSW & Molly Shmerling, 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.

Friday (weekly): 10:30am-12:00pm (Anand Desai, 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.

Tuesday (weekly): 3-4:30pm (Anand Desai, PsyD & Elizabeth Harris, MA) @ HCC-Asbury

Wednesday (weekly): 3-4:30pm (Jessica Luginbuhl, MA & Maya Badwan, MA) @ HCC-Ritchie

Finding Your Focus: An ADHD support workshop
Do you feel like you’re not meeting your academic potential? This 6-week workshop is designed to provide hands-on skills for you to improve your attention, focus, and organization to boost your academic performance. It will cover areas such as organizing and planning, reducing distractions, and managing multiple tasks, all aimed to help you optimize your time better. While these strategies are appropriate for people with learning difficulties (ADHD, Learning Disabilities), they are useful for anyone looking to improve in any of these domains. Members are asked to attend at least three sessions to get a foundation for these skills.

Fridays (weeks 3-8): 10-11am (Wendy Morrison, PhD & Molly Shmerling, PsyD) @ 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 creating connections with others and exploring the process of integrating one’s sexual and gender identities in authentic and self-affirming ways.

Wednesday (weekly): 10:30-12pm (Briana Johnson, LPC, LAC and Anne-Marie Fleckenstein, MA) @ HCC-Ritchie

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 & Molly Shmerling, PsyD) @ HCC-Asbury