What is group Counseling?

Group counseling is a highly effective means of addressing personal concerns – in fact it has been proven to be equally as effective as individual therapy, and in some cases more effective. Some groups that are often offered are focused on a particular subject or skill while others are more general in nature. The more general groups (named interpersonal process groups) in nature are particularly beneficial if you:

• Are concerned about how you relate to other people
• Feel isolated, depressed or anxious
• Experience discomfort in social situations
• Lack intimacy in relationships
• Have family of origin difficulties
• Are dissatisfied with your friendships or romantic relationships
• Struggle with low self-esteem and/or low self-confidence

How to get connected with Group Counseling?

It's easy! Just email Anand Desai, the group therapy coordinator at: anand.desai@du.edu. We’ll likely ask you to do a brief pre-group meeting with the group facilitator(s) to make sure group is appropriate and that you will be on the right track to utilizing group in the most effective manner. Group counseling participation is unlimited!

Managing Graduate School: Both within and outside the classroom

Graduate school can be a challenging time for students. Academic demands, career questions, self-doubt and relationship concerns frequently impact the health and functioning of graduate students. This group provides a place to receive support from other graduate students and explore relationship issues that can exacerbate distress during this phase of life.

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

Understanding Self and Others Group

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 Mearceron, MPhil)

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

Thursday (weekly): 12-1:30 pm (Lauren Millard, PhD and Megan Foster, LSW)

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 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)

Emotional Wellness/DBT 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 pm (Gillian Kaag, PhD)

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)

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.

Wednesday (2nd-5th and 6th-9th weeks of the quarter): 2-3 pm (Ross Artwohl, LCSW and Shaukira Haywood, MA)