



## 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.

*Monday (weekly): 2-3:30pm (Jacaranda Palmateer, PsyD and Melissa Cole, PsyD) - @ HCC-Buchtel*



## 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 (Melissa Cole, PsyD) - @ HCC-Buchtel*

## DBT/ Emotional Wellness (DBT) Group

Participants in this group focus on interacting more effectively with others. 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. Mindfulness practice is also an important component of this skills-based group.

*Tuesday (weekly): 12-1:30pm (Kayla Ham, LCSW and Sarah Lukens, MS) - @ HCC-Asbury*

## Technology and You Workshop

Research shows we have limited amounts of leisure time in our daily life and media/technology/video game companies are all competing for our attention, all the time. This three part workshop series will discuss the current research related to technology use and addiction, the difference between use and abuse, positive and negative impacts of technology use, and ways to monitor and improve quality of life related to your relationship with technology.

*Tuesday (4/24, 5/1, & 5/8): 4-5pm (Jacaranda Palmateer, PsyD) - @ HCC-Asbury*

<https://www.du.edu/health-and-counseling-center/counseling/programs-group.html>



## HEALTH AND COUNSELING CENTER

## GROUP COUNSELING AND WORKSHOP SCHEDULE

## SPRING QUARTER 2018

*GROUPS MAY BE OFFERED AT HCC-ASBURY, HCC-BUCHTEL, OR OFFSITE - PLEASE SEE DESCRIPTION*

*SOME GROUPS MAY ALSO HAVE MEMBERS CONTINUING ON FROM WINTER QUARTER*

University of Denver Health and Counseling Center  
MF 8am-5pm, T 9am-5pm, WR 8am-7pm  
303-871-2205

## 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 safe 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): 9-10:30 am (Wendy Morrison, PhD and Briana Johnson, LPC, LAC) - @ HCC-Buchtel*

*(GRADUATE STUDENTS ONLY) Monday (weekly): 3-4:30 pm (Anand Desai, PsyD and Lauren Scholder, PsyD) - @ HCC-Asbury*

*Wednesday (weekly): 3-4:30 pm (Anand Desai, PsyD and Lauren Levine, MA) - @ HCC-Asbury*

*Thursday (weekly): 12:00-1:30 pm (Lauren Scholder, PsyD and Leisha Chiles, MA) - @ HCC-Asbury*



## Students of Color Support and Empowerment Group\*

This is a support group for students of color who 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, support one another, and gain wisdom and energy from each other. **(\*To be offered in the CME space in the Driscoll Student Center)**

*Tuesday (weekly): TBD (Nahed Barakat, PsyD and Jazmyne Peters, MA) - @ CME*

*Friday (weekly): 10:30 am - 12pm (Anand Desai, PsyD and Lauren Scholder, PsyD) - @ CME*

## 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 in the Pride Lounge Space in Centennial Halls)**

*Monday (weekly): 2-3:30 pm (Briana Johnson, LPC, LAC and Ellen Joseph, MA) - @ Pride Lounge*

## 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): 3-4:30 pm (Anand Desai, PsyD and Emma Porter, MA) - @ HCC-Asbury*

## ACT Workshop: Getting unstuck from depression and anxiety

This six-session 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.

*Tuesday (3rd-8th weeks of the quarter): 3-4 pm (Jacqueline Blanco, MA and Lauren Levine, MA) - @ HCC-Buchtel*

*Thursday (3rd-8th weeks of the quarter): 4-5pm (Wendy Morrison, PhD) - @ HCC-Buchtel*