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.

*Thursday (weekly): 9-10:30 am (Jacaranda Palmateer, PsyD and Joshua Burg, MA)*

DBT/ Emotional Wellness Workshop

Participants in this workshop focus 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.

*Day/Time To Be Determined (weekly): (Gillian Kaag, PhD)*

For more detailed information see:
http://www.du.edu/health-and-counseling-center/counseling/students/services/group.html

Health and Counseling Center

Group Counseling and Workshop Schedule

Winter 2017*

*Some groups may have the option of, but not requirement to continue into the spring 2017 quarter

ALL GROUPS AT HCC-BUCHTEL - 3rd Floor Ritchie Center (unless otherwise noted)

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 accessing/expressing emotions, self-criticism, 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 Katie Spencer, MA)
Wednesday (weekly): 3-4:30 pm (Anand Desai, PsyD and Jenna Shlacter, MA)
Thursday (weekly): 12:30-2 pm (Chelsea Towler, PsyD and Inga Thors, MA)

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 at a location in the Driscoll Student Center)

Day/Time To Be Determined (weekly): (Erin Unkefer, PhD and Hadeel Ali, MSEd)

LGBTQIA Support and Empowerment Group
A support 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 (Erin Unkefer, PhD and Cristin Hofer, BA)

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)

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 Chelsea Towler, PsyD)

Mindfulness Workshop
This is a four-week structured psycho-educational workshop 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.

Tuesday (2nd-5th and 6th-9th weeks of quarter): 2-3 pm (Ross Artwohl, LCSW)