Groups at HCC

Interpersonal Process Groups

Past and present interactions with others contribute to shaping personality. Interpersonal Process Groups are often the treatment of choice for people who experience troubled relationships, 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.

Monday (weekly): 10-11:30 (Jacaranda Palmateer, PsyD and Lies van Bekkum, MA)***

Wednesday (weekly): 3-4:30 (Anand Desai, PsyD and Britney Tibbits, MA)

*** For Graduate Students only

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 (Anand Desai, PsyD and Alexandra McDermott, PsyD)

Mindfulness Group

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.

Monday (2/2, 2/9, 2/16, and 2/23): 1:30-2:30 (Adam Altschuh, MA)
DBT Group

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 a specific situations will be met, while not damaging either relationships with that person or feelings of self-respect.

Monday (weekly): 4-5:30 (Carolee Nimmer, PhD)