

GROUP THERAPY

SPRING 2022

ACT GROUP

ACT on Anxiety and Depression

Group Facilitator: Ed Rogers and Ruina Tu

Wednesday 3:30-5 pm | Start date: TBD

In-Person / Zoom Participation possible | Screening required (45 minutes with both facilitators)

Description: This group focuses on building a caring, supportive community in which members can address symptoms of depression and anxiety by practicing mindfulness and acceptance. Students learn to attend to difficult inner experiences instead of avoiding and distracting, uncover the costs of fighting with unhelpful thoughts, and thereby reconnect with their values. From this place of mindfulness of what really matters, they then choose and practice ways of acting that are truly meaningful to them.

CHRONIC ILLNESS & LONG-TERM DISABILITY SUPPORT GROUP

Group Facilitator: Heather Harris

Thursday TBD | Start date: TBD

Zoom Participation | Screening required through Heather Harris

Description: This group is appropriate for clients who present with long chronic physical illness and long-term physical disabilities. The group will focus on learning how to navigate life as a student while managing chronic illness and disabilities and giving students support to be emotionally healthy as they navigate challenges. This group will remain open throughout the semester. A group screening is required.

CREATIVE ARTS GROUP

Group Facilitator: Grace Kallimel and Aaron Finley

Monday 3:00 - 4:30 pm | Start date: February 14, 2022 or February 21, 2022

In-Person Participation

Description: This is a therapy process group designed to build community among the members to address many diverse emotional struggles and enhance interpersonal relationships. We do this through the use of art and through sharing in a supportive environment.

GROUP THERAPY

SPRING 2022

DBT SKILLS GROUP

Group Facilitator: Heather Harris and Ashley Nguyen

Wednesday 3:30-4:30 pm | Start Date: TBD

Zoom Participation | Screening required through Heather Harris

Description: This group focused on learning DBT skills with focus on helping clients to regulate their emotions, tolerate distress without making things worse, learning to be more effective in their interpersonal relationships and to use mindfulness to ground and approach difficulties from a Wise Mind perspective. All clients can benefit from this group; however, it is typically for clients who have more complex or treatment resistant issues.

Exclusions: Clients who are not appropriate include recent trauma, recent hospitalization, clients who are not also in individual counseling with more complex problems, clients who present primarily with ED or addiction problems since skills specific to these issues are not included this semester.

INTERPERSONAL PROCESS GROUP

Group Facilitator: Stephen Case and Caroliina Ying

Monday 1:30-3 pm | Start date: TBD

In-Person Participation (possible) | Screening required through Stephen Case and ----(prefer both clinicians are in each group screen if possible)

Description: This group is appropriate for clients transitioning from individual therapy and/or for students who desire to gain insight into their interpersonal style and intrapersonal process. The goal is to increase awareness and interpersonal effectiveness in the context of a group.

SOCIAL CONFIDENCE GROUP

Group Facilitator: Jessica Raddin

Tuesday 3:30-5 pm | Start date: February 12, 2022

Possible Zoom/In-Person Participation

Description: TBD

STORIED PROCESS GROUP

Group Facilitator: Lauren Volpei and Sean Roche

Wednesday 1-2:30 pm | Start date: TBD

Zoom/In-Person Participation TBD | Screening TBD

Description: Storied is a narrative processing group, which allows members to explore aspects of their story, assessing how it has shaped their view of self and how they relate to others. The hope is for members to increase insight in a group environment that offers validation and compassion. Group members' insight may offer them understanding into their emotions and experiences, allowing them to reorganize their story in a meaningful way.