

### Understanding self and others group

This type of group is often the treatment of choice for people who experience troubled relationships (including romantic, family, and friend-related), loneliness, depression, social anxiety, difficulty expressing emotions, self-criticism, difficulty with vulnerability/intimacy and low self-esteem. They offer a protected environment to identify and explore feelings; to learn how to give and receive empathy, support and feedback; to practice new, healthier ways of relating to others; and to foster connections to feel less lonely or isolated.

*Wednesday (ongoing weekly group for the year with enrollment until full): 10-11:30am (Anand Desai, PsyD & Lindsey Waxman, MA) - @ Asbury*

### Queer community trauma-focused group

This is a group for students who identify as bisexual, gay, lesbian, queer, questioning, non-binary and/or transgender who have experienced trauma in their lives. This includes sexual, emotional/physical abuse, neglect and/or trauma experience within their family of origin. This group is intended as a space for students to share community in order to cope with painful emotions associated with trauma.

*Tuesday (weekly): 2:30-4pm (Kayla Rodriguez, LCSW) - @ Asbury*

### Grief and loss group

This group helps participants express and explore emotions related to their experiences of loss. It is open to people who have lost a loved one and combines sharing, discussion, support, and activities.

*Thursday (weekly): 2:30-4pm (Anand Desai, PsyD & Blake Pindyck, MA) - @ Asbury*

### Student of color support & empowerment group

Students of color are often navigating a complex and difficult college environment. This group creates a space for students of color to connect/support one another over experiences of discrimination, oppression and racism; and gain wisdom and energy from each other.

*Thursday (weekly group with open enrollment until full): 2:30-3:45pm (Anna Mokry, PsyD & Jah Latchman, JD, MA, MDiv) - telehealth via ZOOM*

### Social anxiety group

This six-week group takes an active cognitive-behavioral approach in providing tools for managing anxiety and dealing with an array of social situations. Participants will learn to develop more positive ways to think about and approach situations that may typically be avoided. It involves learning and practicing new techniques that have shown to be helpful for social anxiety.

*Wednesday (weeks 3-8): 3-4:30pm (Larry Welkowitz, PhD) @ Ritchie*

### Stronger Together: A Healing group for trauma survivors

This group is for women who have experienced chronic trauma in their lives. This includes sexual, emotional and physical abuse, neglect and/or trauma experience within their family of origin. This group is intended to provide a space for students to cope with depressive symptoms, anger, shame, guilt, and painful emotions associated with trauma.

*Wednesday (weekly for the quarter): 2:30-4pm or 3-4:30pm (Kaity Brock, PhD) - @ Asbury*



## 2024 Winter Quarter Group Counseling and Workshop Schedule

THE MAJORITY OF GROUPS ARE BEING OFFERED IN-PERSON THOUGH SOME MAY BE OFFERED VIA TELEHEALTH (ZOOM). PLEASE SEE DESCRIPTIONS FOR GROUP DAYS, TIMES AND LOCATIONS. MOST GROUPS HAVE THE OPTION OF, BUT NOT REQUIREMENT TO CONTINUE THROUGHOUT THE YEAR WHILE THE USO GROUPS AND MANAGING GRAD SCHOOL GROUP ARE INTENDED TO BE YEAR LONG.

ALL GROUPS/WORKSHOPS BESIDES ACT AND MINDFULNESS REQUIRE A 30 MINUTE MEETING WITH FACILITATOR(S) PRIOR TO JOINING

PLEASE EMAIL ANAND DESAI (anand.desai@du.edu) FOR ANY GROUP RELATED QUESTIONS OR CALL 303-871-2205 FOR GENERAL HCC QUESTIONS



**Health & Counseling Center**  
UNIVERSITY OF DENVER

## ACT workshop: Getting unstuck from depression and anxiety

This six-part workshop addresses anxiety and 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.

Thursday (weeks 3-8): 1-2pm (Tommy Fritze, PsyD)  
- @ Ritchie

## Koru mindfulness/meditation workshop

This four week workshop, is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management. Participants will ideally report being less-stressed, sleep better, and live with greater mindfulness and self-compassion.

Thursdays (weeks 5-8): 4-5:15pm (Alice Franks, PsyD & David Roberts, MA) - @ Ritchie

## Athlete injury recovery excellence

This group is for varsity student-athletes at varying stages of the injury recovery process, in collaboration with sports medicine. The purpose of this group is to learn about the mental, emotional, and social aspects of injuries, learn and practice effective coping skills, and develop routines to optimize the recovery process. Additionally, support from peers can often be pivotal to a productive healing process

Fridays (weekly): 12-1pm (Tommy Fritze, PsyD) - @ Ritchie



## Managing graduate school: Both within and outside the classroom

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.

Wednesday (weekly group for the year with open enrollment until full): 9:15-10:45am (Jacaranda Palmateer, PsyD & AJ Franzetti, MEd) - @ Ritchie

## DBT/Emotional wellness group: Distress Tolerance

This group focuses on distress tolerance, teaching skills to manage moments of intense emotional activation. Dialectical Behavior Therapy (DBT) participants will learn how to identify and cope with difficult emotions; and incorporate mindfulness and other regulation skills to promote wellness and intentional boundary setting. Normalizing the complexity of the human experience and empowering participants to develop their own self-care plan is a priority

Friday (weekly): 10:30-12pm (James O'Geary, LPC & Patsy Pitcairn, M.Phil.Ed) - @ Ritchie

## Queery: Exploring your queer identity

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 building a supportive community and sharing space with others as you integrate your sexual and gender identities in authentic and self-affirming way.

Monday (weekly): 9-10:30am (Angela Michener, LCSW & Hannah Widmer, MS) @ Ritchie

## Fear-less: An Anxiety management group

This group is for individuals who are motivated to learn new ways of relating to their anxiety in order to be more present and engaged in their daily lives. In this group, you will have the opportunity to connect with others who experience distress, frustration, and shame around their continued struggles and develop skills that allow you to better manage your anxiety.

Tuesday (weekly): 3-4pm (Hannah Widmer, MS and Elizabeth Rubio, MA) - @ Ritchie

