

## UCC Groups – Summer 2017

Group is often an ideal therapeutic treatment option, frequently the best for your concerns. In group you may feel better understood because you are able to interact with people who are struggling with issues similar to yours. Therapy groups provide a space for giving and receiving feedback and support, allowing you to gain multiple perspectives, practice skills, try out new behaviors, and learn how to have more satisfying relationships. Support groups provide an atmosphere conducive to sharing your concerns with others whose lives are impacted by similar issues. Unlike individual counseling at the UCC, there is no limit to the number of times you can come to group. Groups are economical, ranging from no-cost up to only \$5 per session! Ask your counselor for information on how to join one of our groups or contact Karen Cone-Uemura ([kccone-uemura@sa.utah.edu](mailto:kccone-uemura@sa.utah.edu) or 801-581-6826)

### Therapy Groups

#### *Growth Through Connection (Co-Ed Interpersonal Process Group)*

Tuesday 1– 2:30 (Karen Cone-Uemura)

Incorporating mindfulness, members can learn more about themselves and their impact on others. Personal growth occurs through the practice of authentic interactions and interpersonal connections with other group members.

#### *Self-Compassion Group (Co-Ed Interpersonal Process Group)*

Tuesday 1:30–3 (Josh Newbury, Danielle Fetty)

Ideal for those learning to be kind to themselves, especially when they feel like they're failing. Blending self-compassion with mindfulness & self-exploration, this group helps students practice being easier on themselves.

#### *Surviving and Succeeding in Graduate School (Co-ed)*

Wednesday 2:30–4 (Frances Harris, Kait Whitomb)

Geared to those working on advanced degrees including masters/doctoral, law, business administration, etc. Participants from a variety of disciplines share research, writing strategies, goals setting, social and emotional support.

#### *Striving and Thriving in Graduate School (Women only)*

Thursday 10 – 11:30 (Frances Harris, Kim Meyers)

Geared to women working on advanced degrees (masters, doctoral, law, business administration, etc.) Participants from a variety of disciplines share research, writing strategies, goals setting, social and emotional support.

#### *Merging Paths of Wellness*

Thursday 12:30 – 2 (Karen Cone-Uemura, Marianne Stone)

This group provides a supportive atmosphere for people with mental health diagnoses who may or may not take medication. Members share their experiences in managing their well-being in a mindful, non-judgmental space.

#### *Self-Compassion Thursdays (Co-Ed Interpersonal Process Group)*

Thursday 2–3:30 (Josh Newbury, Roberto Martinez)

Ideal for those learning to be kind to themselves, especially when they feel like they're failing. Blending self-compassion with mindfulness & self-exploration, this group helps students practice being easier on themselves.

#### *Connecting With Self and Others (Women's Interpersonal Process Group)*

Friday 10 – 11:30 (Dena Abbott, Kait Whitcomb)

This group is for women interested in deepening their sense of self-awareness and learning how to meaningfully connect with others by processing emotions and experiences together in a safe space.

## *Support Groups*

These are support, not therapy groups, and are free. Here are the options on how to sign up for these groups: Online registration is at: <http://counselingcenter.utah.edu/forms/support-groups-registration.php>

Alternatively, you can contact facilitators directly to sign up or Karen Cone-Uemura, groups coordinator ([kccone-uemura@sa.utah.edu](mailto:kccone-uemura@sa.utah.edu))

### *Sharing and Caring Grief Group* Wednesday 12—1 p.m. (Karen Cone-Uemura)

This compassionate space allows participants to share their grief journey, receiving and lending support to others. Mindfulness techniques will be introduced and practiced as one means for coping with the challenges that the loss of a loved one brings. Register online or contact facilitator directly to sign up: [kccone-uemura@sa.utah.edu](mailto:kccone-uemura@sa.utah.edu).

### *Faith + Doubt*

Thursday, 1—2 p.m. (Susan Chamberlain)

This group provides a supportive atmosphere in which to examine life's "big questions," and how those questions impact our relationships, worldviews, and identities. It's for those of us who aren't sure what we believe, but who are actively trying to figure it out. Register online or contact facilitator directly to sign up: [schamberlain@sa.utah.edu](mailto:schamberlain@sa.utah.edu).

## *Mindfulness Clinic*

The UCC's Mindfulness Clinic has numerous offerings, most of which are free. There are several workshops, including one geared to University Faculty and Staff, providing instruction on mindfulness meditation. We also offer free drop-in meditation sessions. For more information, or to register for one of our workshops, please check out our website at <http://counselingcenter.utah.edu/services/mindfulness.php>.

**University Counseling Center 426 Student Services Bldg, 801-581-6826**