UCC Groups – Spring 2016

Group is often an ideal 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. Our 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. Our support groups provide an atmosphere conducive to sharing your concerns with others whose lives are impacted by similar issues. Our workshops offer the opportunity to learn and practice skills you can use in managing troublesome aspects in your life, improving overall well-being. 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 (kcone-uemura@sa.utah.edu or 801-581-6826)

Therapy Groups

Women Empowering Women
Monday 1—2:30 (Cindy Harling, Fernanda Martins-Nguyen)
A group for women struggling to find a place in the world. This group aims to help women through empowerment, examining interpersonal relationships, and connecting with other women.

Growth Through Connection (Co-Ed Interpersonal Process Group)
Tuesday 1—2:30 (Karen Cone-Uemura, Taylor Herd)
Incorporating mindfulness, participants 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.

Man Therapy (Men’s Interpersonal Process Group)
Tuesday 2:30—4 (Josh Newbury, Liv Dyson)
A group where men can discuss their diverse experiences, expectations and challenges. The group can explore a variety of topics including: friendships/relationships, the feels, communicating/asking for support, and healthy sexuality/pornography. The group strives to be welcoming and supportive.

Loving Self and Others Outside The Box
Wednesday 10—11:30 (Tony Kemmochi, Emily Kerzin)
This group is designed for anyone with struggles surrounding their sexual orientation and/or gender identity. We will be sharing time and space together to process our unique life issues and challenges.

Creating Space (Co-Ed Interpersonal Process Group)
Thursday 10—11:30 (Glenda Wilkinson, Audrey Harkness)
Safe space to discuss and reflect on experiences/feelings, receive validation, new perspectives and insight. This group will also focus on creating a sense of self-awareness, honoring one’s self, and creating one’s voice, hence creating space.

Striving and Thriving in Graduate School
Thursday 10—11:30 (Frances Harris, Margo Gregor)
Geared to women 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.

University Counseling Center  426 Student Services Bldg, 801-581-6826
Therapy Groups—continued

Merging Paths of Wellness
Thursday 12:30 – 2 (Karen Cone-Uemura, Margo Gregor)
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.

Surviving and Succeeding in Graduate School
Friday 10–11:30 (Frances Harris, Juliet Meggs)
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.

Support Groups

These are support, not therapy groups, and cost $20 for the entire semester. Contact facilitators directly to sign up or Karen Cone-Uemura, groups coordinator (kcone-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. Contact facilitator directly to sign up: kcone-uemura@sa.utah.edu.

Faith + Doubt
Thursday 12–1 pm (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. Contact facilitator directly to sign up: 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.