**UCC Groups – Fall 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, Katie Stiel)  
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.

**The Freakin’ Amazing LGBTQ Group**  
Monday 3—4:30 (Josh Newbury, Q Porschatis)  
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.

**Growth Through Connection (Co-Ed Interpersonal Process Group)**  
Tuesday 1—2:30 (Karen Cone-Uemura, Lindsey Painter)  
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.

**Self-Compassion Group**  
Tuesday 1:30—3 (Josh Newbury, Lindsey Johnson)  
Ideal for those learning to be kind to themselves, especially when they feel like they’re failing. By blending the practice of self-compassion with mindfulness & self-exploration, this group helps students learning how to go easier on themselves.

**Surviving and Succeeding in Graduate School**  
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**  
Thursday 10 – 11:30 (Frances Harris, Kim Meyers)  
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.

**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.
Support Groups

These are support, not therapy groups, and cost $20 for the entire semester. 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 (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. Register online or contact facilitator directly to sign up: kcone-uemura@sa.utah.edu.

Faith + Doubt
Thursday 1—2 pm (Susan Chamberlain, Dena Abbott)
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.

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.