

UCC Groups – Summer 2018

Group is an ideal therapeutic treatment option, frequently the best for your concerns. Therapy groups provide a space for giving and receiving feedback and support. You can gain multiple perspectives, practice skills & new behaviors, and learn how to have more satisfying relationships. Support groups provide an atmosphere conducive to connecting with others who are impacted by similar issues. There is no limit to the number of times you can come to group. Economical - from free to \$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

If You're Lonely, This Group is For You

Monday 11– 12:30 (Josh Newbury, Jayden Thai)

This group is for students who feel lonely and isolated, It focuses on feelings & value-based action as a means to cultivate more connections in our lives. This group does not provide extensive social skills training at this time.

The Space Between Us

Tuesday 12– 1:30 (Alexis Arczynski, Krista Robbins)

This therapy group is ideal for members who want to learn more about the influences of relational patterns and cultural context to help them cultivate relationships that are more deeply intimate, satisfying, and nourishing.

Growth Through Connection

(All-Gender Interpersonal Process Group)

Tuesday 12:30– 2 (Karen Cone-Uemura, Josh Goodman)

A space where members 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.

Surviving and Succeeding in Graduate School (All-Gender)

Wednesday 3–4:30 (Frances Harris, Michelle Farrell)

For those working on advanced degrees (masters/doctoral, law, business administration, etc.) Participants from various disciplines share strategies on research, writing, goals setting, social and emotional support.

Striving and Thriving in Graduate School (Women only)

Thursday 10 – 11:30 (Frances Harris, Krista Robbins)

For 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 11–12:30 (Karen Cone-Uemura, Jayden Thai)

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.

Connecting With Self and Others

(All-Gender Interpersonal Process Group)

Friday 10 – 11:30 (Jake Van Epps, Michelle Farrell)

This group offers a space conducive to exploring concerns, clarifying values, and understanding our cultural context. By increasing self-awareness while deepening interpersonal connection, overall well-being can be maximized.

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)

Sharing and Caring Grief Group

Wednesday 5 p.m.—6 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.

Faith + Doubt

Thursday, 3—4 p.m. (Susan Chamberlain, Michelle Farrell)

This group provides support for students, faculty and staff who are questioning their religious or spiritual beliefs. Questioning your faith (or non-faith) can cause significant emotional conflict, and can impact relationships, worldviews, and identities. This group is a place to share and connect around these issues. Register online or contact facilitator directly to sign up: schamberlain@sa.utah.edu.

Men's Group

Friday, 1—2 p.m. (Roberto Martinez)

This group provides support for male-identified people, and allows a space to practice healthy masculinity, vulnerability, and self-compassion. Please contact Roberto if interested: rmartinez@sa.utah.edu

Mindfulness Center

The UCC's Mindfulness Center offers workshops, including one geared to University Faculty and Staff, and free drop-in meditation. For more information, or to register for workshops, please go to our website at <http://counselingcenter.utah.edu/services/mindfulness.php> or contact Alexis Arczynski: aarczynski@sa.utah.edu.

Additionally, the Women's Resource Center offers a variety of groups. For more information, please call 801-581-8030

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