UCC Groups – Summer 2019

Group is frequently the best treatment option for your concerns. Therapy groups provide a space where you can gain multiple perspectives on your concerns, practice skills, try out 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. Groups are economical, ranging from no-cost up to only $5 per session! Ask your counselor for information or contact Karen Cone-Uemura (kcone-uemura@sa.utah.edu or 801-581-6826)

Therapy Groups

Monday

The Space Between Us
2–3:30 (Alexis Arczynski, Olivia Scott)
This group is ideal for people 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.

Connecting With Self and Others
10 – 11:30 (Jake Van Epps, Amber Choruby Whiteley)
This is a space conducive to increasing self-awareness and deepening interpersonal connection. We will explore concerns, clarify values and consider cultural factors in maximizing overall health and well-being.

Men’s Self-Compassion Group
11:30—1 (Alex White)
Men are often expected to “man up.” This is a supportive space where men can explore masculinity & vulnerability employing mindfulness & compassion instead of through self-criticism, guilt, and shame.

Cultivating Compassion
1—2:30 (Claudia Reyes, Roberto Martinez)
Practicing compassion with ourselves helps us relate better with others. This group provides the space to learn and practice self compassion.

Surviving and Succeeding in Graduate School
(All-Gender)
3—4:30 (Frances Harris, Sarah Christman)
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)
10 – 11:30 (Frances Harris, Cerynn Desjarlais)
For women working on advanced degrees (masters, doctoral, law, etc.) Participants from a variety of disciplines share research, writing strategies, goals setting, social and emotional support.

Merging Paths of Wellness
11—12:30 (Karen Cone-Uemura, Olivia Scott)
This group provides a supportive atmosphere for people with mental health diagnoses. Members share their experiences with managing their well-being in a mindful, non-judgmental space.

If You’re Lonely, This Group is For You
2—3:30 (Josh Newbury)
Designed for people who feel lonely and isolated, this group 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.

Self-Compassion Fridays (Women only)
2 – 3:30 (Danielle Fetty-Lovell, Cerynn Desjarlais)
Ideal for those learning to be kind to themselves, particularly during times of struggle. Through mindfulness, self-exploration, and interpersonal connection, women work on developing self-compassion in a supportive space.

University Counseling Center  426 Student Services Bldg, 801-581-6826
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 (kcone-uemura@sa.utah.edu)

Faith + Doubt
Friday, 10—11 a.m. (Susan Chamberlain)
This group provides support for those who are questioning their religious or spiritual beliefs, a journey that can impact all aspects of life. Share and connect with others around issues of faith/non-faith. Register online or contact facilitator directly to sign up: schamberlain@sa.utah.edu.

Mindfulness Center
For more information on the various offerings provided by The Mindfulness Center, including massage chairs, workshops & drop-in meditation, please go to our website at http://counselingcenter.utah.edu/services/mindfulness.php or contact Alexis Arczynski: aarczynski@sa.utah.edu.

Sharing and Caring Grief Group
Friday 4—5 p.m. (Karen Cone-Uemura)
This group provides a compassionate space to share your grief journey. Through mindfulness, activities and sharing, connect with others who get what it means to lose a loved one. Register online or contact facilitator directly to sign up: kcone-uemura@sa.utah.edu.

Off-site Groups
To increase access and promote inclusion, the UCC offers free groups in locations around campus.

Stress Support Group
Meets in The Center for Ethnic Student Affairs (CESA)
Friday at 1
(Karen Cone-Uemura, Chelsea Manzanares)
This is a space where people can discuss the impact of microaggressions, marginalization and other culturally related issues while engaging in fun activities. Share stressors, coping strategies and anything else that’s salient to overall well-being with others who have similar lived experiences.

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