Group is often an ideal therapeutic treatment option, frequently the best for your concerns. 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 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 on how to join one of our groups or contact Karen Cone-Uemura (kcone-uemura@sa.utah.edu or 801-581-6826)

Therapy Groups

Reclaiming Our Voices
Monday 2–3:30 (Christina LeCluyse, Caroline Lorenzen)
This is a 9-wk closed group for female-identified people who are survivors of interpersonal violence. This group combines psychoeducation and creative narrative to facilitate the healing process while also maintaining maximum safety.

The Space Between Us (All-Genders Interpersonal Process Group)
Tuesday 10–11:30 (Alexis Arczynski, Jonathan Nielsen)
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 3–4:30 (Karen Cone-Uemura, Josh Henricksen)
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.

Self-Compassion Wednesdays (Interpersonal Process Group for Women)
Wednesday 2–3:30 (Danielle Fetty, Gretchen Anstadt)
Ideal for those learning to be kind to themselves, particularly during times of struggle. By blending mindfulness, self-exploration, and connecting with others, this group helps students develop self-compassion in a supportive environment with other women.

Surviving and Succeeding in Graduate School (All-Gender)
Wednesday 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)
Thursday 10–11:30 (Frances Harris, Cerynn Desjarlais)
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, Olivia Scott)
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.

If You’re Lonely, This Group is For You
Thursday 3–4:30 (Josh Newbury)
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.

Connecting With Self and Others (All-Gender Interpersonal Process Group)
Friday 10–11:30 (Jake Van Epps, Amber Choruby Whiteley)
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 health and well-being can be maximized.

Skills Group (Psychoeducational Group)
Thursday 9:30–11 (Steve Lucero, Chelsea Taylor, Sara McConkie)
Learn and practice coping skills to adaptively manage emotional reactions to life stressors through skills coaching and brief discussion. Because the group is educational, members must also be in individual therapy.

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)

Sharing and Caring Grief Group
Wednesday 3 p.m.—4 p.m. (Karen Cone-Uemura)
This group provides a compassionate space to share your grief journey. 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.

Faith + Doubt
Friday, 2—3 p.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.

Men’s Self-Compassion 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. Register online or contact facilitator directly to sign up: rmartinez@sa.utah.edu.

LGBTQ+ Support & Empowerment Group
Monday, 3—4 p.m. (Alexis Arczynski)
If interested, please contact the facilitator directly. Alexis: aarczynski@sa.utah.edu

A Place Where U Belong
Friday, 1—2 p.m. (Danielle Fetty, Jack Haden)
A group for students struggling to find their place on campus as they face academic challenges/barriers. Ideal for those who want a sense of community/belonging or who may feel under-represented at the U. Register online or contact facilitator directly to sign up: dfetty@sa.utah.edu or jhaden@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.

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

Between Two Worlds
Meets in The Den in the Union
Tuesday 4—5 p.m.
Sui Zhang & Christina Kelly Le-Cluyse
This group provides a community for international students, lending support in adjusting to the U, dealing with culture shock and creating a sense of connection.

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