

UCC Groups – Spring 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.

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)

Monday 1– 2:30 (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.

Limitless U (ASD Group)

Tuesday 10 – 11:30 (Jack Haden, Jonathan Nielsen)

A therapy group for students along the autism spectrum, lending compassion and offering skills for success at the University of Utah.

Growth Through Connection (All-Gender Interpersonal Process Group)

Tuesday 3– 4:20 (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 11–12:20 (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.

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)

Friday 12–1:30 (Steve Lucero, Chelsea Taylor, Sara McConckie)

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.

If You're Lonely, This Group is For You

Friday 2–3:30 (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.

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)

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.

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.

Sharing and Caring Grief Group

Friday 4–5 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: kccone-uemura@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.

Stress Support Group

Meets in The Center for Ethnic Student Affairs (CESA)

Day & time TBD

(Karen Cone-Uemura, Chelsea Manzanares)

This is a space where people can discuss the impact of microaggressions, marginalization and other culturally related issues. Share stressors, coping strategies and anything else that's salient to overall well-being with others who have similar lived experiences.



Check Back
for
Upcoming
Groups on
Campus!