

UCC Groups – Spring 2018

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 10– 11:30 (Christina LeCluyse, Kalani Nelford)

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.

Building Healthy Relationships (All-Gender Interpersonal Process Group)

Tuesday 12– 1:30 (Alexis Arczynski, Derek Cragun)

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.

Self-Compassion Group (All-Gender Interpersonal Process Group)

Tuesday 2–3:30 (Sui Zhang, Katie Ovrom)

Ideal for those learning to be kind to themselves, especially when they feel like they're failing. Blending self-compassion with mindfulness & self-exploration, this group helps students practice being easier on themselves.

Growth Through Connection (All-Gender Interpersonal Process Group)

Tuesday 4– 5:30 (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.

Self-Compassion Tuesdays (Women's Interpersonal Process Group)

Tuesday 12:30–2 (Danielle Fetty, Cristina Aguayo-Romero)

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 to develop their practice of self-compassion.

Surviving and Succeeding in Graduate School (All-Gender)

Wednesday 2:30–4 (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, Marianne Stone)

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 10:30 – 12 (Steve Lucero)

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.

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, 5—6 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.

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.

Off-site Groups

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

Power Within

On hiatus. If interested, please contact Roberto Martinez at rmartinez@sa.utah.edu

A strengths-based group for undocumented students & staff with and without DACA. Using a multicultural perspective, participants learn to identify areas of strength & community during a time of uncertainty. This is a space that allows participants to find power within themselves through a supportive, resilience-based environment.

LGBTQ+ Support & Empowerment Group

Monday, 3—4 p.m.

(Jayden Thai, Alexis Arczynski)

This group begins on 1/22/18 and will meet in the Student Union. If interested, please contact the facilitators directly.

Jayden: jthai@sa.utah.edu

Alexis: aarczynski@sa.utah.edu