

Fall 2019

## UCC GROUPS

Ask one of our counselors how to join so you, too, can effectively work on mental health and personal concerns in a nurturing, non-judgmental space.

**Interpersonal process (IP)** groups provide opportunities to learn more about yourself through authentic interpersonal interactions.

**Skills** groups provide concrete strategies for managing difficult emotions.

**Psychoeducational (PE)** groups provide information and education on different disorders.

**Support** groups are spaces where people with similar concerns can encourage and comfort one another

The same group can provide elements from the types described above. Groups that highlight interpersonal process are marked with an asterisk .

### University Counseling Center

University of Utah  
330 Student Services Bldg  
801-581-6826  
[Counselingcenter.utah.edu](http://Counselingcenter.utah.edu)

## Monday

### **\*The Space Between Us**

10-11:30 Alexis Arczynski, Mun Yuk Chin  
Cultivate more satisfying relationships by paying attention to relational patterns and cultural context.

### **Reclaiming Our Voices**

2-3:30 Christina Kelly LeCluyse, Aqsa Dalal  
This is a 9-wk closed group for female-identified people who are survivors of interpersonal violence.

### **\*Connecting With Self and Others**

2-3:30 Jake Van Epps, Keri Frantell  
Explore concerns, clarify values and consider cultural factors in maximizing well-being by deepening interpersonal connection.

## Tuesday

### **Merging Paths of Wellness**

11-12:30 Karen Cone-Uemura  
Incorporating mindfulness and authenticity, members share support, strategies & information on diverse chronic mental health diagnoses they live with.

### **\*Self-Compassion Tuesdays (Femme/Women identified)**

2-3:30 Danielle Fetty-Lovell, Kamala Ganesh  
Nurture your self-compassion through mindfulness, self-exploration, & fostering community with other femme/woman-identified individuals.

### **\*Growth Through Connection**

3-4:30 Karen Cone-Uemura, Paola Escobedo  
Using mindfulness, members foster personal growth and more authentic, satisfying relationships.

## Wednesday

### **\*Cultivating Compassion**

1-2:30 Claudia Reyes, Natalie Wilson  
A space to learn about and practice mindful self-compassion with others.

### **Faith + Doubt**

3-4 Susan Chamberlain, Keri Frantell  
Share and connect with others around issues of faith/non-faith. Register online or contact facilitator directly to sign up: [schamberlain@sa.utah.edu](mailto:schamberlain@sa.utah.edu)

### **Surviving and Succeeding in Graduate School (All-Gender)**

3-4:30 Frances Harris, Hannah Muetzelfeld  
Participants working on advanced degrees from various disciplines share strategies on research, writing, goals setting, social and emotional support.

*~ See back for more ~*

## Thursday

### **Striving and Thriving in Graduate School (Femme/Women identified)**

10-11:30 Frances Harris, Elyssa Klann

Women working on advanced degrees from a variety of disciplines share research, writing strategies, goals setting, social and emotional support.

### **Skills Group**

2-3:30 Alexis Arczynski, Erin Drum

Practice skills for short- and long-term coping, to improve personal well-being and relationships with others. Members must be in individual therapy.

### **\*If You're Lonely, This Group is For You**

2-3:30 Josh Newbury

This group focuses on feelings & value-based action as a means to cultivate more connections in our lives.

## Friday

### **\*Men's Self-Compassion Group**

10-11:30 Alex White

Men jointly explore masculinity & vulnerability through mindfulness & compassion instead of self-criticism, guilt, and shame.

### **Skills Group**

11:30-1 Steve Lucero, Maria Creasey-Baldwin

Learn and practice coping skills to adaptively manage emotional reactions to life stressors. Members must also be in individual therapy.

### **Body Politics**

1:30-3 Cindy Harling

More info coming soon! Group expected to begin after fall break

### **Limitless U (ASD Group)**

1-2:30 Jack Haden

Designed for students along the autism spectrum, lending compassion and offering skills for success.

### **Sharing and Caring Bereavement Support Group**

4-5 Karen Cone-Uemura

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](mailto:kccone-uemura@sa.utah.edu).

## *Off-site Groups*

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

### **Finding Our Voice**

Meets in The Women's Resource Center  
Monday 5:30-7

Glenda Wilkinson, Debra Daniels

Supportive atmosphere where women of color can connect.

### **Stress Support Group**

Meets in The Center for Ethnic Student Affairs (CESA)

Fri 12-1:30 Karen Cone-Uemura, Chelsea Manzanara

A space where people of color can discuss the impact of microaggressions, marginalization and other culturally related issues while engaging in fun activities.