

Spring 2020

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 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

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.

*Self-Compassion Mondays (Femme/Women identified)

1:30-3 Danielle Fetty-Lovell,
Kamala Ganesh
Nurture your self-compassion through mindfulness, self-exploration, & fostering community with other femme/woman-identified individuals.

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

*Growth Through Connection

3-4:20 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

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

Skills Group

9:30-11 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.

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.

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.

***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.

Beyond Binaries Support Group

12-1 Jack D. Haden
A compassionate space for trans, gender non-conforming, nonbinary, and genderqueer folk to safely explore identity and create a supportive community. Contact facilitator directly to sign up: jhaden@sa.utah.edu.

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.

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)
Fri 12-1:30 Karen Cone-Uemura, Chelsea Manzanares
A space where people of color can discuss the impact of microaggressions, marginalization and other culturally related issues while engaging in fun activities.