Therapy Groups

**Monday:**

**Graduate Student Self-Compassion Group** 1:30-3pm, Danielle Fetty-Lovell & Michael Azarani

This interpersonal process group fosters self-compassion & connection amongst individuals who are navigating the trials of graduate school, and who might be struggling with impostorism or lack of belonging in their program/ broader community. As members cultivate their practice of self-compassion, the group helps to foster increased self-acceptance, strength/resilience, & mutual support & empowerment through guided self-reflection, interpersonal connection/vulnerability, & sociocultural exploration.

**Loneliness and Connection** 3-4:30pm, Josh Newbury

For any student feeling lonely, we explore how value-based actions, vulnerability, and self-compassion can support greater connection with ourselves and others.

**Embody** 3-4:30pm, Susan Chamberlain & Sheilagh Fox

A closed group for women & femmes seeking to empower ourselves and heal our relationship to our bodies.

**Tuesday:**

**The Space Between Us** 10-11:30am, Alexis Arczynski

Cultivate more satisfying relationships by paying attention to relational patterns and cultural context.

**Wednesday:**

**Women’s Self-Compassion** 2-3:30pm, Gretchen Anstadt

Nurture your self-compassion through mindfulness, self-exploration, & fostering community with other women & femmes.

**Surviving and Succeeding in Grad School (All gender)** 3-4:30pm, Frances Harris & Luke Huckaby

Participants from various disciplines provide social & emotional support for achievement of personal & academic goals.

**Thursday:**

**Striving and Thriving in Grad School (Women/Femme)** 10-11:30am, Frances Harris & Sheilagh Fox

Participants from various disciplines provide social & emotional support for achievement of personal & academic goals.

**Men’s Self-Compassion** 10-11:30am, Alexis Arczynski

In times of strife or struggle, men are often expected to “gut it out” or “man up”. This group will explore an alternative strategy known as “self-compassion”. It is the antidote to self-criticism, guilt, & shame. This supportive atmosphere is an opportunity for male-identified individuals to explore mindfulness, masculinity, vulnerability, and a much more compassionate approach to life for both others & self.

**Merging Paths of Wellness** 11-12:20pm, Karen Cone-Uemura

Incorporating mindfulness and authenticity, members share support, strategies & information on diverse chronic mental health diagnoses they live with.

**Growth Through Connection** 3-4:20pm, Karen Cone-Uemura & CJ Park

Using mindfulness & attention to interpersonal dynamics, members foster personal growth & more authentic, satisfying relationships.
Support Groups

**Monday:**

**Building a Community of Women in STEM** 4-5pm, Kamala Ganesh

A space where women and femme-identifying graduate and undergraduate students in Science, Technology, Engineering, and Mathematics can connect to process their experiences as women in STEM, decrease stress, and build resilience for academic, career, and personal growth. Register online [here](https://counselingcenter.utah.edu/forms/support-groups-registration.php) or contact facilitator to sign up: kganesh@sa.utah.edu

**Tuesday:**

**Faith + Doubt** 3-4:30pm, Susan Chamberlain & Luke Huckaby

For students, staff, and faculty questioning issues related to religion and faith. This group explores the impact of spiritual doubt on community, identity, and beliefs. Register online [here](https://counselingcenter.utah.edu/forms/support-groups-registration.php) or contact facilitator to sign up: schamberlain@sa.utah.edu

**Friday:**

**Beyond Binaries** 12-1pm, Jack Haden & Michael Azarani

This is a compassionate space for trans, gender non-conforming, nonbinary, and gender-queer folk to safely explore identity & create a supportive community. Contact facilitator to sign up: jhaden@sa.utah.edu

**Loss and Transformation** 4-5pm, Karen Cone-Uemura

This group is a compassionate space where people share their grief journeys, receive and lend support through talk and various activities, including mindfulness, art, & storytelling. We will honor difficult feelings such as sadness and anger, while placing emphasis on support and post traumatic growth. Register online or contact facilitator to sign up: kcone-uemura@sa.utah.edu

**OFF SITE OFFERINGS:**

**Building Resilience Support Group w/ CESA** Tuesday, 5:30-7pm or Friday, 12-1:30pm

A space for BIPOC to share oral histories, cultural practices, passions, foods, interests, and art as we explore healing through community.

**Finding Our Voice: Women of Color Support Group w/ WRC** Monday, 5:30-7pm, Claudia Reyes & Andrea Juarez

Provides a space for WOC to connect, sharing our struggles, strengths, and ways of coping while honoring our unique individual backgrounds.