UCC SUMMER 2022 GROUPS

Therapy Groups

Monday:

**Graduate Student Self-Compassion Group** 1:30-3pm, Danielle Fetty-Lovell & Betsy Varner
Foster self-compassion & meaningful connection with other graduate students experiencing imposterism or lack of belonging.

**Loneliness and Connection** 3-4:30pm, Keri Frantell
Explore concerns, clarify values & consider cultural factors in maximizing well-being by deepening interpersonal connection.

**Men’s Self-Compassion** 3-4:30pm, Josh Newbury & Sakina Ali
Men jointly explore masculinity & vulnerability through mindfulness & compassion instead of self-criticism, guilt, & shame.

Wednesday:

**Women’s Self-Compassion** 2-3:30pm, Gretchen Anstadt & Brendalisse King
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, Jiabao Gao
Participants from various disciplines provide social & emotional support for achievement of personal & academic goals.

**International Graduate Student Group** 3-4:30pm, Luana Nan
Participants provide social and emotional support for personal and academic success, acknowledging the unique challenges of being an international graduate student.

**Embody** 3-4:30pm, Susan Chamberlain & Betsy Varner
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, Gretchen Anstadt & Christina Cendejas
Cultivate more satisfying relationships by paying attention to relational patterns and cultural context.

**Growth Through Connection** 3-4:30pm, Karen Cone-Uemura
Using mindfulness & attention to interpersonal dynamics, members foster personal growth & more authentic, satisfying relationships.

Thursday:

**Striving and Thriving in Grad School (Women/ Femme)** 10-11:30am, Cierra Collum & Sarah VanMattson
Participants from various disciplines provide social & emotional support for achievement of personal & academic goals.

**Merging Paths of Wellness** 11-12:30pm, Karen Cone-Uemura
Incorporating mindfulness and authenticity, members share support, strategies & information on diverse chronic mental health diagnoses they live with.
Support & Skills Groups

Support Groups

Monday:

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

A space where women and femmes in fields of Science, Technology, Engineering, and Mathematics can connect to process their experiences as women in STEM. Register online or contact facilitator to sign up: kganesh@sa.utah.edu

Tuesday:

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

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 or contact facilitator to sign up: schamberlain@sa.utah.edu

Wednesday:

**All the Feels: BIPOC Support Group** 12-1:30pm, Claudia Reyes & Christina Cendejas

All gender, drop-in style support group for BIPOC students. Register online.

Thursday:

**Beyond Binaries** 2:30-4pm, Sakina Ali

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

**Chai & Chat** 4-5pm, Sui Zhang

A support group to provide a safe space for international students to share their experiences and discuss difficulty, challenges and amusement. We can talk about cultural difference, the effects of COVID-19, homesickness, relationships, adjustment to the University of Utah. This is only offered to international students and can be registered for online or by contacting szhang@sa.utah.edu

Friday:

**Loss and Transformation** 12-1pm, Karen Cone-Uemura

Grief support for any type of loss. This group is a blend of talk and various activities including mindfulness, art, & storytelling to validate loss while promoting post traumatic growth. Register online or contact facilitator to sign up: kcone-uemura@sa.utah.edu

Skills Groups

Thursday:

**Skills Group** 1-2:30pm, Luana Nan

Learn and practice coping skills for both short-term crisis and long-term growth, using practical strategies to improve well-being and relationships. Members must be in individual counseling.