

## Sexual Assault Support Group

Chandra Feltman, M.A. & Gina Austin, Ph.D. / Time: Tues., 3:30-5pm

This is a weekly support group for survivors of sexual assault. Group perspective will also focus on facilitating posttraumatic growth, in that healing from trauma is not about forgetting, but instead transforming these experiences into a source of wisdom.

## Healthy Relationships Group

Bethany Keller, M.Ed. & Gina Austin, Ph.D. / Time: Wed., 2:30-4pm

This weekly group emphasizes some psychoeducation, but mainly interpersonal process regarding relationships. This is not a couples group; you need not be in a current romantic relationship.

## Interpersonal Mixed Group

Gina Austin, Ph.D. / Time: Thurs., 2:30-4pm

This interpersonal process group will provide brief psychoeducation and experiential exercises, focused on self-worth utilizing research from Drs. Brene Brown (shame resiliency) and Kristin Neff (self-compassion).

## Graduate Interpersonal Process Group

Arthur Hatton, M.S. & Ashley Ross, Ph.D. / Time: Mon., 3-4:30pm

Elizabeth Baker, M.A. & Ashley Ross, Ph.D. / Time: Thurs., 3-4:30pm

This interpersonal process group is a supportive group to examine ways of relating to others, share personal experiences, express fears and concerns, and get support and feedback.

## LGBTQ+ Interpersonal Process Group

Bonnie Benson-Palmgren, Ph.D. / Time: Tues., 3-4:30pm

This interpersonal process group provides supportive space where students can try out new ways of connecting with others, receiving feedback/support, express fears, and share their experiences.

## Grief Recovery Group

Paul McAnear, Ph.D. / Time: Mon., 3-4:30pm

This is a general group focused on coping with the death of a person significant in your life. As a participant, you will be assisted in sharing your stories, transitioning from "why" to "what now", and building acceptance/affirmation around their loss.

## DBT Treatment Program Group

Elizabeth Baker, M.A., Chandra Feltman, M.A., & Maggie Klotz, Ph.D. / Time Wed., 3-4:30pm

The DBT group is designed to help students who have experienced chronic suicidality and/or engaged in self-destructive/high-risk behavior (e.g., cutting, burning). Students who participate in the DBT program are required to receive both individual counseling and attend the weekly skill group. The group teaches students alternative coping skills so they can learn to effectively manage their relationships, emotions, and distress levels in order to be more satisfied with life.

## Healthy ME at OT Workshop

Phil Johnson, Ph.D. / Time: TBD

A drop-in friendly ONE HOUR workshop to learn about health decision making, what counseling is all about and free resources to support your success.

