



Fall 2017

Group Therapy

<http://studentaffairs.psu.edu/counseling>
501 Student Health Center

If you are interested in one of the groups listed, please call CAPS at (814) 863-0395.

All groups will be run by CAPS providers.

Exploring Interpersonal Relationship Groups for Undergraduates

Women's Therapy

This therapy group is intended for **undergraduate** women interested in gaining understanding of themselves and ways of relating more comfortably to others.

Wednesdays, 4:30-6:00 PM

Caitlin Chun-Kennedy & Camille Sluzis

Men, Talking

This group is open to **undergraduate** and **graduate** male students. The purpose of this group is to get men talking about different issues impacting their life.

Mondays, 1:30-3:00 PM

Jordan Barnard & Daveon McMullen

Understanding Self & Others

These groups are for undergraduates who are interested in gaining greater understanding of themselves and ways of relating more comfortably to others.

Mondays, 1:30-3:00 PM

Janet Schwabenbauer & Clare Cowen

Tuesdays, 2:30-4:00 PM

John Mitchell & Julie Scott

Wednesdays, 1:15-2:45 PM

Sarah Watson & Ashley Stauffer

Graduate & Returning Students Process Groups

Graduate Students & Returning Adults

These groups are designed for personal growth and self-awareness for students who are older than the typical 18-22 year old undergraduate population.

Wednesdays, 1:30-3:00 PM

Natalie Hernandez DePalma & Sunie Kim

Thursdays, 2:30-4:00 PM

Jill Hranicka & Daveon McMullen

Fridays, 1:00-2:30 PM

Desiree Howell & Wes Scala

Women's Therapy

This therapy group is intended for **graduate** women interested in gaining understanding of themselves and ways of relating more comfortably to others.

Tuesdays, 4:30-6:00 PM

Stephanie Stama & Lindsay Furlong-O'Hara

Skills Oriented Groups

Mindful Mood Management

This 4-session clinic will help members develop skills to navigate difficult emotions and cultivate self compassion. Members will engage in guided, experiential practice in group; practice between sessions is encouraged.

Wednesdays, 3:00-4:30 PM

Han Wingate & Rekha Varghese

Anxiety Clinic

These 3-4 week clinics are designed for students who struggle with various forms of anxiety. Students will learn more about how symptoms impact daily functioning, and ways to manage and reduce anxiety.

Mondays, 3:00-4:30 PM

Sultan Magruder & Kathleen Dimattia

Thursdays, 2:00-3:30 PM

Sarah Watson & Jason Yoder

Perfectionism

This 4-session clinic will help participants increase their awareness and insight into their perfectionism, as well as learn strategies for coping with perfectionism.

Wednesdays, 1:30-3:00 PM

Abby Costello & Latoya Haynes-Thoby

Relationships 101

This 4-session clinic is for individuals wanting to learn more about relationships, healthy communication, conflict resolution, and more! Designed for all types of personal and professional relationships.

Tuesdays, 4:00-5:30 PM

Desiree Howell

Insomnia Clinic

Having difficulty falling or staying asleep? This clinic will teach you strategies to improve your sleep quantity and quality, focusing on behaviors you engage in around sleep.

Tuesdays, 1:00-2:30 PM

Elana Szczesny & Lindsay Furlong-O'Hara

Support Groups

Women's Empowerment Group

This is a semi-structured support group for female undergrad students who have some history of exposure to interpersonal abuse and/or trauma. The group aims to empower the members to find their voice, increase self-worth, strengthen sense of self, and process through societal messages, pressures, and influences.

Tuesdays, 1:30-3:00 PM

Camille Sluzis & Rekha Varghese

Thursdays, 3:00-4:30 PM

Desiree Howell & Abby Costello

Penn State Students on the Spectrum

This group is for undergraduate and graduate students who have been diagnosed with autism spectrum disorder. Members will gain increased social contact and work on interpersonal skills in a relaxed, non-judgmental environment.

Mondays, 3:30-5:00 PM

Stephanie Stama & Julie Scott

Loss Group

This group is for students who have experienced the death of a relative, friend, or someone close to them. The group will focus on adjustment to the loss and reduction in feelings of guilt, anger, depression, and powerlessness.

Mondays, 3:30-4:45 PM

Maggie Doby & Abby Costello

Interpersonal Mindfulness

This group is for students who are interested in using mindfulness to increase self-acceptance and relate more comfortably to others. Previous attendance at CAPS mindfulness workshop, group, or other introductory session is recommended.

Thursdays, 3:00-4:30 PM

Han Wingate & Bethany Rallis

Social Anxiety

In this structured group students will be educated about the origins of social anxiety and learn methods for tolerating and managing the distress that results from anxiety provoking situations. Students will also have the opportunity to receive validation and support by others who share difficulties coping with social anxiety.

Mondays, 1:30-3:00 PM

Shannan Smith-Janik & Brett Scofield

Drop-In Support Groups (no appointment needed)

Women of Color Empowerment (MRC, Grange Room 217)

Open to all students; this group provides a supportive space for Women of Color to explore identity, relationships, and more, as well as to empower and enhance their voice.

Wednesdays, 4:30-6:00 PM (bi-weekly)

Laura Briscoe & Dayze Florencio (MRC Staff)

First-Generation Student Support (MRC, Grange Room 315)

This group provides first generation college students with a space to explore experiences and the unique challenges faced at Penn State. Members engage in meaningful discussions and professional development opportunities to foster academic success and personal growth.

Mondays, 4:30-6:00 PM (weekly)

Annie Poet & Trisha Phillip (MRC Staff)

Conversations on Culture and Belonging (HUB 131)

This group will provide a safe, supportive area for students to address some common cultural issues. We will focus on issues such as cross-cultural adjustment, academic stress, relationships, future goals and other individual concerns.

Thursdays, 1:30-3:00 PM (weekly)

Nadiya Tucker & John Mitchell

Eating Disorder Recovery Groups

Eating Disorder Recovery

These groups focus on understanding and controlling dysfunctional patterns with food, as well as dealing with feelings and issues that "eat" at you.

Tuesdays, 2:30-4:00 PM

Jill Hranicka & Sultan Magruder

Wednesdays, 2:30-4:00 PM

Julie Pelletier & Bethany Rallis

Thursdays, 9:00-10:30 AM

Julie Pelletier & Sunie Kim