



Group Therapy

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

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. Issues regarding assertiveness, intimacy, self-acceptance, family of origin issues, and expressing feelings are examples of the concerns this group may cover.

Mondays, 4:00-5:30 PM

Desiree Howell (Psychologist) & Sofia Alvarez (Practicum Therapist)

Men, Talking

This therapy group is open to both undergraduate and graduate male students. The purpose of this group is simply to get men together talking about different issues that may be impacting their life as a student at Penn State. Topics can vary from week to week and are based on group member needs. Sample topics include school and personal stressors, relationship issues, understanding and healthy expression of emotions, and dealing with the pressures associated with masculine ideals and stereotypes.

Fridays, 1:30-3:00 PM

Jordan Barnard (Psychologist) & Wes Scala (Practicum Therapist)

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. These groups are designed to help students learn to deal with a variety of concerns involving feelings of depression and anxiety, resolving relationship issues, and other personal concerns.

Mondays, 1:30-3:00 PM

Sarah Watson (Mental Health Counselor) & Melissa Meulman (Practicum Therapist)

Wednesdays, 4:30-6:00 PM

Caitlin Chun-Kennedy (Mental Health Counselor) & Annie Poet (Post Doctoral Fellow in Psychology)

Skills Oriented Groups

Mindful Mood Management

This 4-session clinic will help members develop emotion-regulation skills, allowing them to more effectively navigate difficult or overwhelming emotions, increase distress tolerance, and cultivate self-compassion. Members will be introduced to the practice of mindfulness, which has been described as "paying attention, in a particular way: on purpose, in the present moment, and nonjudgmentally" (Kabat-Zinn, 1994). Mindfulness can help with depression, anxiety, social discomfort, self-critical thoughts, anger, and other distressing emotions. Members will engage in guided, experiential practice in group and some between group practice will be encouraged.

Wednesdays, 3:00 PM-4:30 PM

Han Wingate (Mental Health Counselor) & Mirelle Bloch (Doctoral Intern in Psychology)

Anxiety Clinic

These clinics are designed for students who are struggling with various forms of anxiety. Students will learn more about symptoms of anxiety, how anxiety impacts daily functioning, how anxiety works in the body, and learn ways to manage and reduce anxiety. The clinic will also provide an opportunity for students to talk with and receive support from other students who have similar difficulties with anxiety. 3-4 sessions in length.

Tuesdays, 1:00-2:30 PM

Shannan Smith-Janik (Psychologist) & Sultan Magruder (Doctoral Intern in Psychology)

Perfectionism

Perfectionistic tendencies can be both helpful and unhelpful in our daily lives. This 4-session clinic will help participants increase their awareness and insight into their perfectionism, as well as learn strategies for coping with perfectionism. We will explore the origins of perfectionism, the impact of perfectionism in daily life, and learn to identify and intervene with thoughts and behaviors that maintain perfectionism.

Wednesdays, 1:00-2:30 PM

Shannan Smith-Janik (Psychologist) & Abby Costello (Doctoral Intern in Psychology)

Drop-In Support Groups (no appointment needed)

Women of Color Empowerment

This is a bi-weekly, open discussion group for Women of Color. This is open to both graduate and undergraduate students. The goal is to provide a supportive space for Women of Color on a majority white campus to explore what this means for them (with regard to identity, relationships, and more), to empower and enhance their voice, and to fully embrace their Penn State experience through academic excellence and relationship-building. This group is held at the MRC in Grange Room 217.

Wednesdays, 4:30-6:00 PM

Laura Briscoe (Psychologist) & Dayze Florencio (MRC Staff)

What's in Your Solo Cup?

This weekly open discussion group is for students interested in a safe, open dialog on how to reduce risk associated with alcohol or other drug use. This group takes a non-abstinence based approach, encouraging participants to look at their relationship with alcohol and other drugs, and to make informed empowered choices regarding their own substance use. This group is held in the HUB Room 235.

Wednesdays, 3:30-5:00 PM

Mark Johnson (Clinical Social Worker) and Paul Carswell (Mental Health Counselor)

RA Retreat: Life Outside the Fishbowl

This group provides a break from the unique stressors of being a Resident Assistant by providing an opportunity to connect while offering and receiving support with other RAs. This is offered to all RAs with no long-term commitment required. This group is a safe and confidential space to process the both challenging and stressful parts of the job, as well as the unique, fun, and memorable experiences of being an RA. This group is held in the HUB Room 322.

Mondays, 3:00-4:30 PM

Jason Yoder (Clinical Social Worker) and Stephanie Stama (Psychologist)

Support Groups

Women's Empowerment Group

This is a semi-structured support group for women utilizing various mediums of expression (painting, mixed media, music, metaphor, etc.). This group is for female undergrad students who have some history of exposure to interpersonal abuse and/or trauma (i.e. child maltreatment, bullying, exposure to domestic violence as a child, sexual assault, partner relational violence, emotional abuse, etc) with the common underlying and unifying theme of having had experience(s) where their sense of power and control was taken from them. The goals of this group are to empower the members to find their voice, express themselves, increase self-worth, strengthen sense of self/identity, increase agency, and process through and challenge negative societal messages, pressures, and influences.

Mondays, 3:05-4:35 PM

Andrea Falzone (Psychologist) & Annie Poet (Post Doctoral Fellow in Psychology)

Fridays, 2:00-3:30 PM

Desiree Howell (Psychologist) & Mirelle Bloch (Doctoral Intern in Psychology)

International Student Support

This therapy group for international students will provide a safe, supportive environment where members can address the common issues and concerns faced by international students while living and studying in a foreign country. The group will focus on issues such as, but not limited to, cross-cultural adjustment, academic stress, relationships (with professors, friends, other students, and family), future goals, and other individual concerns (i.e., low mood, anxiety, self-esteem, and assertiveness).

Tuesdays, 1:15-2:30 PM

Caitlin Chun-Kennedy (Mental Health Counselor) & Nadiya Tucker (Clinical Social Worker)

Penn State Students on the Spectrum

This is a weekly support group for undergraduate and graduate students at University Park who have been diagnosed with or identify as having autism spectrum disorder. In the group, members will gain increased social contact and can work on interpersonal skills in a relaxed, non-judgmental environment, as well as learning other new skills through both structured and unstructured discussions/activities.

Fridays, 3:30-5:00 PM

Brett Scofield (Psychologist) & Stephanie Stama (Psychologist)

Loss Group

This group is for students who have experienced the death of a friend, relative, or close association. It is also appropriate for those who continue to struggle with painful memories of the death of a loved one. 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 (Mental Health Counselor) & Lauren Mazur (Doctoral Intern in Psychology)

Interpersonal Mindfulness

This therapy group is for both undergraduate and graduate students who are interested in using mindfulness to increase self-acceptance and relate more comfortably to others. Sample topics include working with social anxiety, self-critical thoughts, mindful communication, and present-centered awareness. Previous attendance at CAPS mindfulness workshop, group, or other introductory session is recommended.

Thursdays, 3:00-4:30 PM

Han Wingate (Mental Health Counselor) & John Loughlin-Presnal (Practicum Therapist)

Social Anxiety

Students with social anxiety often experience fear of being negatively judged by others, worry about embarrassment in social situations, and discomfort interacting with others. 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 (Psychologist) & Julie Beeney (Practicum Therapist)

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. Issues that will be addressed include relationships, life transitions, family of origin issues, dealing with problems and stresses in academic life, and how these issues affect feelings about ourselves and others. These groups run throughout the full academic year (fall, spring, & summer).

Thursdays, 1:30-3:00 PM

Natalie Hernandez DePalma (Psychologist) & Lauren Mazur (Doctoral Intern in Psychology)

Wednesdays, 1:30-3:00 PM

Desiree Howell (Psychologist) & Sultan Magruder (Doctoral Intern in Psychology)

Thursdays, 2:30-4:00 PM

Jill Hranicka (Psychologist) & Marsha Cohen (Post Doctoral Fellow in Psychology)

Fridays, 9:00-10:30 AM

Joyce Ilfelder-Kaye (Psychologist) & Abby Costello (Doctoral Intern in Psychology)

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. Issues regarding assertiveness, intimacy, self-acceptance, family of origin issues, and expressing feelings are examples of the concerns this group may cover.

Mondays, 1:30-3:00 PM

Joyce Ilfelder-Kaye (Psychologist) & Mirelle Bloch (Doctoral Intern in Psychology)

Eating Disorder Recovery Groups

Eating Disorder Recovery

These groups are designed for students who have difficulties with bingeing and purging, anorexia, and other eating disorder issues. The group focus is on understanding and controlling dysfunctional patterns with food as well as dealing with feelings and issues that "eat" at you. Stress, body image, self-esteem, self-expression, relationships and academic pressure are all possible topics for group. This is not a structured group. Weekly attendance is expected.

Mondays, 3:35-5:05 PM

Mary Anne Knapp (Clinical Social Worker) & Marsha Cohen (Post Doctoral Fellow in Psychology)

Tuesdays, 2:35-4:05 PM

Jill Hranicka (Psychologist) & Abby Costello (Doctoral Intern in Psychology)

Wednesdays, 2:30-4:00 PM

Jill Hranicka (Psychologist) & Lauren Mazur (Doctoral Intern in Psychology)

