Counseling & Psychological Services (CAPS)
http://studentaffairs.psu.edu/counseling
501 Student Health Center
814-863-0395

Spring 2017

Group Therapy

Exploring Interpersonal Relationship Groups for Undergraduates

Women’s Therapy
This group is intended for undergraduate women interested in gaining understanding of themselves, others, and the ways of relating (not only with others, but with self). Issues regarding assertiveness, intimacy, self-acceptance, family of origin issues, and expressing feelings are examples of the concerns this group may cover.

Mondays, 1:00-2:00 PM
Denise Hovel (Psychologist) & Sofia Alvarez (Practicum Therapist)

Women’s Empowerment Group
This group for female undergraduates 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 themes of having had experiences where their sense of power and control was taken from them. The goals of this group is 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, 3:00-4:05 PM
Andrea Falzone (Psychologist) & Annie Poet (Post Doctoral Fellow in Psychology)

Mental, Talking
This 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, and unhealthy and stressful parts of the job, as well as the unique, fun, and memorable experiences of being an RA.

Mondays, 3:00-4:00 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, relating relationship issues, and other personal concerns.

Mondays, 1:00-2:00 PM
Sarah Watson (Mental Health Counselor) & Melissa Meulman (Practicum Therapist)

Exploring Interpersonal Relationship Groups for Undergraduates

Men, Talking
This group is intended for male undergraduates and graduate students. This group is for men interested in gaining an understanding of themselves and how to relate to others in a more comfortable way. Sample topics include school and personal stressors, relationship issues, and unhealthy and stressful parts of the job, as well as the unique, fun, and memorable experiences of being an RA.

Mondays, 3:00-4:00 PM
Jordan Barnard (Psychologist) & Wes Scala (Practicum Therapist)

Women’s Empowerment Group
This group for female undergraduates 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 themes of having had experiences where their sense of power and control was taken from them. The goals of this group is 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.

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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. Participants will review 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 between group practice will be encouraged.

Wednesdays, 10:00 AM-11:15 AM
Han Wang (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 the causes 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
Shanhan Smith-Jank (Psychologist) & Susan Magnurz (Doctoral Intern in Psychology)

Tuesdays, 2:30-4:00 PM
Shanhan Smith-Jank (Psychologist) & Abby Costello (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
Shanhan Smith-Jank (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 undergraduate and graduate 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 Bristoe (Psychologist) & Dayze Florence (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 Carwell (Mental Health Counselor)

RA Retreat: Life Outside the Fishbowl
This group provides a break from the unique stresses 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.

Wednesdays, 2:00-4:30 PM
Jason Yoder (Clinical Social Worker) and Stephanie Stama (Psychologist)

Women’s Empowerment Group
This is a semi-structured support group for women utilizing various mediums of expression (painting, mixed media, music, metathesis, etc.) This group is for female undergraduates 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 themes of having had experiences where their sense of power and control was taken from them. The goals of this group is 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.

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Graduate Students & 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. It 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, 10:30-12:00 PM
Natalie Hernandez DePalma (Psychologist) & Lauren Maurer (Doctoral Intern in Psychology)

Wednesdays, 1:30-3:00 PM
Denise Hovel (Psychologist) & Susan Magnurz (Doctoral Intern in Psychology)

Thursdays, 2:30-4:00 PM
Jill Hranicka (Psychologist) & Marsha Cohen (Post Doctoral Fellow in Psychology)

Fridays, 9:30-10:30 AM
Joyce Wilkolder-Kaye (Psychologist) & Abby Costello (Doctoral Intern in Psychology)

Women’s Therapy
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Mondays, 1:30-3:00 PM
Joyce Wilkolder-Kaye (Psychologist) & Mireille Bloch (Doctoral Intern in Psychology)

Support Groups

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