



Spring 2018

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 are run by CAPS providers.

Exploring Interpersonal Relationship Groups

Undergraduate 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, 10:30 AM-12:00 PM

Janet Schwabenbauer & Clare Cowen

Tuesdays, 10:30 AM-12:00 PM

Bethany Rallis & John Loughlin-Presnal

Tuesdays, 2:30-4:00 PM

John Mitchell & Julie Scott

Wednesdays, 1:30-3:00 PM

Sarah Watson & Jason Yoder

Undergraduate 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 lives.

Mondays, 1:30-3:00 PM

Jordan Barnard & Daveon McMullen

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.

Tuesdays, 4:30-6:00 PM

Stephanie Stama & Lindsay Furlong-O'Hara

Wednesdays, 12:45-2:15 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

Skills Oriented Clinics

(4 sessions each)

Anxiety Clinic

This clinic is for students who struggle with various forms of anxiety. Students will learn how symptoms impact daily functioning, & find ways to manage & reduce anxiety.

Mondays, 1:30-3:00 PM

Sultan Magruder & Kathleen Dimattia

Thursdays, 2:00-3:30 PM

Sarah Watson & Annie Poet

Stress Management

This clinic helps students struggling to manage daily stress. Students learn various tools to cope with stress & learn a new relaxation exercise each session.

Mondays 9:00-10:30 AM

Elana Szczesny & Christopher Good

Relationships 101

Designed for all types of personal & professional relationships, this is for students wanting to learn more about relationships, communication, conflict resolution, & more!

Tuesdays, 3:30-5:00 PM

Desiree Howell & Rekha Varghese

Insomnia Clinic

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

Tuesdays, 1:00-2:30 PM

Elana Szczesny & Lindsay Furlong-O'Hara

Perfectionism

This 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

Mindful Mood Management

This clinic offers skills to navigate difficult emotions & cultivate self-compassion. Members engage in guided, experiential exercises each week.

Wednesdays, 3:00-4:30 PM

Han Wingate & Rekha Varghese

Eating Disorder Recovery Groups

Eating Disorder Recovery

These groups focus on understanding and controlling dysfunctional patterns with food and body image, 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

Support Groups

Women's Empowerment Group

This is a semi-structured group for female undergraduate students who have a history of interpersonal abuse and/or trauma. This aims to empower women to find their voice, increase self-worth, and process societal messages and influences.

Mondays, 3:30-5:00 PM

Camille Sluzis & Rekha Varghese

Thursdays, 3:35-5:05 PM

Desiree Howell & Abby Costello

Social Anxiety

(8 sessions beginning late February)

In this structured group students are educated about the origins of social anxiety & learn methods for tolerating & managing distress from anxiety provoking situations.

Students can also receive validation & support by others with shared difficulties.

Mondays, 1:30-3:00 PM

Shannan Smith-Janik

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 working through feelings of guilt, anger, depression, and powerlessness.

Tuesdays, 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

Drop-In Support Groups

(No appointment needed)

First-Generation College Student Support (HUB 321)

This group provides first generation college students with a space to explore experiences and share 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 & Sultan Magruder

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)

Conversations on Culture and Belonging (HUB 131)

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

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

Nadiya Tucker & John Mitchell



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