GROUP THERAPY

For more details visit: studentaffairs.psu.edu/counseling
If interested in one of our groups, contact Penn State Counseling and Psychological Services (CAPS) at (814) 863-0395

Eating Disorder Recovery Groups

EATING DISORDER RECOVERY PROCESS
Understand dysfunctional patterns with food. Learn to manage difficult feelings and challenges, including body image, self-esteem, self-expression, relationships & academics.

Tuesdays, 1:30-3:00 p.m.
Jill Hinranick & Laurie Meguro
Wednesdays, 2:00-3:30 p.m.
Julie Pelletier & Erica Wiley
Thursdays, 10:30 a.m.-12:00 p.m.
Caitlin Chun-Kennedy & Sultan Magruder

SKILLS CLINIC FOR EATING DISORDER RECOVERY
Hands-on practice of daily living skills to help with recovery from disordered eating and negative body image.

Thursdays, 1:30-3:00 p.m.
Julie Pelletier & Wes Scal

Drop-In Support Groups
No appointment needed | Details on CAPS website

SMART RECOVERY
This group supports students considering or engaging in abstinence from any addictive behaviors by teaching tools to change self-defeating thoughts, emotions, and actions while working toward long-term satisfaction and quality of life.

105 Pasquerilla
Mondays, 4:00-5:00 p.m.
Lori Strayer & Jason Yoder

WOMEN OF COLOR EMPOWERMENT
This discussion group provides a supportive space for Women of Color on a majority white campus to explore what this means for them, nurture wellness and empowerment, and promote their PSU experience through academic excellence and relationship building.

217 Grange | Multicultural Resource Center (MRC)
Wednesdays (Biweekly), 4:30-6:00 p.m.
Laura Briscoe & Dayre Ferendio (MRC Staff)

BLACK AND LATINO MALE EMPOWERMENT
This is an open discussion for African American and Latino men to meet within a brave space. Includes goals of identifying ways to fully embrace the PSU experience through academic success, development of community service initiatives, and relationship building.

220 Grange | Multicultural Resource Center (MRC)
Thursdays (Biweekly), 6:00-7:30 p.m.
Sultan Magruder & Alex Kenney (MRC Staff)

INTERFAITH DIALOGUES
Monthly dialogues aim to bring people of different religious, spiritual, and/or humanistic backgrounds together in ways that respect different identities, build mutually inspiring relationships, and engage in common action around issues of shared concern.

122 Pasquerilla | See CAPS Website for dates & times
Emma Progar & Rachel Galloway (CSED Assistant Director)

Interpersonal Process Groups
For both undergraduate and graduate students.

MEN, TALKING
The purpose of this group is simply to get men together talking about different issues that may be impacting their lives.

Tuesdays, 3:00-4:30 p.m.
John Mitchell & Wes Scal

INTERPERSONAL MINDFULNESS
Using mindfulness to increase self-acceptance and relate more comfortably to others.

Thursdays, 3:00-4:30 p.m.
Emma Progar & Clare Cowen

Skills-Based Groups

STRESS MANAGEMENT
Learn tools to cope with stress and discover a new relaxation exercise each session.

Mondays, 10:00-11:30 a.m.
Elana Szczesny & Mihee Woo
Tuesdays, 10:30 a.m.-12:00 p.m.
Elana Szczesny

MINDFUL MOOD MANAGEMENT
Learn how mindfulness can help with depression, anxiety, social discomfort, self-critical thoughts, anger, and other distressing emotions.

Mondays, 3:30-5:00 p.m.
Caitlin Chun-Kennedy & Gabriella McNulty

INSOMNIA
Learn strategies to improve your sleep quantity and quality, focusing on behaviors you engage in around sleep.

Tuesdays, 10:30 a.m.-12:30 p.m.
Elana Szczesny

RELATIONSHIPS
Learn communication skills, conflict resolution, boundaries, & showing care/affection for all types of relationships: romantic, friends, parents, professors, etc.

Tuesdays, 1:30-3:00 p.m.
Desiree Howell & Erica Wiley

STEADY: EMOTIONAL BALANCE & SUCCESS
Improve mood management and interpersonal success by learning skills to promote distress tolerance, mindfulness, and emotional regulation.

Wednesdays, 1:30-3:00 p.m.
Corinne Creppage & Mandy Milner

SELF-COMPASSION
Learn skills in self-kindness through discussion, mindfulness practice, and experiential exercises. An intention is to cultivate and empower the authentic self.

Thursdays, 1:00-2:30 p.m.
Laura Briscoe & Melinda Ash

PERFECTIONISM
Learn the origins of perfectionism, the impact of perfectionism in daily life, and how to identify and intervene with thoughts and behaviors that maintain perfectionism. Begins November.

Wednesdays, 2:00-3:30 p.m.
Shannan Smith-Janik & Henry Xiao

ANXIETY
Learn about origins of social anxiety and work in the body, and can be managed and reduced.

Mondays, 1:00-2:30 p.m.
Jason Yoder & Sarah Hamrick

PERFECTIONISM
Learn the origins of perfectionism, the impact of perfectionism in daily life, and how to identify and intervene with thoughts and behaviors that maintain perfectionism. Begins November.

Wednesdays, 2:00-3:30 p.m.
Shannan Smith-Janik & Henry Xiao

Understanding Self & Others

UNDERGRADUATE INTERPERSONAL PROCESS GROUPS
Gain a greater understanding of yourself and more effective ways of relating to others.

Mondays, 10:00-11:30 a.m.
Erica Wiley & Gabriella McNulty
Tuesdays, 3:30-5:00 p.m.
Janet Schwabenbauer & Meg Collins
Wednesdays, 1:30-3:00 p.m.
Caitlin Chun-Kennedy & Deer Carney
Wednesdays, 3:00-5:00 p.m.
Dylan Corp & Tonia Ballestra

WOMEN’S THERAPY
Within a space for women, gain an understanding of yourself and ways to relate more comfortably to others.

Mondays, 1:30-3:00 p.m.
Camille Siutsu & Anise Kager

Life Hacks with CAPS
Drop-in sessions focused on mental health skills and education. Different topics each week, presented by CAPS clinicians: Mindfulness, Anxiety & Stress Management, Self-Compassion, Emotional Balance, and more. See CAPS website for full schedule.

Student Health Center, Room 540
Mondays & Tuesdays, 4:00-5:00 p.m.