

GROUP THERAPY

If you are interested in one of the groups listed, please contact
Penn State Counseling and Psychological Services (CAPS) at (814) 863-0395

Eating Disorder Recovery Groups

EATING DISORDER RECOVERY PROCESS

Understand and control dysfunctional patterns with food. Learn to manage difficult feelings and challenges, including stress, body image, self-esteem, self-expression, relationships and academic pressure.

Tuesdays, 1:00-2:30 p.m.

Jill Hranicka & 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 Scala

Drop-In Support Groups

No appointment needed

WOMEN OF COLOR EMPOWERMENT

The goal of this discussion group is to provide a supportive space for Women of Color on a majority white campus to explore what this means for them; nurture their wellness and empowerment; and promote their Penn State experience through academic excellence and relationship-building.

217 Grange | Multicultural Resource Center (MRC)

Wednesdays (Biweekly), 4:30-6:00 p.m.

For dates & details: equity.psu.edu/mrc/woce

Laura Briscoe & Dayze Florencio (MRC Staff)

SMART RECOVERY

This group supports students considering abstinence (or who already have chosen to abstain) from any addictive behaviors by teaching how to change self-defeating thinking, emotions, and actions while working toward long-term satisfaction and quality of life. Learn tools to stop problematic alcohol use, drug use, and activities that have become compulsive (e.g. smoking, gambling, sexual behavior, internet use).

105 Pasquerilla

Mondays, 4:00-5:00 p.m.

Lori Strayer & Jason Yoder

BLACK AND LATINO MALE EMPOWERMENT

This is a facilitated open discussion environment for African American and Latino men to meet within a brave space. Group goals include identifying ways to fully embrace the Penn State 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.

Details at: equity.psu.edu/mrc/black-latino-male-empowerment-group

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 | 5:30-6:30 p.m.

Monday, September 16

Tuesday, October 15

Wednesday, November 13

Emma Progar & Rachel Galloway (CSED Assistant Director)

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

SELF-COMPASSION

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

Thursdays, 1:00-2:30 p.m.

Laura Briscoe & Melinda Ashe

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.

Wednesdays, 3:30-5:00 p.m.

Elana Szczesny & Tonia Ballantyne

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

RELATIONSHIPS

Learn healthy communication skills, conflict resolution, setting boundaries, showing care/affection, and more for all types of relationships: romantic partners, friends, parents, roommates, and professors.

Tuesdays, 1:30-3:00 p.m.

Desiree Howell & Erica Wiley

ANXIETY

Learn about symptoms of anxiety, how anxiety impacts daily functioning, how anxiety works in the body, and ways to manage and reduce anxiety.

Mondays, 1:00-2:30 p.m.

Jason Yoder & Sarah Hamrick

Wednesdays, 2:00-3:30 p.m. (*through October*)

Shannan Smith-Janik & Henry Xiao

Graduate and Returning Students Process Groups

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

Mondays, 1:30-3:00 p.m.

Desiree Howell & Henry Xiao

Tuesdays, 1:30-3:00 p.m.

Natalie Hernandez DePalma & Dempsey Young

Wednesdays, 3:30-5:00 p.m.

John Mitchell & Laurie Meguro

Thursdays, 1:30-3:00 p.m.

Jill Hranicka & Audrey Wittrup

Topic-Based Groups

SHYNESS IN A SOCIAL SOCIETY

Students learn about the origins of social anxiety and methods for tolerating and managing the distress that results from anxiety-provoking situations. Students will also have the opportunity to receive validation and support from others who share difficulties coping with social anxiety.

Mondays, 1:30-3:00 p.m.

Shannan Smith-Janik

LOSS

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.

Tuesdays, 3:00-4:30 p.m.

Maggie Doby & Dylan Corp

WOMEN'S EMPOWERMENT

For female students who have some history of exposure to sexual 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.

Wednesdays, 3:30-5:00 p.m.

Camille Sluzis & Dempsey Young

Thursdays, 3:00-4:30 p.m.

Desiree Howell & Courtney Tucker

STUDENTS ON THE SPECTRUM

For students who have been diagnosed with or identify as having autism spectrum disorder. Members will gain increased social contact and can work on interpersonal skills in a relaxed, non-judgmental environment through both structured and unstructured discussions/activities.

Mondays, 3:30-5:00 p.m.

Stephanie Stama & Audrey Wittrup

Interpersonal Process Groups for Undergraduates

MEN, TALKING

For both undergraduate *and* graduate students. 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 Scala

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 Sluzis & Ainsley Rager

UNDERSTANDING SELF & OTHERS

Gain a greater understanding of yourself and more effective ways of relating to others.

Tuesdays, 3:30-5:00 p.m.

Janet Schwabenbauer & Meg Collins

Wednesdays, 1:30-3:00 p.m.

Caitlin Chun-Kennedy & Dever Carney

Thursdays, 3:00-4:30 p.m.

Stephanie Stama & Dylan Corp

