GROUP THERAPY

SPRING 2019

If you are interested in one of the groups listed, please call 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 and deal with feelings and issues that "eat" at you, including stress, body image, self-esteem, self-expression, relationships and academic pressure.

Tuesdays, 2:30-4:00 p.m.
- Jill Maniago & Clare Ceven

**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 Pellelet & Stacy Jones (HPW Staff)

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 & Nathan Titkemeier

**SELF-COMPASSION**
Learn skills in self-compassion through discussion, mindfulness practice, and experiential exercises.

Mondays, 3:00-4:30 p.m.
- Laura Briscoe & Leslie Wu

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

Wednesdays, 3:00-4:30 p.m.
- Han Wingate & Caitlin Chun-Kennedy

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

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

**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.

Tuesdays, 1:00-2:25 p.m.
- Shannon Smith-Jank & Wei Scala

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

Fridays, 10:30 a.m.-12:00 p.m.
- Julie Scott & Jeff Daily

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

Wednesdays, 1:30-3:00 p.m.
- Jason Yoder & Phillip Kleeber

Graduate and Returning Students Process Groups

**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.

Tuesdays, 1:30-3:00 p.m.
- John Mitchell & Erica Wiley

**Life Hacks with CAPS**
Education. Different topics each week, presented by CAPS clinicians: Mindfulness, Stress Management, Self-Compassion, Life Transitions, and more.

Student Health Center, Room 540
Mondays (bienekley), 4:00-5:00 p.m.
Tuesdays (weekly), 4:00-5:00 p.m.
For dates & details: studentaffairs.psu.edu/counseling

Support-Oriented 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, 1:00-2:30 p.m.
- Shannon Smith-Janki

**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, 3:30-4:15 p.m.
- Maggie Dolby & Sunie Kim

**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.

Mondays, 1:30-3:00 p.m.
- Camille Sluzis & Julia Scott

**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.
- Desiree Howell & Emma Progar

Interpersonal Process Groups for Undergraduates

**INTERPERSONAL MINDFULNESS**
For both undergraduate and graduate students. Use mindfulness to increase self-acceptance and relate more comfortably to others.

Thursdays, 3:00-4:30 p.m.
- Han Wingate & Emma Progar

**MEN, TALKING**
For 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 lives.

Wednesdays, 1:30-3:00 p.m.
- John Mitchell & Jardan Barnard

**WOMEN’S THERAPY**
Gain an understanding of yourself and ways to relate more comfortably to others.

Wednesdays, 3:30-5:00 p.m.
- Camille Sluzis & Courtney Tucker

**UNDERSTANDING SELF & OTHERS**
Gain a greater understanding of yourself and ways of relating more comfortably to others.

Mondays, 1:30-3:00 p.m.
- Sultan Magruder & Sunie Kim

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**PENN STATE STUDENTS ON THE SPECTRUM**
For students at University Park 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 Stoma & Dylan Corp

**LIFE AS WE KNOW IT: ACOA SUPPORT**
For students who identify as being an adult child of an alcoholic or addict. Members will be provided with a safe space to explore and discuss the emotional struggles, relationship difficulties and other ways they have been impacted by growing up in this type of environment.

Mondays, 2:00-3:30 p.m.
- Sarah Watson & Kathy Clayton

Drop-In Support Groups

**WOMEN OF COLOR EMPOWERMENT**
No appointment needed.

**SHYNESS IN A SOCIAL SOCIETY**
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Also check out...

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