

## PHP Groups –Spring 2013

\*For more info or to join a group, contact at [phpgroup@colorado.edu](mailto:phpgroup@colorado.edu)\*

### Interpersonal Process Groups

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**Relationship Group:** A supportive environment for students to examine patterns of thinking, feeling, and behaving that are creating problems in relationships with friends, roommates, family members, and others. Group members also work on a range of symptoms, such as anxiety and depression.

**Monday 3:00-4:15pm**

**Friday 2:00-3:00pm**

**Friday 2:00-3:15 pm**

**Mark Grassman, LCSW and Alan Harper, MSW**

**Kelsey Schraufnagel, MA and Morgan Stone, MSW (undergraduates)**

**Howard Snooks, PhD, LCSW and Emily Richter, MA (grad students)**

**Graduate Women's Group:** A therapy and support group for graduate women experiencing the full range of stressors common to student life – relationship issues with family, friends, faculty, and partners; academic pressures; financial worries, among others.

**Wednesday 3:00-4:15pm**

**Sabrina Neu, PsyD and Grace Danborn, MA**

**Graduate Men's Group:** This men's group will facilitate awareness of one's self and one's style of relating to others. We will focus on challenging traditional norms within our society that constrain men and how to increase choice and lead a healthier lifestyle. Issues discussed include independence and dependence, intimacy and autonomy, strength and vulnerability, and responsibility and choice.

**Tuesdays 3:30-4:45 pm**

**Fridays 12:30-1:30pm**

**Mark Grassman, LCSW and Phillip Horner, MSW**

**Matthew Heermann, PsyD and Phillip Horner, MSW**

### Skills Groups

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**Dialectical Behavior Therapy Group:** DBT combines cognitive, behavioral and Eastern mindfulness strategies to teach members such skills as: getting through crisis situations; managing intense and highly reactive or changeable emotions; developing self-acceptance; and increasing assertiveness, improving communication and decreasing chaos in relationships. The focus of these groups is to learn new skills, though there is some opportunity for appropriate sharing. Homework to practice skills is assigned.

**Monday 1:00-2:30pm**

**Wednesday 4:00-5:30 p.m.**

**Tuesday 3:30-5:00pm**

**Josh Goldman, LCSW and Marian Salley, MSW**

**Josh Goldman, LCSW and Kelsey Schraufnagel, MA**

**Sabrina Neu, PsyD and Maristela Smith, MA, MSW**

**Alternative Stress and Anxiety Management:** Come learn powerful self-healing techniques based on mindfulness and holistic practices to help shift brain patterns that lead to unwanted thoughts, feelings, and actions. This group will utilize techniques from healing traditions such as acupuncture, yoga, kinesiology, and qi gong to help heal the body by activating its natural healing energies and by restoring energies that have become weak, disturbed, or out of balance.

**Advanced group**

**Beginner group**

**Monday 1:00-2:30pm**

**Tuesday 11:00-12:30pm**

**Cheryl Breault, LPC**

**Cheryl Breault, LPC and Marian Salley, MSW**

**Mindfulness Meditation:** This 4 session group focuses on learning stress reduction strategies, mindfulness, and meditation. This group is for students who are feeling stressed or pressured or who just want to get more satisfaction from their college experience. Mindfulness approaches have been proven to effectively reduce stress, anxiety, depression, chronic pain, and substance abuse. Many people also find mindfulness helpful in learning to cultivate acceptance and stability; to live in the present moment and to simply enjoy life. Group attendance and practice are mandatory.

**Required Text: Kabat-Zinn's book *Wherever You Go, There You Are* (1994)**

**Thursday 3:00-4:15pm**

**Joe Courtney, PhD, LCSW and Kelsey Schraufnagel, MA**

## **Specific Topics Groups**

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**Brand New Me: Improving Relationships with Body & Self:** Would you like to feel better about yourself and your appearance? Does the number on the scale determine your self-worth? Is it never enough no matter how much you do? If so, you are not alone. Brand New Me is an open process group for people interested in changing how they value themselves and their bodies. It offers a place to explore our relationships with our bodies, to connect with others, and to find new ways of coping. This group is a combination of support, processing and skill building.

**Thursday 4-5pm**

**Michael Maley, PhD and Morgan Stone, MSW**

**Let's Eat: Nourish Your Mind and Your Body:** 'Let's Eat' is a unique group therapy experience aimed at minimizing fear and resistance related to eating with others. This is an eight-week, closed group covering topics like identifying hunger and fullness cues, food rules, food phobias, food myths, and media messages. The group will meet weekly at lunchtime for 90 minutes – food included. Members will begin to face and overcome their fear of eating with supportive feedback and encouragement before, during and after each meal.

**Thursdays 11:30-1pm**

**Michael Maley, PhD and Jane Reagan, RD**

**Creating Safety to Move Past Trauma:** This group is for those who have had a traumatic experience in their past, which may be effecting their sense of safety. The goal of this group is to help individuals deal with the past, feel safe in the present and move towards the future. . By offering a space to feel supported by others and learn healthy skills to safely manage the present, this group aims to allow individuals to develop their sense of strength, security and empowerment that is often hard to find after incidents of trauma. This group will be a combination of emotional processing and skill building.

**Monday 4:00-5:00pm**

**Josh Goldman, LCSW and Marian Salley, MSW**

**Adult Children of Alcoholics:** Do you have a parent who is struggling with or in recovery from an addiction? This group will help you learn ways to navigate the difficulties that this causes. Group will help things like feeling responsible for your parents' actions or well-being, struggling to fix others, having to guess at "normal" behavior, and feeling like you're always waiting for the next tragedy. This group will also be helpful in understanding how your parents' substance use may be effecting your own.

**Day and time to be determined**

**Judy Taub, LCSW**

**College after the Military: Adjusting to the Life of a Student:** College after the Military is a new group offered by the staff of PHP at the Vet Center at the Center for Community. It offers a place to meet and talk with others about coming back to college and realize you are not alone. You can share what you have learned and learn from others. This drop-in group will be a combination of support, sharing experiences and sharing information.

**To be determined**

**Elaine Hanson, PhD**