

PHP Groups –Spring 2014

For more info or to join a group, contact at phpgroup@colorado.edu

Interpersonal Process Groups

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. Relationship groups are coed.

Undergraduate Students

Monday 3:00-4:15pm

Tuesday 3:00-4:15pm

Thursday 1:00-2:00

Mark Grassman, LCSW and Nathaan Demers, MA

Nicole Rue, MA and Dave Sullivan, MSW

Lauren Smart, LPC and Anna Hogeland, MSW

Graduate Students

Wednesday 1:45-3:00pm

Thursday 3:00-4:15pm

Friday 2:00-3:15 pm

Howard Snooks, LCSW and Phillip Horner, MSW

Michael Maley, PsyD and Kathleen Salmon, BA

Howard Snooks, PhD, LCSW and Nicole Rue, MA

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.

Tuesday 3:00-4:00pm

Thursday 2:30-3:45pm

Carla Bradley, PhD and Kathleen Salmon

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.

Wednesday 3:00-4:15 pm

Fridays 12:30-1:30pm

Mark Grassman, LCSW and Dave Sullivan, MSW

Matthew Heermann, PsyD and Phillip Horner, MSW

Specific Topic Process Groups

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 4:00-5:10pm

Josh Goldman, LCSW and Alexandra Davidson, MS

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.

Monday 9-10am

Michael Maley, PhD and Emily Richter, PhD

Nourish:

Concerned about your relationship with food or your perception of yourself? Struggle with emotional eating or feeling out of control when you eat? You are not alone. Join us in this safe space and share your story with those who truly understand. Explore your concerns and struggles while offering insight and support to others in this process-oriented therapy group.

Thursdays 3-4pm

Phillip Horner, MSW and Alexandra Davidson, MS

Revised 1/6/14

Skills Groups

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 11:00am-12:30pm

Josh Goldman, LCSW and Judy Taub, LCSW

Wednesday 3:00-4:30 p.m.

Josh Goldman, LCSW and Anna Hogeland, 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.

Tuesday 12:00-1:30pm

Cheryl Breault, LPC

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)

To be determined

Grace Danborn, MSW

Acceptance & Commitment Therapy (ACT) Group: This 6-session group is based on Acceptance and Commitment Therapy, or ACT. ACT assumes that efforts to avoid, control or get rid of unwanted thoughts, feelings and/or sensations is what creates suffering (as opposed to the experiences themselves). By learning to let go of struggling with these experiences and make room for them, ACT will increase your ability to relate more effectively to your thoughts, emotions and sensations, and bring more meaning, purpose and vitality to your everyday life. This group will utilize a combination of instruction, readings, and in- and out-of-session experiential practice to help group members apply ACT-based strategies/skills.

Tuesday 12:00-1:15 for 6 weeks

Sabrina Neu, PsyD and Grace Danborn, MSW

Future Groups Needing Referrals to Begin

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 affecting your own.

Day and time to be determined

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

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