

## PHP Groups –Summer 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**

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

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

**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**

**Tuesday 1:00-2:00pm**

**Marian Salley, MSW and Maristela Smith, 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**

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

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

**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 1:30-3:00pm**

**Josh Goldman, LCSW and Phillip Horner, MSW**

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

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

**Tuesday 3:00-4:30pm**

**Sabrina Neu, PsyD**

**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**

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

**Cheryl Breault, LPC**

**Beginner group**

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

**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)

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

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

## **Specific Topics Groups**

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**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 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**