Spring 2015 Groups

Mindful Monday
Mondays, 12-12:45PM
Kara Britzman & Daniel Piper
A 45 minute, weekly drop in group focused on Mindfulness Meditation, relaxation and stress reduction. All are welcome.

Better Group 4 Relationships
Tuesdays, 8-9:30AM
Mark Matuszewski & Sara Sirota
This general therapy group is designed to provide a safe and supportive space for students to gain a deeper awareness of both themselves and their interactions with others. Students are encouraged to explore their feelings, give and receive honest feedback, and practice new, healthier ways of relating to others. There is great potential and power for individual change when you actively participate in group therapy.

Love Your Body, Love your Life
Wednesdays, 2:30-4
Kara Britzman & Julie Beckwith
This women’s process group is for female students struggling with body image or eating disorder related concerns. This group will take a body positive approach toward healing and support taking an active role in the conscious construction of a joyful existence.

Relationship Enhancement
Wednesdays, 3-4:30PM
Tim Paquette & Mark Sanders
This group provides a safe and supportive place for students to explore their relationship concerns and enhance their connections with others. Group members will help each other discuss and address relationship problems with significant others, friends, roommates, and family. The group offers an opportunity to learn more about how to best relate to others, explore your reactions, and to make changes that can lead to more satisfying relationships.

General Process Group
Thursdays, 2:30-4PM
Shiraz Tata & Daniel Piper
This general therapy group is designed to provide a safe and supportive space for students to gain a deeper awareness of both themselves and their interactions with others. Students are encouraged to explore their feelings, give and receive honest feedback, and practice new, healthier ways of relating to others.
Group: Sink or Swim: Managing Anxiety & Stress
Day & Time: Thursdays, 2-3:30PM (mid to late February)
Facilitators: Billie Cali & Ryan Hovis
This group is semi-structured and will include information on how to understand and manage anxiety. Come learn how to reduce anxiety by working on the mind-body connection. This will include learning about physical relaxation techniques, as well as cognitive strategies to untwist negative and unhelpful thinking that feeds anxiety. Another aspect of the group will be providing a supportive space to talk about experiences with anxiety and ways to cope.

Group: Transpire (Out of the Box)
Day & Time: Fridays, 2:30-4:00PM
Facilitators: Kara Britzman and Nic Holmberg
Out of the Box Group is for students who identify on the transgender spectrum and are willing to share and support others on the journey in a confidential and safe environment.

Group: Anger Workshop
Day & Time: Monday April 6 and Monday April 13, 6:30-9:00 PM, Campus Life Building 100
Facilitators: Mark Matuszewski & Erica Wade
Are you concerned about how anger impacts you and your relationships? This workshop is intended to help you learn more about yourself, anger, and how to reduce anger in your life. It consists of 2, two and one-half hour sessions, which include experiential, didactic, and participatory components.