

## STUDENT PSYCHOLOGICAL SERVICES

# SPRING 2014 - SUPPORT & THERAPY GROUPS



### **Women's Wellness Group:**

**Mondays 11:00 AM - 12:00 PM**

**Facilitated by Alicia Barrington & Shanna Butler**

*The women's wellness group is a safe and supportive space where women can learn about stress relief, get new ideas about wellness, and enjoy the company of other ladies who are also interested in their health and wellness. This group will have new & interesting topics weekly.*

### **Mind, Emotion & Interpersonal Effectiveness:**

**Wednesdays 10:00 AM - 11:30 AM**

**Facilitated by Kevin Choi & Liza Auerbach**

*This skills-based, short-term group focuses on the cultivation of effective interpersonal communicative styles through mindfulness and emotional regulation. Come explore and learn skills that can help you navigate the art of interpersonal relationships.*

### **ADD Mind Management:**

**Thursdays 3:30 PM - 5:00 PM**

**Facilitated by Ariella Popple**

*This 12-week (Feb 20 – May 15) program follows a course established over 10 years with hundreds of people. The course helps most adults with Attention Deficit (Hyperactivity) Disorder function better in life and school, and cope with the symptoms and repercussions of ADD, such as depression or lack of organization. It's suitable for anyone with ADD/ADHD.*

*In this course you will learn to prioritize, complete tasks in a timely fashion, and keep track of your daily activities, while being supported by and supporting other students with similar issues and sharing your experiences of coping with ADD. Be prepared for approximately 2 hours of homework each week in addition to course attendance, as research shows that homework completion is most predictive of improvement with this program.*

### **Mindfulness & Stress Reduction:**

**Fridays 11:00 AM - 12:00 PM**

**Facilitated by Kevin Choi & Sushana Tamamian**

*Are you feeling overwhelmed by stress in your life? Are you interested in exploring alternative ways to regulate your stress and improve the quality of your life? In this group, we will focus on various mindful awareness exercises to help us cultivate a different relationship with our symptoms of stress, anxiety, and depression.*

**If you are interested in any group,  
please stop by Plover 559 or call 524-1595.**



SPS Groups are supervised by Bert Epstein, Psy.D.  
Assistant Director of Student Health Services, Mental Health Programs