

COUNSELING AND PSYCHIATRY SERVICES GROUP SCHEDULE FALL 2019

Tuesday	Wednesday	Thurs	Friday
<p>Please call 656-3340 if you would like more information and set up a pre-group meeting for Spring 2020</p>	<p>Women and Femme Grad Students NOT RUNNING THIS FALL Facilitator: Kelly Boardman</p>		
<p>Grief and Loss Group NOT RUNNING THIS FALL Facilitator: J. H. Phillips Jacobs House Rm 8</p>	<p>Connect and Explore NOT RUNNING THIS FALL Facilitator: M. Heininger Jacobs House Rm 1</p>	<p>Recovery 5:00-6:30 p.m. Facilitator: CALL for INFO W. Brownsword Redstone Rm 113E</p>	<p>Surviving to Thriving CALL For INFO 1:00-2:30 p.m. Facilitator: C. Fleider Jacobs House Rm 1</p>
<p>Body Positive 4:30-6:00 p.m. Starts Oct. 8, 2019 Co- facilitators: A. Maynard/ S.Weinstein Allen House Multipurpose Rm.</p>	<p>Family Stress Support 5:15-6:45 p.m. FULL and CLOSED Facilitator: D. George Redstone Rm 115</p>		
<p>Family Stress Support 4:30-6:00 p.m. FULL and CLOSED Facilitator: D. George Redstone Rm 115</p>	<p>The Will to Change FULL and CLOSED 5:30 -7:00p.m. Co-facilitators: K. Smith and S. Nikum Jacobs House Rm 8</p>	<p>Please call 656-3340 if you would like more information and set up a pre-group meeting for Spring Semester 2020</p>	

Grief & Loss Students who have experienced the loss of a loved one (parent, sibling, friend) recently or in the past, have this opportunity to share their experiences with each other, supporting and being supported and learning ways to do the emotional and physical work of grieving. Group facilitator: Jennifer Phillips, LICSW, LADC

Body Positive Are you struggling with fully embracing your body? You are not alone! Come join us as we focus on healing our relationships with our bodies. The Body Positive is an 8 week group focusing on building a healthy and freeing relationship with our bodies, food, and movement. The curriculum was created by Body Positive based out of California with a focus on their 5 competencies: Reclaim Health, Cultivate Self-Love, Practice Intuitive Self-care, Declare Your Own Authentic Beauty, and Build Community. There will be space for both activities as well as ongoing discussion. Full 8 week commitment required as each voice is crucial to the group. All genders, identities, and body types welcome and celebrated! Co-leaders Abby Maynard, NP and Sarah Weinstein, MS. ****Please email Abby Maynard (abigail.maynard@uvm.edu) at Student Health Services or call 802-656-3350 to set up a pre-group screen for this group only.**

Family Stress Support Group This group is a safe place for students to explore how stressors from home (including but not limited to substance use/abuse, family conflict, divorce, persistent illness, etc.) impact their college experience and their evolving identities. A

COUNSELING AND PSYCHIATRY SERVICES GROUP SCHEDULE FALL 2019

shared experience over the years of students in this group is “I thought it was just me” (i.e. that other students have not had these types of experiences in their homes and families) and “I thought it was just me” (i.e. especially when I was younger, but even now, thinking it must be my fault). Students will have a supportive atmosphere in which to explore these topics related to present life to become aware of how they are affected by stresses experienced in their family and other topics. Group Facilitator: Derek George, MS, MDiv, LADC, LICSW

Women and Femme Graduate Students Support Group This group provides a supportive space for women and femme identifying* graduate students to share your concerns and experiences related to graduate school. Themes that may be discussed include: exploring the school-life balance, navigating boundaries and relationship dynamics, understanding perfectionism and the internal critic, and developing stress management tools. This group is intended to provide members with collaborative learning and validation, while also identifying strategies to enhance holistic well-being. *If you identify as non-binary or trans masculine, there is space for you too. Group facilitator: Kelly Boardman, M.S.,

Connect and Explore Come connect and explore personal issues with peers in a warm supportive setting. We'll talk about a variety of issues and concerns including managing stress, adjusting to college life, dealing with depression and anxiety, relating to/accepting self or others, and becoming an “adult”. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This group allows students the chance to get their peers' perspectives and support on various issues, and recognize that they are not alone at UVM and in this world. Mary Heininger, MS, LADC

The Will to Change: men reclaiming their masculinities. This group provides a space for young men to explore their masculinities, with the underlying goal of empowering their authentic self. This group seeks to heal the wounds of patriarchy, which inhibit the full access to our essential good. Utilizing the writings of **Bell Hooks' book: The Will to Change** as our foundation, as well as discussion, multimedia, and breath-work, we will explore boyhood, masculinity, patriarchy, and the ability and art of Loving. Courage to explore your identity and a commitment to six weekly meetings is your key to acceptance into this group. The group is co-led by Keith E. Smith, and Stefan Nickum,

Recovery Group This group is geared towards people who are substance free for at least 30 days and are interested in exploring issues that arise as part of living a substance free life. Participants may be involved in formal recovery program but not required for this group. Group facilitator: Walter Brownsword, III, MA, LADC, CS

Surviving to Thriving Support Group Surviving to Thriving is a trauma survivor's group. It is designed to provide a supportive and safe environment for women who have experienced sexual violence such as sexual assault, rape, childhood sexual abuse, or dating violence. This group will provide participants the opportunity to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives. Participants in this group can expect to achieve a greater understanding of common reactions to assault and the ways in which it can impact your life, develop skills for improved coping, and work through common challenges in the healing process. Group facilitator: Carrie Fleider, LICSW