

Fall 2017

# Groups and Workshops

## Understanding Self and Others Group\*

This general interpersonal process group is open to students who want to better understand themselves and their relationships with others. With a deeper understanding of one's self and relationships, this group offers a supportive, challenging and growth-inspiring atmosphere to help participants find effective ways to communicate, expand their interpersonal style and try new behaviors.

**Tuesdays, 3-4:30pm, starting October 3rd**

**Contact:** Elizabeth\_Poloskov@cuc.claremont.edu or Hilary\_Son@cuc.claremont.edu

## Queer Support Group\*

This group is open to any students of the 7C's who identify as queer and are looking for ways to connect with other queer identified students for support. Weekly group topics initiated by group members and may include identity development, coming out, intersectionality, academic concerns, experiences as a queer or trans person of color, feeling safe on campus, family issues, religion, stress/coping, and relationships/dating issues.

**Mondays, 5-6pm, starting September 11th**

**Contact:** Mary\_Weber@cuc.claremont.edu

## Students of Color Group\*

This group provides a space for students of color to discuss the complexities of navigating personal and interpersonal spaces within and outside of The Claremont Colleges. Students can discuss, explore, and give voice to feelings and experiences related to culture shock, campus climate, racism, racial identity, oppression and privilege, self-esteem, relationships, family, intersectionality, stress/coping, and other topics of interest.

**Fridays, 2:30-4pm, starting September 15th**

**Contact:** Brittany\_Beasley@cuc.claremont.edu or Dana\_Reyes@cuc.claremont.edu

## Graduate Student Support Group\*

A process oriented group where students can meet and talk about common stressors in graduate school including time management, juggling family and school responsibilities, self-care issues, etc.

**Wednesdays, 5:30-6:30pm, from September 27th-November 1st**

**Contact:** Vilma\_Fuentes@cuc.claremont.edu

## Getting Unstuck Workshop\*

This 3 session workshop focuses on helping you understand depressive symptoms and building skills to manage these symptoms. The three sessions are divided into content that builds upon itself. The sessions include modules dedicated to (1) understanding depression, (2) exploring how thoughts and behaviors impact depression and (3) addressing how you can begin to make changes to thoughts and behaviors in order to better manage depression. By the end of the workshop, you will have your own individualized plan for getting unstuck. Students must have a intake appointment before being placed in the group. For questions:

**Contact:** Brittany\_Beasley@cuc.claremont.edu

## Women's Group\*

This group is for women who would like to share and explore issues that have a daily effect on their lives. Participants will receive and provide support to realize an empowered living. Topics for discussion include: self-esteem, responsibility for others and need for self-care, family, relationships and intimacy, communication, academic pressure, and life transitions.

**Thursdays, 3-4pm, starting October 19th**

**Contact:** Carrie\_Park@cuc.claremont.edu or Kelly\_Gonderman@cuc.claremont.edu

## Men's Group\*

This group focuses on men learning to improve their relationships with others and deepen their understanding of themselves. Typical themes include building confidence, learning about aspects of masculinity (e.g., embodiment of strength, and discussing their roles as men. Similar to other therapy groups, this group is open to other topics, including depression, anxiety, adjustment, and other personal concerns that may or may not be related to one's gender identity. The group offers a safe place for members to share honest thoughts and support one another in meeting their personal goals.

**Mondays, 3-4:30pm, starting September 25th**

**Contact:** Sean\_Cheng@cuc.claremont.edu or Grant\_Goodman@cuc.claremont.edu

## Mindfulness for Trauma Survivors Workshop

This 2-session workshop will focus on typical reactions to trauma, information about the effects of trauma on the brain, and mindfulness & grounding techniques to cope with post-traumatic stress. The workshop is open to survivors of various types of trauma, including but not limited to sexual assault, child abuse, intimate partner violence, crime, and combat. The sessions are offered in a structured format, and include mindfulness and grounding exercises. Students are not required to share the details of their traumatic experiences during the sessions. This workshop is open on a drop-in basis, no group screening is needed, and students do not have to attend both sessions to participate.

**Fridays, October 20th and November 3rd, 1-2pm**

**Location:** Consultation Room, 2008, 2nd floor of Tranquada Building (next to elevator)

**Contact:** Fiona\_Vajk@cuc.claremont.edu

## Anxiety Toolbox Workshop\*

This 3 session workshop focuses on helping you understand anxiety symptoms and build skills to manage these symptoms. The three sessions are divided into content that builds upon itself. The sessions include modules dedicated to (1) understanding anxiety, (2) introducing a method for slowing down and disentangling the experience of anxiety, and (3) developing alternative responses to anxiety. By the end of the workshop, you will have your own individualize plan for managing anxiety. Students must have a intake appointment before being placed in the group. For questions:

**Contact:** Brittany\_Beasley@cuc.claremont.edu

\*Group/Workshop requires a screening appointment. Please contact group leader for details.

Please email the contact person if you are interested in any of the groups above or have any questions about the group. For any other general group inquiries, contact Brittany\_Beasley@cuc.claremont.edu.

