

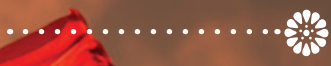
**UHS**

**MENTAL HEALTH SERVICES**

# Group

counseling

**spring | 2018**



spring | 2018

# Group counseling



**More info?**

Check out details on our website  
[uhs.wisc.edu/mental-health/group-counseling/](https://uhs.wisc.edu/mental-health/group-counseling/)

## why try group?

**group counseling is considered the** most effective therapeutic setting for many issues undergraduate and graduate students face.

Our group leaders help you share experiences, learn new perspectives, and experiment with new behaviors in a safe and supportive environment. Through this process you develop insights, tools, and techniques that you can use to improve your quality of life.

Groups typically meet for 60 to 90 minutes once a week. Some groups run for 12 weeks; some are shorter, typically two or four sessions.

**costs and eligibility** There is no charge for these services; all enrolled UW–Madison students are eligible. All group sessions are confidential.



**how to get started** If you are not currently receiving UHS counseling services and are interested in a particular group or in learning more about groups in general, give us a call. The first step to all Mental Health Services is to schedule an Access Consultation. Call our reception desk or log into MyUHS to schedule a time to speak with a counselor who will listen and discuss the most appropriate resources. Plan for a 15- to 20- minute phone screening. If you are interested in a particular counseling group, please mention it at this time.

If you already receive UHS counseling services and are interested in joining a particular group, ask our staff to schedule a group screening appointment for you with a group leader to determine whether that group is appropriate for your needs.

Participation in a group does not count against your 10 individual or couple/partner counseling sessions.

# Process Groups

## Interpersonal Process Groups

Past and present interactions with others contribute to shaping personality. Interpersonal process groups are often the treatment of choice for people who experience troubled relationships, loneliness, depression, anxiety, grief/loss, and low self-esteem. These groups offer a safe environment to identify and explore feelings; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to feel less lonely or isolated.

### Mondays

10:30 am – noon | Jeff Hird, PhD & Aleska Hagan, PhD  
12:30 – 2 pm | Sarah Kohlstedt, PhD & Jaime Lam, BA  
1:30 – 3 pm | Jocelyn Keiser, PsyD & Jenna Wieden, MA  
2:30 – 4 pm | Rachel Bitman-Heinrichs, PhD & Ken Volk, MA

### Tuesdays

10:45 – 12:15 pm | Shannon Juniper Neimeko, LPC  
& Robyn Rauman, LPC-IT  
1:15 – 2:45 pm | Michelle Bond, LPC & Sam Lustgarten, BS  
3:15 – 4:45 pm | Andrea Lawson, LCSW & Brian Drozd, PsyD

### Wednesdays

10 – 11:30 am | Jeff Hird, PhD & Veronica Franco, BA  
12:30 – 2 pm | Jen Moulton, PhD & Brian Drozd, PsyD  
3 – 4:30 pm\* | Travis Fox, PsyD & Ben de Boer, PsyD  
\*Men's Group

### Thursdays

11 am – 12:30 pm | Travis Fox, PsyD & Jeff Peterson, LCSW  
1 – 2:30 pm | Ben de Boer, PsyD & Sam Lustgarten, BS  
3 – 4:30 pm | Simone Collins, PhD & Danielle Gault, LCSW\*  
\*Students of Color  
3:15 – 4:45 pm | Jen Moulton, PhD & Ryan Rose, BA

### Fridays

10 – 11:30 am | Lisa Imhoff, LCSW & Ellen Marks, PhD  
10:30 am – noon | Sarah Kohlstedt, PhD & Jeff Hird, PhD  
1:15 – 2:45 pm | Carla Davey, PhD & Ken Vok, MA

# Support/Theme Groups

## Dissertators' Group

This is a supportive group environment focused on the emotional, behavioral, and organizational challenges associated with the dissertation process. Participants establish individual weekly research and personal goals, and share experiences and perspectives around common themes (e.g., procrastination, careers on or beyond the tenure track, advisor etiquette, and juggling multiple life roles).

**Tuesdays** | 10 – 11:30 am | Jo Hoese, PhD

**Wednesdays** | noon – 1:30 pm | Jo Hoese, PhD

.....  
...participants establish individual weekly  
research and personal goals, share  
experiences and perspectives...

## Eating Concerns Recovery Support Group

This group is intended for students who are recovering from an eating disorder or distorted body image and would like to talk about themes essential to recovery in a supportive, safe environment. It will be a semi-structured, confidential group utilizing metaphor and story along with guided discussion to create community, provide support, and build insight and understanding.

**Wednesdays** | 2:30 – 4 pm | Andrea Lawson, LCSW  
& Chanda Bolander, LCSW

**Thursdays** | 10:30 am – noon | Rachel Bitman-Heinrichs, PhD  
& Ellen Marks, PhD

.....  
...students who are recovering from an  
eating disorder or distorted body image...

## LGBTQ Support & Empowerment Group

A support and psychoeducational group for students who are navigating sexual and/or gender identity development and acceptance. Students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or any other personally meaningful term are welcome to this group. Focus is on establishing positive connections with others and exploring the process of integrating one's sexual and gender identities in authentic, self-affirming ways.

**Tuesdays** | 12:30 – 2 pm | Kandace "KC" Cross, MS\*

\*Students of Color

**Wednesdays** | 3 – 4:30 pm | Kandace "KC" Cross, MS  
& Ryan Rose, BA

**Fridays** | 2:45 – 4:15 pm | Kandace "KC" Cross, MS

.....

**...focus is on establishing positive connections with others and exploring the process of integrating gender identity in an authentic, self-affirming way...**

.....

## Graduate Students' Group

This group will examine the sources of stress, ways of coping, and the value of peer support in adjusting to a role that often feels like it's 24/7 as a graduate student at UW–Madison. Topics will be developed by group members, but may include: time management, financial stress, relationship concerns, burnout, isolation, and maintaining balance.

**Thursdays** | 2:45 – 4:15 pm | Felix Savino, PhD



## Transgender & Gender Non-Conforming Support & Empowerment Group

A support and psychoeducational group for students who are navigating gender identity developments and acceptance. Students who identify as transgender, gender non-conforming, genderqueer, and any other personally meaningful term are all welcome to this group. Focus is on establishing positive connections with others and exploring the process of integrating gender identity in an authentic, self-affirming way.

**Thursdays** | 1:30 – 3 pm | Shannon Juniper Neimeko, LPC  
& Sidra Dillard, BA

## Grief Group

This group helps students express and explore emotions related to their bereavement experiences. It is open to people who have lost a loved one (e.g., family member, friend) and combines sharing, discussion, support, and activities.

**Fridays** | 1 – 2:30 pm | Jen Moulton, PhD  
& Jenna Weiden, MA

## Graduate Women's Group

Through offering support to others and receiving support, group members are challenged to learn about themselves, initiate change, and exercise honesty in a safe space.

**Fridays** | 3 – 4:30 pm | Andrea Levy, MD  
& Rachel Bitman-Heinrichs, PhD



## Combined Format Groups

### Exploring Your Substance Use

This group provides a supportive space for students to process challenges regarding patterns of substance use, reasons for use (e.g., to avoid feeling difficult emotions, using to fit in), and impacts of use on interpersonal relationships (e.g., using to increase comfort/confidence in social settings, difficulties developing deeper connections). It is NOT a prerequisite of group to want to stop using. This group provides opportunities for peer support, exploration of feelings, giving and receiving feedback, practicing new ways of relating to others, and psychoeducation regarding substance use concerns.

**Tuesdays** | 3 – 4:30 pm

**Thursdays** | 12:30 – 2 pm

Group Leader: Gabi Koren, LCSW

.....

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challenges regarding patterns of substance  
use, reasons for use, and impacts of use...

.....



## Psychoeducational Groups & Workshops

### Managing Challenges: Skill Building Groups

Undergrad & Grad/*Concurrent individual therapy required*

This group is based on four components: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. The sessions are designed to teach skills based on the four components in a structured and supportive environment. Participants will learn and refine skills that modify behavioral, emotional, and thinking patterns associated with problems in relationships.

**Mondays** | 2 – 4 pm | Jeff Peterson, LCSW  
& Lisa Imhoff, LCSW

**Thursdays** | 2:30 – 4:30 pm | Carla Davey, PhD  
& Jocelyn Keiser, PsyD

### Managing Anxiety Workshop

During this two-session workshop, participants will learn new ways to manage anxiety, including its cognitive, behavioral, and physiological symptoms.

**Mondays**

**2/5 & 2/12, 3/5 & 3/12, 4/9 & 4/16**

**11 am – 12:30 pm**

Group Leaders: Sam Cares, BA, Kate Magruder, MS,  
& Brita Larson, BA

**Tuesdays**

**2/20 & 2/27, 3/20 & 4/3, 4/24 & 5/1**

**1 – 2:30 pm**

Group Leaders: Liz Wescott-Barten, LPC, SAC  
& Ben Heinrichs, LPC



## Managing Depression Workshop

This two-session workshop is intended to help students learn new ways to manage depression. In a supportive setting, students will gain greater awareness of signs and symptoms, strategies to cope with depression, and longer term approaches to self-care.

### Mondays

2/19 & 2/26, 3/19 & 4/2, 4/23 & 4/30

11 am – 12:30 pm

Group Leaders: Sam Cares, BA, Kate Magruder, MS,  
& Brita Larson, BA

### Tuesdays

2/6 & 2/13, 3/6 & 3/13, 4/10 & 4/17

1 – 2:30 pm

Group Leaders: Ben Heinrichs, LPC, & Howie Stensrud, MSW

## ACT for Social Anxiety

This group is intended for students struggling with social anxiety. Sessions are designed to be educational and experiential, helping participants develop awareness and skills to overcome anxiety and self-consciousness in social situations. In a structured and supportive environment, participants will learn concepts drawn from Acceptance and Commitment Therapy (ACT) intended to bolster self-confidence, acceptance, and willingness to confront the social challenges of everyday life.

Tuesdays | 10:30 am – noon | Ben de Boer, PsyD

## Social Skills Workshop

This workshop will help you gain more comfort, confidence, and ease in relating to others. Ten secrets about being likable will be shared and distributed.

Fridays | 3 – 4:30 pm | Dick Goldberg, LCSW

Section I February 2

Section II April 6



## Navigating the Dating World

This workshop will help you gain more comfort, confidence, and ease in successfully navigate the dating scene. Ten vital tips on dating successfully will be shared and distributed.

Fridays | 3 – 4:30 pm | Dick Goldberg, LCSW

Section I February 9

Section II April 20

.....  
...vital tips on dating successfully

will be shared and distributed...



## Supporting Student Success Workshops

This series of single-session workshops will focus on providing participants with information and strategies to confront common challenges and enhance academic success. Come to one, two, or all three sessions. **Sign up online!**

### Make the Most of Your Time

This workshop is designed to teach students time management skills. Participants will learn techniques to organize and optimize their time in order to enhance efficiency and support overall academic success.

1/26, 2/9, 3/16, 4/13

Fridays | 12:30 – 1:30 pm | Brita Larson, BA, Ben Heinrichs, LPC,  
Sam Cares, BA, & Kate Magruder, MS



## Focus Your Attention

This workshop is centered on increasing self-awareness, focus and attention. Participants will practice an array of strategies designed to strengthen attention, initiate and prioritize tasks, and minimize distractions and procrastination. If your mind was more focused on the here and now just think what you might accomplish.

**2/2, 2/16, 3/2, 3/23, 4/20**

**Fridays** | 12:30 – 1:30 pm | Brita Larson, BA,  
& Michelle Bond, LPC

## Taking Down Test Anxiety

This workshop is intended to help students manage test anxiety. It's common for students to experience anxiety before, during, and after exams. Participants will learn strategies to reduce anxiety that interferes with focus and recall of information.

**2/23, 3/9, 4/6, 4/27, 5/4**

**Fridays** | 12:30 – 1:30 pm | Brita Larson, BA, Ben Heinrichs, LPC,  
Sam Cares, BA, & Kate Magruder, MS

.....

... learn strategies to reduce anxiety  
that interferes with focus and recall  
of information...

.....

## Wellness Groups

### Yoga for Every Body (BMI > 30)

This group uses mindfulness to explore movement and the relationship between mind, body, and emotions. No prior yoga or mindfulness experience is necessary. The group is designed for individuals with a BMI of 30 or above, including people with physical limitations. Referral from UHS staff required.

**Mondays** | 1:10 – 2 pm (4th floor multi-purpose room)  
Group Leader: Jan Schaefer, MS

## Yoga

Yoga will provide an hour of relaxing movement, stretching, and connecting mind and body. There will be three sessions offered. Referral from UHS staff required.

**Mondays** | 2:45 – 3:35 pm, 4 – 4:50 pm  
(4th floor multi-purpose room)

**Wednesdays** | 11 – 11:50 am  
(4th floor multi-purpose room)

Group Leader: Jan Schaefer, MS

## Meditation Group

Meditation is an ancient practice that can bring deep levels of calm and relaxation. The focus will be on breathing/ concentration practices and different types of meditation. The meditation groups are ongoing and students can join at any time.

**Tuesdays** | noon – 1 pm (21 North Park St.)

**Wednesdays** | noon – 1 pm (Union South)

**Thursdays** | noon – 1 pm (Union South)

Group Leader: Bob McGrath, PsyD

## Mindful Living Group

This group will help participants incorporate focused awareness into their lives, particularly in the areas of academics and studying, relationships, moods and stressors, eating, and generally helping members to develop a more balanced, purposeful, and aware lifestyle. The group will combine activities that promote mindfulness with reflection and discussion about ways members can be more present in their daily lives. Group meets for six sessions.

**Wednesdays** | 1:30 – 3 pm (6th floor) | Tamar Kelson, PhD  
& Ellen Marks, PhD



# Mindfulness Sampler

Practice the skills of mindfulness in this four-week workshop series. Come to any or all of the four sessions that repeat throughout the semester. Increase self-understanding, present moment awareness, and strengthen your capacity to address stressful daily challenges toward a more vital and valued life.

.....  
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vital and valued life...  
.....

## Session 1 Mindfulness of Thought 2/13, 3/13

Learn to notice thoughts without getting hooked by distressing worry or self-defeating patterns.

Tuesdays | 1:30 – 3 pm | Tamar Kelson, PhD  
& Jocelyn Keiser, PsyD

## Session 2 Mindfulness of Behavior 2/20, 3/20

Increase ability to act intentionally, which can improve motivation, concentration, and reaching goals in activities of daily living.

Tuesdays | 1:30 – 3 pm | Tamar Kelson, PhD  
& Jocelyn Keiser, PsyD



## Session 3 Mindfulness of Emotions 2/27, 4/3

Apply mindfulness to cultivate more positive and balanced feelings regarding yourself and the world around you.

Tuesdays | 1:30 – 3 pm | Tamar Kelson, PhD  
& Jocelyn Keiser, PsyD

## Session 4 Mindfulness of Body 3/6, 4/10

Focus on the mind/ body connection, increasing body awareness to help manage stress and pain as well as improve overall self-care.

Tuesdays | 1:30 – 3 pm | Tamar Kelson, PhD  
& Jocelyn Keiser, PsyD

## Session 5 Mindfulness for End of the Semester Stress 4/17

Learn and practice relevant mindfulness based strategies for coping with end of semester stress and develop a plan with specific next steps for navigating end of semester stress.

Tuesdays | 1:30 – 3 pm | Tamar Kelson, PhD  
& Jocelyn Keiser, PsyD







**UHS**



**Mental Health Services**

# Group

counseling

**Mental Health Services**

333 East Campus Mall, 7th Floor

M | T | R | F 8:30am–5 pm

W 9am–5 pm

**608.265.5600 (option 2)**

**[uhs.wisc.edu/mental-health/](https://uhs.wisc.edu/mental-health/)**

**24-hour mental health crisis services**

**608.265.5600 (option 9)**



**UHS** | University  
Health Services  
UNIVERSITY OF WISCONSIN-MADISON