



GROUP THERAPY

What is group therapy?

A form of psychotherapy in which individuals share and grow weekly with a group of other people with similar concerns. Time commitment varies depending on the group, spanning from 6 weeks to 14 weeks. An intake appointment at SCS is required for participation. Times TBA.

Dealing with Distress | Facilitator: Laura Stiles, M.S.

Manage chronic negative emotions and/or behaviors through distress tolerance, emotion regulation, and mindfulness skills.

Grief Group | Facilitator: Megan Colvin, M.S., LPC

An educational and therapeutic group for bereaved persons to learn about grief, explore their own grief and connect with others.

Journey to Wholeness | Facilitators: Megan Colvin, M.S., LPC; Ty Stafford, Ph.D., licensed psychologist

This is a skills-based group that will help survivors of sexual assault or abuse cope with symptoms of trauma, feel empowered in their relationships and receive support from fellow survivors.

LGBTQ+ Group | Facilitators: Chris Austin, M.S., LPC; Ty Stafford, Ph.D., licensed psychologist

A group for lesbian, gay, bisexual, trans*, questioning, or other students coping with coming out, adjusting to campus, relationships, or other concerns.

Understanding Self & Others | Facilitators: Kären Brandon, M.S., LPC; Rachel Clair Franklin, M.S., LPC

Enhance your self knowledge and explore how you relate to others in a space that fosters growth.

SUPPORT GROUPS

What is a support group?

A group in which peers receive support from each other. No time commitment required, though regular participation may be beneficial. No intake appointment required for participation.

From a DREAM to Reality! | Facilitator: Christopher Gosa, M.S., LPC

A support group intended to assist African American men with the challenges they may face inside and outside of the classroom. @ 3 pm in Union, Room 231 on Sept. 7, 21; Oct. 5, 19; Nov. 2, 16.

Tea Talks | Facilitator: Emily Fortney, Psy.D.

The focus of this group is to provide an open and judgment-free environment where international students can discuss challenges they may face on and off campus.

Graduate Student Support | Facilitators: Kären Brandon, M.S., LPC; Kevin Merideth, M.S.

A group for graduate students to discuss the challenges of pursuing an advanced degree.

Life's Lounge | Facilitator: Yvett Roby, M.S., LPC-S

A support group intended for African-American women seeking a supportive and positive therapeutic forum to examine their experiences and perspectives while developing skills to enhance personal well-being. @ 3 pm in Union, Room 231 on Sept. 14, 28; Oct. 12, 26; Nov. 9, 30.