Support Groups Fall 2018

All group days and times will be determined by interested students’ availability.

Anxiety Toolbox
Anxiety Toolbox is a three-part series intended to help increase your understanding and knowledge about anxiety. The goal of this workshop series is to provide you with some skills or tools to recognize and manage symptoms you may be experiencing.

Group facilitator: Dr. Asmita Pendse

Understanding Self and Others
This group is for students who would like to develop insights about interpersonal patterns and create connections leading to more fulfilling interpersonal relationships with family, peers, and romantic partners.

Group facilitator: Dr. Tyme Rodriguez

Sexual Assault Survivors Support
This group provides a safe environment for survivors of sexual assault to receive support, acceptance, and validation, while focusing on the healing process. It aims to decrease feelings of isolation and alienation that may be experienced following a sexual assault.

Group facilitator: Dr. Melissa Garrison

General Therapy Group
This group provides a community in which to work on one's goals in a safe space. Processing with a group allows for multiple perspectives, peer support, and insight into how one's actions affect others.

Group facilitator: Laura Syvertson

Gender and Sexuality Exploration
This is a process group that provides a safe place for people to talk about LGBTQ+ concerns in daily life.

Group facilitator: Dr. Tyme Rodriguez

Family Matters
All families experience challenges at times, from minor irritations to deeply buried resentments, and these struggles can be detrimental to students’ mental health. Utilizing a systems-based approach, this group seeks to address issues by exploring possible solutions or avenues of support, while considering the underlying functions of the problem.

Group facilitator: Dr. Devin Hussong

Procrastination Group
This group aims to identify and change problematic behaviors, while replacing them with more useful alternatives. Sessions focus on behaviors like setting goals, removing distractions, and rewarding successes. Students will cultivate effective, personalized approaches for planning and completing the mundane, uninspiring tasks we all face in our day-to-day lives.

Group facilitator: Dr. Devin Hussong

To join a group please call the Counseling Center (610-330-5005) or email counseling@lafayette.edu