

# University Counseling Service

Workshops and Support Groups, Spring, 2023



CALL US AT 319-335-7294 OR CHECK OUT OUR  
WEBPAGE FOR MORE INFORMATION:

## WORKSHOPS

### ANXIETY TOOLBOX WORKSHOP

"Anxiety Toolbox" is a three-week skills-based workshop designed to help students learn to better manage their anxiety by utilizing a variety of CBT tools and strategies. This is a curriculum-driven series with structure and specific learning objectives and topics for each week that build students' knowledge over the course of the workshop. All participants will receive a workbook with exercises to be completed both within and outside the group to facilitate their learning.

Dates:

- Series 1: Feb 6, 13, 20 (Mondays) from 1:00-2:00 via zoom
- Series 1: 2/27, 3/6, 3/20 (Mondays) from 1:00-2:00 via zoom
- Series 2: 3/27, 4/3, 4/10 (Mondays) from 1:00-2:00 via zoom
- Series 3: 4/17, 4/24, 5/1 (Mondays) from 1:00-2:00 via zoom

To join: Email Tonna Schneider at [tonna-schneider@uiowa.edu](mailto:tonna-schneider@uiowa.edu)

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### GETTING UNSTUCK WORKSHOP (FOR DEPRESSION)

"Getting Unstuck" is a three-week, skills-based clinical workshop designed to provide support and skills aimed at addressing students who would like to learn ways be better to manage their depression symptoms. This is a curriculum-driven series with structure and specific learning objectives and topics for each week that build students' knowledge over the course of the workshop. All participants will receive a workbook with exercises to be completed both within and outside the group to facilitate their learning.

Time/Day: Tuesdays, 11:30 am - 12:30 pm via zoom

Dates:

- Series 1: Feb 7, Feb 14, Feb. 21.
- Series 2: Feb 28, Mar 7, Mar 21
- Series 3: Mar 28, Apr 4, Apr 11
- Series 4: Apr 18, Apr 25, May 2

To Join: <https://uiowa.zoom.us/j/97015190148> (Zoom Meeting ID: 9701 5190 148)

Email [tianyi-xie@uiowa.edu](mailto:tianyi-xie@uiowa.edu) for the workbook.

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## DISTRESS TOLERANCE WORKSHOP

This is a 60-minute workshop focused on learning distress tolerance skills. Distress tolerance is the ability to manage distressing emotions and effectively move through stressful situations in an effective manner. This is a DBT-informed curriculum-driven series with structure and specific learning objectives and topics for each week. All participants will receive handouts with exercises to be completed both within and outside the group to facilitate their learning. Students will work to develop their own coping skills plan throughout this workshop.

### Topic Schedule:

Week 1: Defining Mindfulness, Wise Mind, and Distress Tolerance, Self-soothing, coping skills plan

Week 2: Coping with challenging emotions: The Wave skill, TIPP Skill, Wise Mind ACCEPTS

Week 3: Coping Ahead: Pro/Cons, Improve the Moment skill, Opposite Action to Change Emotions, coping skills plan

Time/Day: Fridays, noon-1:00 via zoom

### Dates:

- Series 1: January 27, February 3, February 10
- Series 2: February 24, March 3, March 10
  
- Series 3: March 24, April 7, April 14

Scan for Zoom link:



To Join: Zoom link: <https://uiowa.zoom.us/j/97887586063?pwd=TGVraohQdm5kMnhaQzI SaFAR QldRdz09> (Zoom Meeting ID: 9788 7586 063).

Email Holly Nicely, Psy.D. at [holly-nicely@uiowa.edu](mailto:holly-nicely@uiowa.edu) to get the zoom link and workbook.

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## RESILIENCY AND CONNECTION

This workshop assists students in examining the roles of shame, resilience and empathy and the impacts on how they view themselves and their relationships. This interactive workshop will include group discussions, opportunities to practice coping strategies and selected readings from Brené Brown. This workshop could be beneficial for students wanting to work on self-esteem, love and belonging, body image concerns, family of origin concerns/trauma, authenticity, the development of empathy, connection, and resiliency. This a place for students connect around shared ideas, themes and concerns.

Time/Days: Fridays, Noon-1:30 pm. A six-week workshop that will meet on the following dates: 2/10, 2/17, 2/24, 3/3, 3/10, and 3/24.

Location: Wellness Suite Conference Room, CRWC

How to Join: Register here - <https://mentalhealth.uiowa.edu/collegiate-recovery-program>

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# Support Groups

## **ADHD SUPPORT GROUP**

The ADHD Support Group is for students with ADHD to connect and talk about resources, tips/tricks/advice about managing ADHD, and share experiences of navigating college and relationships with ADHD. All ages, races, genders, and majors are welcome as a variety of identities help students connect across diverse experiences and perspectives. Students are welcome to participate as often as they would like - weekly or only during weeks that is convenient.

**Location:** zoom

**Date/Time:** Fridays 2:00-3:00pm

**How to Join:** Email Molly Rathe ([molly-maxfield@uiowa.edu](mailto:molly-maxfield@uiowa.edu)) for the zoom link

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## **CHRONIC HEALTH SUPPORT GROUP**

School, work, and simply managing everyday demands can feel overwhelming. It can be even more challenging when you have a chronic health condition. Join us in a space where you can meet other students who may validate, encourage, and understand your experiences. Feel free to just show-up or you can contact Dr. Marie Adams ([marie-adams@uiowa.edu](mailto:marie-adams@uiowa.edu)) with questions.

**Location:** SDS Office, Main Conference Room

**Time:** Fridays, 2:30-3:30 pm

**Dates and Topics:**

- February 3: Self-Advocacy
- February 24: Building Campus Connections
- March 10: Resource Sharing
- March 24: Communication with Professors and Advisors
- April 7: Coping with Symptom Flares
- April 21: Family and Partner Dynamics
- May 5: Self-Care

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## **MINDFUL RECOVERY**

This group provides a safe and supportive space for UI students committed to making changes in their substance use. The focus for this group, different than Success, Not Excess, is for students seeking abstinence or maintaining abstinence from substances. Activities and support is rooted in mindfulness-based stress reduction practices and Koru Mindfulness.

**Day/Time:** Wednesdays at 4 pm

**Location:** IMU room 208



Contact Heidi Schmitt ([Heidi-r-reynolds@uiowa.edu](mailto:Heidi-r-reynolds@uiowa.edu)) with any questions you have about this group or scan the QR code for more information on the Collegiate Recovery Program.

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## **BLACK STUDENT SUPPORT GROUP (BSSG)**

The Black Student Support Group will serve as a space for Black identifying students of all gender identities to respectfully listen to each other, share thoughts, feelings, provide validation, and offer encouragement to fellow Black students at the University of Iowa. The group is open for Black students to discuss the disproportionate impact of COVID-19 within the Black community and serve as a space for Black students to process the violence, police brutality, and racism experienced during this time of social and political unrest as it relates to the Black Lives Matter movement.

- The primary goal of a support group is to help members cope with issues or problems in their lives. This is NOT a clinical therapy group. Member commitment to a support group is minimal, meaning, members can 'drop in' for a session whenever they choose.
- Although attendance may be minimal, it is encouraged that members try to attend support groups regularly, for the benefit of themselves and the group.

Location: Afro House

Time/Dates: TBD

Students are welcome to reach out to either Dr. LaNeisha Waller-Boulet at [laneisha-waller@uiowa.edu](mailto:laneisha-waller@uiowa.edu) or Shalisa Gladney at [shalisa-gladney@uiowa.edu](mailto:shalisa-gladney@uiowa.edu) with any questions.

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## **SUCCESS, NOT EXCESS**

This group provides a safe and supportive space for UI students wanting to make or considering changes in their alcohol or other drug use. The group emphasizes success in academics, relationships, mental and physical health, and other goals through abstaining or reducing alcohol and other drug use.

Not ready for a support group? Students may schedule a fifteen-minute meeting prior to Success, Not Excess at the CRP Open Office Hour by scanning the QR code.



Day/Time: Thursdays 5:30-6:30 pm

Location: IMU room 208

Contact Heidi Schmitt ([Heidi-r-reynolds@uiowa.edu](mailto:Heidi-r-reynolds@uiowa.edu)) with any questions you have about this group or scan the QR code for more information on the Collegiate Recovery Program.

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## **GRADUATE AND PROFESSIONAL STUDENT SUPPORT GROUP**

This support group is for graduate students. Graduate students may struggle to have space in their lives to express their feelings and concerns about life or conflicts within their programs. This group is designed to provide a safe, confidential atmosphere and the opportunity to receive support and feedback from peers. Topics discussed may range from personal to professional aspects of students' lives.

Time: Mondays from 4 pm - 5 pm, starting on Jan 23rd.

Location: <https://uiowa.zoom.us/j/99590749843?pwd=VXVrWUFhRnZ3Qk1WZTNDNExCYU93Zz09>

- Meeting ID: 995 9074 9843
  - Passcode: 844309
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# Let's Talk, Hawks!

Let's Talk, Hawks! is a drop-in consultation service offered by the University Counseling Service (UCS) typically at various campus locations. It provides you with an opportunity to have an informal, confidential, anonymous conversation with a UCS therapist. You can share your mental health concerns, work on problem solving together, learn about useful campus and community resources, or ask questions about counseling and UCS.

Let's Talk, Hawks! consultations are:

- Open to all students
- First come, first served—no appointments needed
- Brief—up to 15 minutes
- Anonymous—no information is collected and kept about you and no paperwork to be completed
- Not counseling or a crisis service

## Main Offices:

Time: Mondays, Tuesdays, and Thursdays from 11 am to Noon

Location: <https://uiowa.zoom.us/j/92172944811?pwd=U1kzaGJOR2NwcjhvVHFoUjR1UG5FZz09>

- Meeting ID: 921 7294 4811
  - Passcode: 681781
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**Make an Appointment: 319-335-7294**

FOLLOW OUR SOCIAL MEDIA FOR UPDATED PROGRAM INFORMATION AND MENTAL HEALTH TIPS!



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Counseling.uiowa.edu

