Eating Disorder Recovery Process Groups

EATING DISORDER RECOVERY PROCESS
Understand and control dysfunctional patterns with food and deal with feelings and issues that “eat” at you, including stress, body image, self-esteem, self-expression, relationships, and academic pressure.

Tuesdays, 1:30-4:00 p.m.
Jill Hranisla & Clare Cown
Wednesdays, 12:30-2:00 p.m.
Julie Pelleter & Han Wingate
Thursdays, 10:00-11:30 a.m.
Camill Chan-Kennedy & Sultan Magruder

SKILLS CLINIC FOR EATING DISORDER RECOVERY
Hands on practice of daily living skills to help with recovery from disordered eating and negative body image.

Thursdays, 3:00-3:30 p.m.
Julie Pelleter & Stacy Jones (HPW Staff)

Mindful Mood Management

LEARN WHAT MINDFULNESS CAN HELP WITH DEPRESSION, ANXIETY, SOCIAL DISTRESS, CRITICAL THOUGHTS, ANGER, AND OTHER DISTURBING EMOTIONS.

Wednesdays, 3:00-4:30 p.m.
Han Wingate & Sonja Kim

Anxiety Clinic

LEARN ABOUT SYMPTOMS OF ANXIETY, HOW ANXIETY IMPACTS DAILY FUNCTIONING, HOW ANXIETY WORKS IN THE BODY, AND HOW TO MANAGE AND REDUCE ANXIETY.

Wednesdays, 3:30-5:30 p.m.
Jason Yoder & Phillip Klawak

Insomnia

LEARN STRATEGIES TO IMPROVE YOUR SLEEP QUALITY AND QUANTITY, FOCUSING ON BEHAVIORS THAT ENGAGE YOU IN AROUND SLEEP.

Tuesdays, 1:30-3:00 p.m.
Elana Szczesny

Perfectionism

LEARN THE ORIGINS OF PERFECTIONISM, THE IMPACT OF PERFECTIONISM IN DAILY LIFE, AND HOW TO IDENTIFY AND INTERVENE ON THINKING AND BEHAVIORS THAT MAINTAIN PERFECTIONISM.

Tuesdays, 1:00-2:25 p.m.
Shannon Smith-Jank & Wes Scola

Relationships 101

LEARN HEALTHY COMMUNICATION SKILLS, CONFLICT RESOLUTION, SETTING BOUNDARIES, SHAVING CARE/FELTATION, AND MORE FOR ALL TYPES OF RELATIONSHIPS: ROMANTIC PARTNERS, FRIENDS, PARENTS, SIBLINGS, AND PROFESSORS.

Tuesdays, 3:30-5:00 p.m.
Julie Soast & Rebecca Janis

Stress Management

LEARN TOOLS TO Cope with stress and discover a new relaxation exercise each session.

Mondays, 10:00-11:30 a.m.
Elana Szczesny & Nathan Tikhonker

Self-Compassion

LEARN SKILLS IN SELF-KINDNESS THROUGH DISCUSSION, MINDFULNESS PRACTICE, STORY, AND EXPERIENTIAL EXERCISES.

Mondays, 3:00-4:30 p.m.
Laura Briscoe & Lelo Wu

Graduate and Returning Students Process Groups

DESIGNED FOR PERSONAL GROWTH AND SELF-AWARENESS FOR STUDENTS WHO ARE OLDER THAN THE TYPICAL 18-22-YEAR-OLD UNDERGRADUATE POPULATION.

Tuesdays, 1:30-3:00 p.m.
John Mitchell & Erica Wiley
Tuesdays, 3:15-4:45 p.m.
Stephanie Stans & John Laughlin-Presnal
Wednesdays, 1:45-3:15 p.m.
Natalie Hernandez DePalma & Wes Scola
Thursdays, 2:30-4:00 p.m.
Jill Hranisla & Dylan Corp
Fridays, 9:00-10:30 a.m.
Desiree Howell & Emma Hahn

Interpersonal Process Groups for Undergraduates

WOMEN’S THERAPY
Gain an understanding of yourself and ways to relate more comfortably to others.

Wednesdays, 3:30-5:00 p.m.
Camille Sluis & Courtney Tucker

Men, Talking

FOR BOTH UNDERGRADUATE AND GRADUATE MALE STUDENTS. THE PURPOSE OF THIS GROUP IS SIMPLY TO GET MEN TOGETHER AND TALK ABOUT ISSUES THAT MAY BE IMPACTING THEIR LIVES.

Wednesdays, 3:30-5:00 p.m.
John Mitchell & Lawrence Chatters

Interpersonal Mindfulness

FOR BOTH UNDERGRADUATE AND GRADUATE STUDENTS. LEARN MINDFULNESS TO INCREASE SELF-AWARENESS AND RELATE MORE COMFORTABLY TO OTHERS.

Thursdays, 3:00-4:30 p.m.
Han Wingate & Emma Hahn

Understanding Self & Others

GAIN A GREATER UNDERSTANDING OF YOURSELF AND WAYS OF RELATING MORE COMFORTABLY TO OTHERS.

Mondays, 1:30-3:00 p.m.
Anne Paet & Sultan Magruder
Wednesdays, 4:30-6:00 p.m.
Caitlin Chan-Kennedy & Erin Fackenthal
Thursdays, 9:00-10:30 a.m.
Janel Schwalbach & John Laughlin-Presnal
Thursdays, 2:00-3:30 p.m.
Jason Yoder & Lari Shroyer

Drop-In Support Groups

No appointment needed

WOMEN OF COLOR EMPOWERMENT
This group provides a supportive space for women of color to explore identity, relationships, and more, as well as to empower and enhance their voice.

Grange Building, Room 315 | Multicultural Resource Center (MRC)
Wednesdays (Browne), 4:30-6:00 p.m.
For dates and details: equity.psu.edu/wmc/wom
Laura Briscoe & Dayze Florence

Support-Oriented Groups

WOMEN’S EMPOWERMENT GROUP
For female students who have some history of exposure to sexual abuse and/or trauma. The group aims to empower the members to find their voice, increase self-worth, strengthen sense of self, and process through societal messages, pressures, and influences.

Mondays, 1:30-3:00 p.m.
Camille Sluis & Julie Scarr
Thursdays, 4:00-5:30 p.m.
Desiree Howell & Erica Wiley

Penn State Students on the Spectrum

For students at University Park who have been diagnosed with or identify as having autism spectrum disorder. Members will gain increased social context and can work on interpersonal skills in a relaxed, non-judgmental environment through both structured and unstructured discussions/activities.

Mondays, 3:30-5:30 p.m.
Stephanie Stans & Dylan Corp

Loss Group

This group is for students who have experienced the death of a friend, relative, or close association. It is also appropriate for those who continue to struggle with pain and memories of the death of a loved one. The group will focus on adjusting to the loss and reduction in feelings of guilt, anger, depression, and powerlessness.

Tuesdays, 3:00-4:15 p.m.
Meggie Daisy & Sue Kim

Life as We Know It: ACOA Support

For students who identify as being an adult child of an alcoholic or addict. Members will be provided with a safe space to explore and discuss the emotional struggles, relationship difficulties and other ways they have been impacted by growing up in this type of environment.

Mondays, 2:30-3:30 p.m.
Sarah Watson & Kathy Clayton

Social Anxiety

STUDENTS LEARN ABOUT THE ORIGINS OF SOCIAL ANXIETY AND METHODS FOR TOLERATING AND MANAGING THE DISTRESS THAT RESULTS FROM ANXIETY-PROVOKING SITUATIONS. STUDENTS WILL ALSO HAVE THE OPPORTUNITY TO RECEIVE VALIDATION AND SUPPORT FROM OTHERS WHO SHARE DIFFICULTIES COPING WITH SOCIAL ANXIETY.

Mondays, 1:00-2:30 p.m.
Shannon Smith-Jank

First-Generation Student Support

This group will provide first-generation college students with a supportive space to explore their experiences and the unique challenges they face at Penn State.

Hub Room 321
Mondays, 4:30-6:00 p.m.
Anne Paet & Sultan Magruder

This publication is available in alternative media on request. Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability or protected veteran status. U Ed. STA 19-92