



Psychological Counseling Center Groups for Spring 2017

❖ All of Me

“All of Me” is a support group for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual identifying students. The goal of the group is to create a safe space to process life and campus issues based on the principles of acceptance, empathy, understanding, and openness. The group will meet for approximately eight weeks and will be closed to new members after the second meeting. Topics for this group will be developed by the group members and could include: building supportive relationships, developing resources to manage challenges, and improving self-esteem. The title for this group is based on the idea that bias may come from others only seeing one aspect of identity in a person. This group, as the rainbow symbolizes so well, will focus on “All of Me.” The group will meet on Wednesdays from 2:30pm-4:00pm and will be facilitated by Joel Oppenheimer, LCSW.

❖ Strive to Thrive

“Strive to Thrive” is a supportive, solution-focused, psycho-educational group that encourages students to improve and maintain well-being and resilience while pursuing goals. Discussion topics may include: identifying strengths and areas in need of development; stress and time management; nutrition, exercise, and sleep habits; building supportive relationships; developing coping skills and resources to manage challenges; and navigating transitions such as beginning college and graduating. This group will meet for approximately eight weeks and will be closed to new members after the second meeting. Therefore, committed group attendance is important. The group will meet on Wednesdays from 3:30pm-5:00pm, and will be facilitated by Amy Tully, PhD.

❖ Wellness Self-Management

“Wellness Self-Management” (WSM) © New York State Office of Mental Health, is an empowering, evidence-based curriculum that provides opportunities to develop knowledge and skills for coping with mental health problems. This supportive group will draw upon various topics from the WSM curriculum to help students use their strengths and informed decision-making to promote wellness. Discussion topics may include: understanding what helps and hinders wellness, the connection between mental and physical health, identifying and using effective coping strategies, and how to use social support and community resources. This group will meet for approximately eight weeks and will be closed to new members after the second meeting. Therefore, committed group attendance is important. The group will meet on Tuesdays from 3:30pm-5:00pm, and will be co-facilitated by Amy Tully, PhD and Laura Schwarz, MSW Intern.

Please Note: PCC groups have been well received and fill to capacity. If you are interested in joining one of our groups, please contact us early in the semester for information and next steps (845) 257-2920. Group topics change each semester. If you have an idea for a group that is not listed, please let us know. Thanks!