

Group Therapy at Boynton Health

Fall 2022 Schedule

Mental Health Clinic groups will be offered via Zoom this semester. If you have concerns about participating in a Zoom group due to privacy considerations, please speak to your group leader about accommodations. We are happy to work with you on personalized solutions so that you can be involved.

MONDAYS

Understanding Self and Others for Undergraduates

Group Leader: **Andrew Moe**, LPCC, LADC (he/him)

2:30 - 4:00 p.m. | September 26th - December 5th

Are you searching for a place to learn about yourself and better understand your relationships in a safe and accepting environment? You will have the opportunity to express your thoughts and feelings, as well as build confidence in an encouraging atmosphere. The goal is to gain awareness of how you relate with others in the group and understand how these patterns reflect how you relate with others in your life. Attention will be paid to feelings, thoughts and experiences that arise in the group—there will be opportunities to explore the meaning of these behaviors. With the help of the group leader, you will practice giving and receiving support and feedback.

TUESDAYS

Understanding Self and Others for Graduate Students

Group Leader: **Emily Price**, PsyD, LP, (she/her)

1:00 - 2:30 p.m. | September 20th - December 6th

Often graduate students find themselves navigating power dynamics within advisory relationships, questioning their abilities and future, feeling behind their peers in the working world, and struggling to establish and maintain relationships. This group offers graduate students the opportunity to explore the ways in which they relate to themselves and others in a safe space with peers who can relate to the unique challenges of graduate school. Group members will explore their relational patterns and how their experience in graduate school has shifted or intensified them.

For more detailed descriptions, visit

boynton.umn.edu/clinics/mental-health/group-therapy

WEDNESDAYS

Understanding Self and Others for Black Students

Group Leader: **Nomcebo Gugu Nkosi**, LPCC (she/her)

1:00-2:30 p.m. | September 21st - December 14th

A space for Black students to deepen their understanding of self and discuss racial/ ethnic identity development, cultural impact on interpersonal relationships, and experiences of marginalization.

THURSDAYS

Neurodiversity Connections

Group leaders:

Jeremy Goldberg, LICSW (he/him) Boynton Mental Health
Morgan Winegarden (she/her) | Disability Resource Center

1:00 - 2:30 p.m | September 29th - December 15th

This group is for undergraduate students who identify as autistic or as a person with Autism Spectrum Disorder or Asperger's. The focus of this group is not only to build community by finding others with similar experiences, but also to develop strategies and identify resources to build resiliency and thrive in a society that isn't always structured for you. We will explore the gifts and challenges experienced by young adults in the neurodiversity community, particularly those unique to the college atmosphere.

When Home is Hard

Group leader: **Anna Burke**, LPCC, (she/her)

10:00-11:30 a.m. | September 29th - December 1st

Dealing with the stress of college is even more difficult when family relationships are painful or unhealthy. In this group you will gain support from others who understand and also experience change and growth by learning new communication and relationship skills.

JOIN US!

To join a group, please contact us at **612-624-1444**.
All groups take place in Boynton's East Bank Clinic.



BOYNTON HEALTH

UNIVERSITY OF MINNESOTA