



RETRIEVER INTEGRATED HEALTH

Spring 2023 Group Descriptions

The first step to joining any group is to complete a triage appointment. Please call us at 410-455-2542 to schedule. Due to licensure laws, online groups require students to be in the state of Maryland during group participation. Masking may be necessary based on community COVID-19 transmission levels; please inquire with the counseling center or your group leader about masking requirements for the group.

For general group questions, please secure message our Group Coordinator Lauren Mirzakhali, LCSW-, C via the patient portal.

Graduate Student Support Group (Virtual, Spring Semester) Pursuing a graduate degree/Ph.D. can be one of the most challenging phases in an individual's academic career. The road to earning the diploma can be long and lonely. The Graduate Student support group is composed of graduate/Ph.D. students who want to come together to share the challenges and struggles of their academic experience. The group will focus on discussing ways to balance school & personal life, relationships with advisers and peers, and how to deal with the stress and anxiety of academic pressures while defining and pursuing career goals.

Day and Time: Thursdays 3 PM-4:15 PM (Starting February 9th)

Reflecting Retrievers: Undergraduate Student Process Group (In-Person, Spring Semester) This group provides a safe, confidential space for students to find a sense of connection, shared understanding, and an opportunity to learn from others' experiences. Members will also learn how to make new relationships and/or improve existing ones. The goal is for members to gain greater self-knowledge and develop more meaningful connections with friends, family, partners, etc. The group requires a semester-long commitment.

Day and Time: Thursdays, 2:30-4:00 PM (Starting February 9th)

Support Group for International Students (In-Person, Spring Semester) is a semester-long group intended to serve the mental health needs of international students. It provides a safe space for students to discuss the unique challenges of moving to a different country, such as homesickness, acculturation, and academic and interpersonal issues. The goal is for members to develop meaningful connections with others, find community, and get support regarding their challenges.

Day and Time: Wednesdays 11 AM-12:30 PM (Starting February 8th)



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Support Group for Neurodivergent Students (In-Person, eight weeks) is an 8-week in-person group incorporating information, skills: tips/tricks/hacks, and a space to explore your unique self from a strengths-based perspective. It's for anyone wondering if you are neurodivergent or if you have been diagnosed as neurodivergent (ADHD, processing disorders, autism, and more). We will learn about common myths and stereotypes, burnout (how to prevent and address it), and self-advocacy.

Day and Time: Wednesdays 1 PM-2:30 PM (Starting March 1st)

Skills Training in the Application of Interpersonal Regulation (STAIR) (In-Person, six weeks) helps persons who struggle with relationship dynamics and emotion regulation. High-stress experiences overwhelm the emotional system, creating both emotional chaos and numbing, undermining our ability to think and act effectively, and disturbing our sense of self and relationships. The skills training and practice introduced in this program are designed to help you leave behind old patterns and develop new interpersonal behaviors and emotion management skills more consistent with your current life goals.

(1st round) Day & Time: Tuesdays, 3 PM-4:30 PM (Starting February 7th)

(2nd round) Day & Time: Mondays, 1 PM-2:30 PM (Starting February 27th)

(3rd round) Day & Time: Tuesdays, 1:30 PM-2:45 PM (Starting March 7th)

Moving Forward with Purpose (In-Person, five weeks) is a five-week-long skills group to help you learn strategies to approach challenging situations flexibly. Often, while facing difficult experiences, we tend to either avoid the actual challenge or get hooked by our experiences. In this group, we will conduct our own mini experiments to address these challenges by exploring values and creating the willingness to face discomfort.

(1st round) Day and Time: Fridays 9:30 AM – 11:00 AM (Starting March 31st)

(2nd round) Day and Time: Mondays 3:00 PM – 4:30 PM (Starting April 17th)



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Boundaries Skills Group (In-Person, four weeks) Do you always put yourself and your needs at the bottom of your priority list? Do you feel you can't say NO, because people might get mad at you? If so, you may be struggling with setting boundaries, a VERY common relational issue in which people of ALL ages can have difficulty. This group will help participants identify and understand boundaries with themselves, family members, and others. Open to all undergraduates and graduate students who want to improve their self-esteem, increase their independence, and learn to communicate more effectively.

Day & Time: Wednesdays, 3:00 PM-4:30 PM (Starting April 12th)

Executive Functioning Skills Group (In-Person, three weeks) Executive functions are things we do daily that help us get things done (for example, making lists, managing a schedule, setting reminders, etc.). This open therapeutic skills group provides an opportunity to get and provide peer support. Group members will also work on developing skills to overcome barriers to success, including time management, task prioritization/implementation, motivation, and self-accountability.

Day & Time: Tuesdays, 2:00 PM-3:30 PM (Starting April 24th)