



RETRIEVER INTEGRATED HEALTH

## Fall 2022 Group Descriptions

The first step to joining any group is to complete a triage appointment. Please call us at 410-455-2542 to schedule. Online groups require students to be in the state of Maryland during group participation due to licensure laws. In-person groups require group members to wear masks, as RIH is a healthcare facility.

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

**Reflecting Retrievers: Graduate Student Support Group (Virtual)** is a group geared towards students in master's and doctoral programs. This group is designed to provide a safe and confidential environment for graduate students to discuss the stress and challenges they face in grad school. Members will also have space to find support related to personal difficulties they may be experiencing. We hope that the group cultivates deep and meaningful conversations and contributes to group members' emotional well-being.

Day and Time: Thursdays 3 PM-4:15 PM (Starting October 6<sup>th</sup>)

**Reflecting Retrievers: Undergraduate Student Process Group (In-Person)** The group provides a safe, confidential space for students to find a sense of connection and shared understanding as well as 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: Fridays, 9-10:30 AM (Starting September 16<sup>th</sup>)

**Support Group for Transgender, Non-binary, and Gender Questioning Students (In-Person)** is a semester-long, emotional support group for students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those who are questioning their gender identity.

Day and Time: Fridays 2 PM-3:30 PM (Starting October 7<sup>th</sup>)

**Skills Training in the Application of Interpersonal Regulation (STAIR) (In-Person)** 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.

(1<sup>st</sup> round) Day & Time: Wednesdays, 1 PM-2:30 PM (Starting September 14<sup>th</sup>)

(2<sup>nd</sup> round) Day & Time: Tuesdays, 10-11:30 AM (Starting September 27<sup>th</sup>)



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**Moving Forward with Purpose (Virtual)** is a five-week-long skills group to help you learn strategies to approach challenging situations flexibly. You will also learn skills to develop a deeper understanding of your goals by exploring values and creating meaning.

Day and Time: Mondays 10:00 AM – 11:30 AM (Starting October 10<sup>th</sup>)

**You've Got This Group (Setting TBD)** is a 4-week program, based on Dialectical Behavior Therapy. It is intended to help students develop the tools that they need to cope with some of the challenges they experience in their day-to-day life. The program utilizes evidence-based skills and strategies designed to reduce symptoms of distress and increase positive coping strategies. Topics include mindfulness, thought as thought, emotion as emotion, and interpersonal effectiveness.

(1<sup>st</sup> round) Day & Time: Wednesdays, 3 PM-4:30 PM (October 26<sup>th</sup>)

(2<sup>nd</sup> round) Day & Time: Tuesdays, 1-2:30 PM (Starting November 8<sup>th</sup>- skipping the week of 11/22)