

## Spring 2018 Groups and Workshops

### Groups

**Graduate Student Support Group** is a support group and requires a semester-long commitment to allow group members to develop a sense of safety, trust, and group cohesion. This group is designed to provide a safe and confidential environment for graduate students to discuss the stress of grad school, to explore their relational concerns and personal difficulties, and to support one another. We hope that the group cultivates deep and meaningful conversations and contributes to group members' emotional wellbeing.

Day and Time: Wednesdays 2:30PM – 3:50PM

Location: CC Group Room

Facilitators: Soonhee Lee, Ph.D. & Amani Johnson, B.A.

Contact: Soonhee at [soonhee@umbc.edu](mailto:soonhee@umbc.edu) or Amani at [amanijoh@umbc.edu](mailto:amanijoh@umbc.edu)

**Relationship Group** is a process group and requires semester-long commitment. It will help members explore the relationship between their interpersonal style and their emotional well-being. Members will be encouraged to experiment with new behaviors, which can foster more meaningful connections with others and enhance emotional well-being.

Day and Time: Tuesdays 3PM – 4:30PM

Location: CC Group Room

Facilitators: Amber Hager, Ph.D. & Liz Chase, M.A.

Contact: Amber at [ahager@umbc.edu](mailto:ahager@umbc.edu) and Liz at [echase@umbc.edu](mailto:echase@umbc.edu)

**Social Grit Group** This is a group that requires a commitment to weekly attendance and participation. This group is for students who want to increase confidence in their social skills (such as starting conversations, making small-talk, and building relationships). Students will gain tools to manage social anxiety and develop assertiveness skills. The group will include education, discussion, and role playing; it will be individualized based on the needs of all group members.

Day and Time: Thursdays 10:30AM – 12:00PM

Location: CC Group Room

Facilitators: Whitney C. Hobson, Psy.D. & Bailey Tackett, M.S.

Contact: Whitney at [whobson@umbc.edu](mailto:whobson@umbc.edu) or Bailey at [btackett@umbc.edu](mailto:btackett@umbc.edu)

**Trans\*Support group** is a semester-long, emotional support group for UMBC students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those who are questioning their gender identity. All sessions are free and confidential.

Day and Time: Fridays 2PM – 2:50PM

Location: CC Group Room

Facilitators: Amber Hager, Ph.D. & Bailey Tackett, M.S.

Contact: Amber at [ahager@umbc.edu](mailto:ahager@umbc.edu) or Bailey at [btackett@umbc.edu](mailto:btackett@umbc.edu)

**You've Got This group** 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/anxiety and increase positive coping strategies. Topics include mindfulness, thought as thought, emotion regulation, and interpersonal effectiveness.

### First Round

Dates: 2/20, 2/27, 3/6, 3/13  
Day and Time: Tuesdays 1PM-2:30PM  
Location: CC Group Room  
Facilitators: Soonhee Lee, Ph.D. & Eddie Chong, M.A., M.S.  
Contact: Soonhee at [soonhee@umbc.edu](mailto:soonhee@umbc.edu)

### Second Round

Dates: 04/05, 04/12, 04/19, 04/26  
Day and Time: Thursdays 1PM-2:30PM  
Location: CC Group Room  
Facilitators: Kris Sagun, Ph.D. & Kyle Richardson  
Contact: Kris at [ksagun@umbc.edu](mailto:ksagun@umbc.edu)

## Workshops

**R.I.O. workshop** is a 3-week workshop and focuses on Recognition, Insight, and Openness in mindfulness. The main goals of RIO are to give students tools to recognize their concerns and to develop a clearer idea of what they want to change in their life. Each session consists of skills-learning and mindfulness practice.

Dates: TBD  
Day and Time: Wednesdays 11AM – 11:45AM  
Location: TBD  
Facilitators: Lauren Faulkner, & Eddie Chong, M.A., M.S.  
Contact: Bo Mullins at [bmullins@umbc.edu](mailto:bmullins@umbc.edu) for information  
Signup: <http://tinyurl.com/RIO-SignUp>

**Hold Me Tight couples workshop** is originally designed for seven conversations based on the Hold Me Tight book, all of which have been shown to be essential to successful relationships. This semester, the group will focus on four discussions including (1) Recognizing the Demon Dialogues (2) Finding the Raw Spots (3) Bonding through Sex and Touch and (4) Keeping your Love Alive. Couples will learn how to understand and improve their relationship through presentations (including video demonstrations) and private exercises and conversation with their partner.

Dates & Time: To be determined based on couples' availability  
Facilitators: Soonhee Lee, Ph.D. & Amani Johnson, B.A.  
Contact: Please email Soonhee Lee, Ph.D. at [soonhee@umbc.edu](mailto:soonhee@umbc.edu) or Amani Johnson at [amanijoh@umbc.edu](mailto:amanijoh@umbc.edu) for information

**Skills for Success Workshop** is a drop-in workshop and provides coping strategies to deal with stress, time management, motivation and anxiety that often interfere with meeting personal, social, and academic goals. This 6-week program includes topics such as procrastination, stress management, time management, test anxiety, motivation/goal-setting, and sleep/get through finals.

Dates: 04/04, 04/11, 04/18, 04/25, 05/02, and 05/09  
Time: Wednesdays 12PM – 12:45PM  
Location: TBD  
Facilitators: Faith Adebule, M.A., MPsy & Kyle Richardson  
Contact: Susan Han at [susanhan@umbc.edu](mailto:susanhan@umbc.edu) for information