



RETRIEVER INTEGRATED HEALTH

Spring 2022 Group Descriptions

The first step to join any group is to complete a triage appointment. Please call 410-455-2542 to schedule this brief assessment. During your triage appointment please tell your provider that you are interested in joining a group, and which group you are interested in joining.

For general group questions, please secure message our Group Coordinator Lauren Mirzakhali, LCSW-C via the patient portal: <http://myretrievercare.umbc.edu/>.

Reflecting Retrievers: Graduate Student Support Group is a semester-long group geared towards students in masters' and doctoral programs. This group is designed to provide a safe and confidential environment for graduate students to discuss the stress and challenges they're facing being 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 wellbeing.

Day and Time: Tuesdays, 3PM-4:15PM (Starting February 22nd)

Facilitators: Sunny Swift, Psy.D. (He/him/they/them) & Feona Davis, Ph.D., LCPC (She/her/hers)

Reflecting Retrievers: Undergraduate Student Process Group The group provides a safe, confidential, and contained space for students to find a sense of connection and shared understanding, as well as an opportunity to learn from others' experiences. Knowledge gained in group will support members in making new relationships and/or improving existing ones outside of the group. The ultimate 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: Mondays, 9:30AM-10:45AM (Starting February 7th)

Facilitators: Lauren Mirzakhali, LCSW-C (She/her/hers) & Julia Heavner, M.S. (She/her/hers)

Support Group for Transgender, Non-binary, and Gender Questioning Students 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 2PM – 3PM (Starting February 11th)

Facilitators: Sunny Swift, Psy.D. (He/him/they/them) & Janae Cephas, M.S. (She/her/hers)



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Students of Color Process Group is a semester-long group. It is specifically designed to provide students (undergraduate and graduate) who identify as students of color with a safe and confidential space to obtain emotional support, find a sense of connection, and learn from others' experiences. We will also discuss stressors and challenges related to navigating social, academic, and work spaces in the face of systemic oppression and racism. The ultimate goal is for members to gain greater self-knowledge, improve their self-esteem, and develop more meaningful relationships.

Day and Time: Tuesdays 1PM – 2:30PM (Starting 2/22)

Facilitators: Seanita Scott, M.A. (She/her/hers) & Errol Hudson, M.A. (He/him/his)

Survivor First is a semester-long interpersonal processing group for students who have experienced sexual assault. This group is designed to provide a safe and confidential space for students to address how sexual trauma has impacted them and their ability to relate to others. The goal of the group is not to recount specific experiences of trauma in detail, but rather to help survivors learn new ways of connecting and relating to others. Survivor First is a gender inclusive group.

Day and Time: Wednesdays 1PM - 2PM (Starting 2/23)

Facilitators: Yan Ni, Psy.D. (She/her/hers) & Amanda Waters, Ph.D. (She/her/hers)

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 and increase positive coping strategies. Topics include mindfulness, thought as thought, emotion as emotion, and interpersonal effectiveness.

(1st round) Day & Time: Wednesdays, 10:30AM-12PM (Starting February 16th)

Facilitators: Errol Hudson, M.A. (He/him/his) & Julia Heavner, M.S. (She/her/hers)

(2nd round) Day & Time: Wednesdays, 2-3:30PM (Starting April 13th)

Facilitators: Shereen Ashai, B.A. (She/her/hers) & Janae Cephas, M.S. (She/her/hers)