

From: deana.ahmad@du.edu on behalf of [Deana Ahmad](#)
To: [Deana Ahmad](#)
Subject: [col-sw-stu-MSW] COVID-19 Update re: Spring Health & Counseling Resources - April 12, 2020
Date: Thursday, April 2, 2020 3:02:59 PM

Dear Denver Campus students:

In addition to the mental health and support resources that have already been shared, and which are always accessible on the [GSSW Student Resource Portal](#), I am pleased to let you know that the DU Health and Counseling Center (HCC) is now offering virtual group counseling and workshops during Spring Quarter 2020, including some COVID-19 support groups.

Please visit [the HCC website](#) and review the information below for details. Due to the impact of COVID-19, groups are limited. Please email Dr. Anand Desai at anand.desai@du.edu, for more information.

SPRING QUARTER 2020 COUNSELING GROUPS & WORKSHOPS:

Managing Graduate School: Both within and outside the classroom (T 3-4:30pm) - (ZOOM platform with Jacaranda Palmateer, PsyD & Briana Johnson, LPC, LAC)

- This group provides a place to receive support from other graduate students and explore academic and relationship issues that can exacerbate distress during this phase of life.

ACT Workshop: Getting unstuck from anxiety and depression (M 1-2pm) - weeks 3-8 (ZOOM platform with Nahed Barakat, PsyD and Elizabeth Harris, MA); (R 2-3pm) - weeks 3-8 (ZOOM platform with Wendy Morrison, PhD & Anne-Marie Fleckenstein, MA)

- This six-part workshop addresses anxiety/depression by helping students let go of strategies of avoidance and control, increasing the ability to relate more effectively to thoughts, emotions and sensations. It aims to bring more meaning, purpose and vitality to everyday life. It will utilize a combination of strategies to help participants apply ACT based strategies/skills.

DBT/Emotional Wellness Group (W 10-11:30am) - (ZOOM platform with Alison Gothro, PsyD and Noah Scanlon, MA)

- Participants in this workshop focus on interacting more effectively with others. Dialectical Behavior Therapy (DBT) participants will learn how to capitalize on existing strengths and learn new skills to balance and attend to one's needs in relationships. Mindfulness practice is also an important component of this skills based group.

Quarantine Managements: A Support Group (F 10-11) - (ZOOM platform with Wendy Morrison, PhD and Molly Shmerling, PsyD)

- This 6-week workshop is designed to provide hands-on skills for you to improve your attention, focus, and organization to boost your academic performance and manage the adjustment to online learning. It will cover areas such as organizing and planning, reducing distractions, and managing multiple tasks, all aimed to help you optimize your time better. These strategies are appropriate for people with learning difficulties (ADHD, Learning Disabilities) or anyone looking to improve in any of these domains.

COVID-19 General Support Group (R 3-4) - (ZOOM platform with Maya Badwan, MA & Jessica Luginbuhl, MA)

- This group is targeted for students who are experiencing anxiety and/or health anxiety that has been triggered or exacerbated by the COVID-19 pandemic. Participants will learn to manage these anxieties, learn strategies to employ, and provide support to one another.

COVID-19 Direct Impact Support Group (T 3-4:30) - (ZOOM platform with Anand Desai, PsyD & Anne-Marie Fleckenstein, MA)

- Participants in this group have the opportunity to give and receive support to one another regarding the impact of COVID-19 on their lives. Participants in this group have either been diagnosed with COVID-19 or have family members and/or friends who have been touched by this pandemic. It is expected that members attend all possible groups in order to create an atmosphere of safety and support.

With best wishes for a safe and healthy Spring Quarter,

Deana N. Ahmad

Assistant Dean for Students

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