Spring 2016 Wellness Center Group Offerings

Lakeshore Campus

Take a Deep Breath: Weekly Mindfulness Meditation - Spring 2016 - Mondays 4:30pm-5:30pm in Room 317 of Information Commons
First session: January 25th, Last Session: April 25th
Learn how to meditate and incorporate it into your daily life...see why this group has been running since 2002! Sessions are ongoing, newcomers are always welcome. *Room 317 is on the Silent Reading floor. Please enter and exit the floor without speaking. Contact Dianna Stence, LCSW at dstencel@luc.edu or (773) 508-2544 for more information or to join any Monday.

Peaceful Mind: Mindfulness Group to Better Manage Feelings of Anxiety or Depression - Spring 2016
Wednesdays 4:00pm-5:30pm at the Lakeshore Wellness Center, 3rd Floor of Granada
Information Sessions: January 27th, February 3rd and 10th (required to attend one information session before joining the group)
An 8-week mindfulness based group designed to help you better manage feelings of anxiety or depression. You will receive a free e-handbook and CD to help you with your at-home assignments throughout the course of the group. Quotations from past participants: ‘A lot of students could benefit from this (group)...’ ‘It’s a great program.’ Contact Dianna Stence, LCSW at dstencel@luc.edu or (773) 508-2544 for more information.

Transquil Mind: An 8-Week Mindfulness Based Program for Stress Relief (MBSR) & Emotional Balance - Spring 2016
Thursdays 3:00pm-4:30pm at the Lakeshore Wellness Center, 3rd Floor of Granada
Information Sessions: January 28th, February 4th and 11th (required to attend one information session before joining the group)
MBSR was developed at the University of Massachusetts Medical School in 1979. Since then, this program has been brought to various university settings, and it has been proven to help participants learn new ways to manage their stress reactivity. You will receive a free e-handbook and CD to help you work through the course of the group. Quote from a past participant: ‘...a program such as this one can make a huge difference!’ Contact Dianna Stence, LCSW at dstencel@luc.edu or (773) 508-2544 for more information.

Emotional Intelligence & Relationships Group - Spring 2016 - Thursdays 4:00pm-5:30pm at the Lakeshore Wellness Center, 3rd Floor of Granada
This semester-long group is open to all undergraduate students and offers a safe place for you to explore your emotions more deeply and reflect on your thoughts and behaviors in relationships. The group will focus on boundaries, intimacy, relationship difficulties, increasing self-awareness and allow you to show up for yourself more often. Skills to learn and tools to manage strong emotions and difficult relationships more effectively. Contact Tiffany Tibet, PsyD at ttibetet@luc.edu (773) 508-2751 to set up a pre-group interview or for more information.

Group for Sexual Assault Survivors - Spring 2016 - Mondays 4:00pm-5:30pm at the Lakeshore Wellness Center, 3rd Floor of Granada
This group will provide you (survivors of sexual assault and sexual abuse) with an opportunity to increase your understanding of the healing process, coping skills, self-acceptance and empowerment in an atmosphere of mutual support. Contact Tracie Pape, LCSW at tpape1@luc.edu or (773) 508-8882 for more information.

New Beginnings - Spring 2016 - Thursdays 12:00pm-1:00pm at the Lakeshore Wellness Center, 3rd Floor of Granada
Work through your adjustment to college and develop healthy coping skills for managing overwhelming feelings effectively with counselors Emily Arenson and Loyola's therapy and outreach dog, Tivo. Common concerns discussed include: feeling homesick, missing friends and pets, roommate conflict, uncertainty of your major, etc. This group is especially helpful for first year students. Contact Emily Kramer, LCSW at ekramer1@luc.edu (773) 508-8885 for more information.

Dissertation and Thesis Support Group - Spring 2016 - Fridays 2:00pm - 3:15pm at the Lakeshore Wellness Center, 3rd Floor of Granada
Do you find the research and writing process isolating? Are you having difficulty managing your time? Completing research projects is difficult work, but you do not have to do it alone. This ongoing interactive group allows you to support and encourage one another in moving forward with your work. This group is open to graduate students at any stage of completing either a master's thesis or a doctoral dissertation. Contact Andrea Boyd, PhD at aboyd2@luc.edu to request group membership.

Thrive: Learning to Navigate Your Inner Landscape - DBT Skills Training - Spring 2016
Wednesdays 2:00pm - 3:30pm at the Lakeshore Wellness Center, 3rd Floor of Granada - Orientation: February 3rd (required to join group)
Feel overwhelmed with big emotions? Feeling disconnected from friends? Struggling with managing distressing situations? Then this group is for you! This skills training group will help you manage big emotions, more effectively tolerate distressing situations, and replace negative coping skills with more positive methods of coping. This 11-week course is a unique opportunity to learn new skills and implement them to improve the quality of your daily life. Contact Tracie Pape, LCSW at tpape1@luc.edu or (773) 508-8882 or Jessica Gould, LCSW at jgould1@luc.edu or (773) 508-2185 to request group membership.

Students of Color Support Group - Spring 2016 - Tuesdays 3:00pm - 4:15pm at the Lakeshore Wellness Center, 3rd Floor of Granada
This group provides a safe and supportive environment to help students of color navigate the academic and social pressures of being a student at Loyola. Topics include academic and social pressures, personal growth and change, relationships struggles, discrimination, sadness, anxiety or other topics relevant to the group. Contact Andrea Boyd, PhD at aboyd2@luc.edu for more information or to schedule a pre-group appointment.

Alcoholics Anonymous - Spring 2016
Tuesdays 1:30pm-2:30pm in Centennial Forum on the Lakeshore Campus
This is a meeting offered for those who are contemplating sobriety or who are interested in working through a 12-Step program to combat their alcoholism. The group is anonymous and open for new members.

Water Tower Campus

Graduate Student Interpersonal Process Group - Spring 2016
Tuesdays 5:15pm-6:45pm at the Water Tower Campus Wellness Center, 2nd Floor of the Perry Student Center, Suite 250
The group is offered to all graduate students, with the goal of helping you increase self awareness and enhance interpersonal relationships. The group provides you with a safe space for you to explore your emotions, and communicate your needs in an effective way. This group will help you to relate to each other in the present moment and incorporate effective interpersonal skills into your daily life. Contact Hongying Chen, PhD at hchen1@luc.edu or (312) 951-6576 to set up a pre-group interview or for more information. Manuel Salgado, MD will also be a facilitator.

Mindfulness Meditation: A 4-Week Introductory Program - Spring 2016
Mondays 2:15pm-3:45pm at the Water Tower Campus Wellness Center, 2nd Floor of the Perry Student Center, Suite 250
Two 4-week sessions available. First session: February 8th through February 22nd. Second Session: March 14th through April 4th
Clinical evidence supports mindfulness meditation-based interventions lowering symptoms of stress, anxiety, and depression. This 4-week group will introduce you to the principles and benefits of mindfulness meditation to increase personal awareness and manage stress. You will receive instruction and support to practice mindfulness meditation in our group and develop and maintain practice at home. Contact Guy Capriolo, LCSW at gcapirol@luc.edu or (312) 951-6579 for more information or to set up a pre-group interview.

Alcoholics Anonymous - Spring 2016
Thursdays 8:00pm, Holy Name Cathedral Church at State and Chicago
This is a meeting offered for those who are contemplating sobriety or who are interested in working through a 12-Step program to combat their alcoholism. This anonymous, celebration-style meeting is open to new members. For more information about other meetings near Water Tower Campus visit http://chicagoaaa.org/find-a-meeting.

All Group Offerings Are FREE to LUC Students!