Interpersonal Process Groups

Past and present interactions with others contribute to shaping personality. Interpersonal Process Groups are often the treatment of choice for people who experience troubled relationships, loneliness, depression, anxiety, grief/loss, and low self-esteem. These groups offer a safe environment to identify and explore feelings; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to feel less lonely or isolated.

Mondays
10—11:30 am | Jen Moulton, PhD & Shawn Harris, BS
1:30—3 pm | Jeff Roche, PhD & Noah Yulich, MA
3—4:30 pm | Ben de Boer, PsyD & Meghan Krueger, BS

Tuesdays
1—2:30 pm | Travis Fox, PsyD & Ben de Boer, PsyD*  
*Men’s group
3—4:30 pm | Simone Collins, PhD & Gregory Mandelson, MA
3:15—4:45 pm | Canzi Wang, PhD*  
*Mandarin speaking

Wednesdays
3—4:30 pm | Jeff Hird, PhD & Canzi Wang, PhD

Thursdays
12:30—2 pm | John McCullagh, MS & Nicholas Oleen-Junk, MA
1—2:30 pm | Caroline Lavelock, MS & Numan Turan, MS
3—4:30 pm | Soumya Palreddy, PhD & Nick Neibergall, BA

Fridays
10—11:30 am | Carla Davey, PhD & David Messer, MS
10:30 am—12 pm | Sarah Kohstett, PhD & Caroline Lavelock, MS
1:15 pm—2:45 pm | Sarah Kohstett, PhD & Jeff Roche, PhD

333 East Campus Mall, 7th Floor
M | T | R | F .......... 8:30am—5pm
W ................. 9am—5pm

Phone: 608-265-5600 (option 2)
24-hour mental health crisis services: 608-265-5600 (option 9)
uhs.wisc.edu/services/counseling

Why try a group?
Group counseling is considered the most effective therapeutic setting for many issues undergraduate and graduate students face. Our group leaders help you share experiences, learn new perspectives, and experiment with new behaviors in a safe and supportive environment. Through this process you develop insights, tools, and techniques that you can use to improve your quality of life.

Groups typically meet for 60 to 90 minutes once a week. Some groups run for 12 weeks; some are shorter—typically two or four sessions.

Costs and eligibility?
There is no charge for these services; all enrolled UW–Madison students are eligible. All group sessions are confidential.

How to get started?
If you are not currently receiving UHS counseling services and are interested in a particular group or in learning more about groups in general, give us a call. Or you can start with a drop-in access consultation. Just come to the reception desk of the UHS counseling service any time between 9 am and 4 pm, Monday through Friday (the earlier in the day the better). You’ll fill out a questionnaire and have a brief consultation with the next available counselor to determine what services may be appropriate for you. If you are interested in a particular counseling group, please mention it at this time.

If you are already receiving UHS counseling services and are interested in joining a particular group, ask our administrative staff to schedule a group screening appointment for you with a group leader to determine whether that group is appropriate for your needs.

Participation in group does not count against your 10 individual or couple/partner counseling sessions.

More info? uhs.wisc.edu/services/counseling/group-counseling
Psychoeducational Groups

Managing Challenges: Skill Building Groups

Undergrad & grad pre-group meeting required

This group is based on four components, which are mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. The sessions are designed to teach students skills based on the four components mentioned and to do so in a structured and supportive environment. Participants will learn and refine skills that modify behavioral, emotional, and thinking patterns associated with problems in relationships.

Mondays | 10 am—12 pm
Group Leader: Jen Moulton, PhD

lost a loved one (e.g., family member, friend). Combines sharing, to their experiences of bereavement. Open to people who have

Group Leaders: Ben de Boer, PsyD & Jeff Roche, PhD
10:30 am—12 pm
Wednesdays |

challenges of everyday life.

Acceptance and Commitment Therapy (ACT) intended to bolster
participants develop awareness and skills to overcome anxiety and

Sessions are designed to be educational and experiential, helping

This group is intended for students struggling with social anxiety.

ACT for Social Anxiety

This group is intended for students struggling with social anxiety. Sessions are designed to be educational and experiential, helping participants develop awareness and skills to overcome anxiety and self-consciousness in social situations. In a structured and supportive environment, participants will learn concepts, drawn from Acceptance and Commitment Therapy (ACT) intended to bolster self-confidence, acceptance, and willingness to confront the social challenges of everyday life.

Wednesdays | 10:30 am—12 pm
Group Leaders: Ben de Boer, PsyD & Jeff Roche, PhD

Psychoeducational Groups

Support/Theme Groups

Grief Group

This group helps participants express and explore emotions related to their experiences of bereavement. Open to people who have lost a loved one (e.g., family member, friend). Combines sharing, discussion, support, and activities.

Fridays | 1—2:30 pm
Group Leader: Jen Moulton, PhD

Dissertators’ Group

A supportive group environment focused on the emotional, behavioral and organizational challenges associated with the dissertation process. Participants establish individual weekly research and personal goals, and share experiences and perspectives around common themes (e.g. procrastination, careers on or beyond the tenure track, advisor etiquette, and juggling multiple life-roles).

Tuesdays | 10—11:30 am
Wednesdays | 12—1:30 pm
Group Leader: Jo Hovee, PhD

Eating Concerns Recovery Support Group

This group is intended for students who are currently recovering from an eating disorder or distorted body image and would like to talk about themes essential to recovery in a supportive, safe environment. It will be a semi-structured, confidential group utilizing metaphor and story along with guided discussion to create community, provide support, and build insight and understanding.

Wednesdays | 2:30—4 pm
Group Leader: Andrea Lawson, NSW

LGBTQ Support & Empowerment Group

A support and psychoeducational group for students who are navigating sexual and/or gender identity development and acceptance. Students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or any other personally meaningful term are all welcome to this group. Focus is on establishing positive connections with others and exploring the process of integrating one’s sexual and gender identities in authentic, self-affirming ways.

Wednesdays | 3:15—4:45 pm
Group Leaders: Alyssa Levy-Huskin, MS & Gregory Mendelson, MA

Use Less Feel Better

Congratulations! You decided to change your substance use pattern. You are not alone. Join fellow UW students for a weekly support group.

Mondays | 9—10 pm
Group Leader: Amy Margulies, MS, LPC, SAC

Graduate Women’s Group

Common topics include relationships, academics, stress, depression, and anxiety. Through offering support to others and receiving support, group members are challenged to learn about themselves, initiate change, and exercise honesty in a safe space.

Fridays | 3—4:30 pm
Group Leader: Andrea Levy, MD

Graduate Students’ Group

Graduate school is a unique stressor, a role different than undergraduate. This group will examine the sources of stress, ways of coping, and the role of peer support in adjusting to a role that often feels like it's 24/7 as a graduate student at UW—Madison. Topics will be developed by group members, but may include: time management, financial stress, relationship concerns, burnout, isolation, and maintaining balance.

Mondays | 3:15—4:45 pm
Group Leader: Felix Savina, PhD

Wellness Groups

Mindfulness for Anxiety and Focus

This is a six week structured group that is both experiential and educational in learning ways to manage anxiety and increase focus and awareness. You will learn about personal triggers for anxiety and helpful coping skills; as well as several strategies for increasing awareness and attention while minimizing distractions and procrastination. Emphasis will be on cultivating mindful awareness and moving toward your personal values and goals.

Wednesdays | 11 am—12:30 pm
Group Leader: Lisa Weine-Behren, PhD

Focus Your Attention-Single Session

This is a weekly single session group centered on increasing self-awareness, focus and attention. Participants will practice an array of strategies designed to strengthen attention, initiate and prioritize tasks, and minimize distractions and procrastination. If your mind was more focused on the here and now just think what you might accomplish.

Mondays | 11—12 pm
Group Leader: Lisa Weine-Behren, PhD

Stress Management Single Session

In this self-contained single session group, you’ll learn a few mindfulness-based stress reduction strategies for issues like insomnia, test anxiety, and pain management. We’ll end with a relaxation exercise that’s easy to do on your own.

Wednesdays | 10—10:50 am
Group Leader: Rob Septich, MD

Yoga

An hour of relaxing movement, stretching, and connecting mind and body. There will be two sessions offered. Referral from UHS staff required.

Mondays | 2:45—3:35 pm, 4—4:50 pm
Wednesdays | 11—11:50 am
Group Leader: Jan Scharf, MS

Plus Size Yoga

This group uses mindfulness to explore movement and the relationship between mind, body, and emotions. No prior yoga or mindfulness experience is necessary. The group is designed for individuals with a BMI of 30 or above including people with physical limitations. Referral from UHS staff required.

Mondays | 1:10—2 pm
Group Leader: Jan Scharf, MS

Meditation Group

Meditation is an ancient practice that can bring deep levels of calm and relaxation. The focus will be on breathing/concentration practices and different types of meditation. The meditation groups are ongoing and students can join at any time.

Wednesdays | 12—1 pm

Mindful Living Group

This group will help participants incorporate focused awareness into their lives, particularly in the areas of academics and studying, relationships, moods and stresses, eating, and generally helping members to develop a more balanced, purposeful, and aware lifestyle. The group will combine activities that promote mindfulness with reflection and discussion about ways members can be more present in their daily lives. Group meets for six sessions.

Tuesdays | 1:30—3 pm
Wednesdays | 12:45—2:15 pm
Group Leader: Tamar Kelson, PhD

Social Skills and Navigating the Dating World

This workshop will first help you gain more comfort, confidence, and ease in relating to others and then move into helping you successfully navigate the dating scene. Be prepared for “aha” moments! Ten secrets about being likable, plus ten vital tips on dating successfully will be shared and distributed.

Fridays | 3—4:30 pm
Session I: Feb. 12 & 19
Session II: Apr. 8 & 15
Group Leader: Dick Goldberg, LCSW