MANAGING EMOTIONS Group

Do you often feel that your emotions, thoughts and actions are beyond your control? Are you looking for more effective ways to manage or reduce anxiety, sadness, anger, stress, or avoidance?

Day/Time/Dates/Location: Tuesdays 5:00pm-7:00pm, September 25th, Wacker Room 4th Fl.

This group uses a workshop type format to introduce Cognitive and Dialectical Behavior Therapy skills to students seeking to understand and change their thoughts, feelings and actions. Each week new approaches will be introduced and practiced, including finding acceptance, increasing mindfulness, reducing negative thoughts and beliefs, understanding feelings, and changing behaviors. Join for one session or attend as many workshops as you need.

For more information contact Rue Wilson, Ed.D. 617 495-2042 or rwilson@huhs.harvard.edu

STUDENTS OF COLOR Drop-In Support Group

Day/Time/Dates/Location: Tuesdays 5:00pm-6:30pm, Sept. 25th – April 23rd, Memorial Church- G012

The purpose of the group is to promote diversity and community. The group will provide an opportunity to foster discussions about health, relationships, identity, differences, and wellness in a safe, supportive, and confidential space. Undergrad and graduate students are welcome.

For more information contact Carmen Cruz, LICSW at 617 495-2042 or ccruz@huhs.harvard.edu
Coping with Trauma

Day/Time/Dates/Location: 8 week confidential closed group, Tuesday, Oct 9th. Nov 27th, 3:00 4:30pm, West Conference Room 4th Fl

This is an educational and mindfulness-based support group for undergraduate and graduate students who identify as women and have experienced past trauma. This phase 1-oriented trauma group will provide a safe & confidential space to increase knowledge of the impacts of trauma and reduce isolation. **Group members will build coping skills through the use of mindfulness practices and activities.**

**Various topics will be discussed such as:** triggers and grounding techniques, self-care and self-soothing practices, navigating boundaries building self-compassion.

Interested students are encouraged to discuss this group in person with **Cate Leonard, LICSW. Please schedule an appointment via email at cleonard@huhs.harvard.edu or by phone at 617-495-2042.**

Sobriety Group

Enrollment: Ongoing enrollment

Day/Time/Dates/Location: Tuesdays, 6:00pm-7:30pm, Starts Sept 5th, West Conference Room 4th Fl

A safe, confidential, forum for students seeking support for their abstinence from alcohol and other drugs while succeeding in academic and campus life.

Be with like-minded students to discuss identifying and build strategies for coping with the stress and pleasures of being a Harvard student while remaining substance free.

For more information contact Janet Lawrence, LICSW at 617 495-2042 or jlawrence@huhs.harvard.edu
Transform from Self-criticism into Self-compassion

Day/Time/Dates/Location: Monday, 3:00pm-4:30pm, Starts Oct 15th – Nov 5th, East Conference Room 4th Fl

Come to join this 4-week group to:

- Identify and understand your inner critic
- Change negative self-talk
- Practice self-compassion as an alternative method to self-talk
- Motivate yourself with kindness rather than criticism
- Learn self-soothing
- Offer support to each other

Please schedule a pre-group consultation by email Xiyan Fan, Ph.D. xfan@huhs.harvard.edu

Changing Patterns

Day/Time/Dates/Location: Thursdays, 4:00pm-5:00pm, Starts Sep 27th – Dec 6th, Wacker Room 4th Fl

Is a 4 week rolling, education/support group that is aimed at helping students identify and implement healthy choices regarding their alcohol and drug use.

Each session will focus on providing education, and concrete skills to help students increase self-awareness, personal responsibility, self-motivation and the identification and restoration of personal values affected and caused by use.

The goal of each group is to help students make changes to their pattern of use, to promote increased self-esteem and success in academic and campus life.

For more information contact Janet Lawrence, LICSW at 617 495-2042 or jlawrence@huhs.harvard.edu
Meet with a HUHS Counseling and Mental Health Services Therapy Dog

Drop-in Hours for Students!

What: De-stress with therapy dogs Tom and Tulip
When: Thursday 5-6pm on 9/20/18 (more dates to come!)
Where: Resource Room, 6th floor of HUHS
Who: Harvard students!
Transcend Group

Drop in Support and Resources for Trans* Identified Students

Day/Time/Dates/Location: Thursdays 5pm-6pm Starting October 4th, CAMHS 4th Fl

This is a group for undergraduate and graduate students who identify as transgender, gender queer, non-binary, gender non-conforming, or questioning. This group will provide a safe and affirming space to build community, share experiences, ask questions, and gain information.

For more information contact Brandon Dear bdear@huhs.harvard.edu

Queer at Harvard

This is a confidential support group for undergraduate and graduate students who identify as LGBTQ/Queer and want a safe space to discuss sexuality, gender, relationships, family, health, academics and more.

Day/Time/Dates/Location: Tuesdays 5:00 – 6:30 PM October 16th – December 4th
Room – CAMHS 4th East Group Room

Interested students are encouraged to discuss the group in person with Brian Rich, LICSW. Please schedule by email (brich@huhs.harvard.edu) or phone (617-495-2042).
Groups happening at HLS

Life in Law: Lawyer Well-Being

Come learn about Mindfulness, Time Management and a Resilient Mindset.

Wednesday October 24: WCC 3009: Sara Dana JD and Marla Allisan JD, LICSW – Time Management: Learn different styles of thinking about how you to organize your time and manage your energy to achieve your goals.

Wednesday Nov. 14: WCC 3009: Paula Davis-Laack JD, MPP of the Davis-Laack Stress & Resilience Institute Cross-Examine Your Thinking™: Developing a Resilient Mindset to Manage Stress & Pressure Workshop will provide specific research-based strategies that have been shown to help law professionals develop a resilient mindset and develop the ability to think about challenges in a more flexible and accurate way. Non-pizza lunch will be provided for both sessions.

Life in Law: Speaker Series:

“Building Resiliency for Challenging Moments in Law Careers”

Oct. 2: Faculty/Staff panel: Patricio Rossi Esq. and Sabrineh Ardalan Esq. and Nnena Odim Esq.

Oct. 23: Student panel: Tess Hellgren (3L) and Other Students

Oct. 30: Andrea Levans Esq. of Canada and Deborah Levans LICSW (CAMHS) presenting on “Vicarious Trauma in the Legal Profession; the Emotional Labour of the Law.”

Partners/Spouses of Harvard Law Students Support Group

For more information: Marla Allisan JD, LICSW at: lifeinlaw@law.harvard.edu and to request accommodations and any disability related assistance: lclark@law.harvard.edu or chubbard@law.harvard.edu.
Why Consider a Workshop or Group

Sometimes there are specific skills and strategies that you might want to implement on your own without engaging in an individual therapy

Because being in a workshop with other Harvard students can provide support and validation that you are not the only Harvard student who may also want to get some help

Because you are curious about yourself and want to improve something in your life

*Sometimes it is hard to take the time during the day to attend a workshop or group*

CAMHS continues to partner with the iHope Network to provide convenient evening and weekend workshop options to Harvard Students.
These are the Many Faces of CAMHS...

We are a dedicated group of clinicians – licensed mental health clinicians, nurse prescribers, psychiatrists, psychologists, and social workers who have chosen to work in university mental health because we know how important it is to support student emotional health and well-being.

We have a passion for working with Harvard Students of all ages, degree programs, and diverse life circumstances and cultures.

Our goal is to provide a safe, confidential environment to help you help yourself.

We represent many cultures, races, ethnic backgrounds, 1st generation, speak non-English languages, and have histories of various academic and life circumstances.