



**Behavioral Medicine Groups, Workshops and Other Resources**  
**Spring 2014**

**To learn more about the groups listed below or to sign up, please contact the group facilitator (Tim O'Connor, CNS) or call Behavioral Medicine at 617-353-3569.**

***Please continue to check the Student Health website ([www.bu.edu/shs](http://www.bu.edu/shs)) for additional group information as it becomes available!***

***NOTE: if groups are full when you call, please request to be put on the groups waiting list.***

**Dialectical Behavioral Therapy Skills Group (DBT)**

This skills-based group will provide students with the opportunity to learn coping skills to manage strong emotions and behaviors. The group is divided into 4 stand-alone modules, each 3 sessions long: Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. Through these modules, participants will learn more about their emotions and develop practical skills to manage the stressful inter- and intra-personal situations that occur in our regular lives.

**Facilitators:** Beth Gilroy PsyD, Miriam Lundy APRN, Margaret Ross MD and Yvette Westlake MD

**When:** TBD

**Where:** TBD

**If Interested:** Call 617-353-3569 to schedule an appointment. Recommended (not required) that students be engaged concurrently in individual therapy

**Six-week Stress Management Workshop**

The Behavioral Medicine Clinic is offering a six-week anxiety and stress management workshop using a cognitive behavioral approach. The workshop will help students to increase their awareness of anxiety and stress and develop management skills and techniques, while providing a confidential forum for students to discuss their concerns. If you are interested in joining this workshop, please contact Kaitlin Spitz, LMHC at 617-353-3569.

**Facilitator:** Kaitlin Spitz, LMHC

**When:** Mondays, 2:00 to 3:30 PM, starting February 24 and ending April 7

**Where:** Student Health Services, 881 Commonwealth Avenue, West

**First Year/Freshman Adjustment Support Group**

This group will provide first year students with the opportunity to discuss challenges adjusting to college life, such as being away from home for the first time, fitting in socially, managing challenging academics, roommates, partying, dating and everything else that comes with being a first year student! The group will also provide an opportunity for students to try out ways to manage these challenges, and to connect with other first year students with similar concerns.

**Facilitator:** Devin Kanabay, 617-353-3569

**When:** Wednesdays, 5:30 – 6:30 PM, starting January 29

**Where:** Student Health Services, 881 Commonwealth Avenue, West

### **Grief and loss support group**

This group is for students grieving the death of a loved one. The group will provide therapeutic support related to mourning and coping skills for dealing with grief. Group members are invited to share as much or as little as they're comfortable in a confidential and non-judgmental place.

**Contact:** Cherita Cloy, 617-353-SARP (7277) to schedule a brief informational meeting

**Where:** SARP Center

**When:** Mondays

**Time:** TBD

### **Depression Support Group**

Depression can impact both how you feel about yourself and your relationships with others. This group will offer students the chance to explore how this illness can influence self-perceptions and perception of others, along with the opportunity to hear from other students how they cope with depression. If you are interested in joining this group, please contact Tim O'Connor at 617-353-3569.

**Facilitator:** Tim O'Connor, CNS

**When:** Thursdays, 3:30 to 4:45 PM

**Where:** Student Health Services, 881 Commonwealth Avenue, West

### **Choices and Change: Exploring Substance Use**

This voluntary group is for students who have identified their alcohol or other substance use as problematic and are interested in making changes by either reducing or stopping their use. This group provides peer challenge and support for students, while increasing awareness that they are not alone in facing these issues on a college campus. If you are interested in making changes to your substance use and think a supportive group setting may be right for you, please contact Elizabeth Douglas for a phone screening.

**When:** TBD

**Where:** BU Wellness and Prevention Office, 930 Commonwealth Avenue, 1<sup>st</sup> floor

**Contact:** Elizabeth Douglas at 617-358-0485

### **Inflammatory Bowel Disease Support Group**

This student-led group is open to students with IBD (Crohn's/Ulcerative Colitis/Colitis) from Boston area colleges and universities. The group offers mutual support for students with these conditions.

**Facilitator:** David McBride

**When:** Please contact Dr. McBride at 617-353-5940

**Where:** Student Health Services, 881 Commonwealth Avenue, West

### **Workshops, Classes, Other Groups and Resources**

**International Student Support Group:** Many international students experience homesickness, loneliness, academic stress, language and communication difficulties, and even doubts of their own abilities as they adjust to college life in America. This support

group is open to all current international students at BU who would like extra support and connection. Group discussions will focus on daily challenges in academics, social life, acculturation, stress around immigration, and other common issues unique to international students.

**When:** Wednesdays, 5:00-6:00pm, starting on January 29, 2014

**Where:** Boston University Center for Psychiatric Rehabilitation, 940 Commonwealth Ave., 2nd Floor, Large Conference Room

**For more info., contact:** Mihoko Maru, MSW graduate student, BU School of Social Work, 617-353-1306, [mmaru@bu.edu](mailto:mmaru@bu.edu)

**Stress Management, Sleep, General Self Care and Health** – The Office of Wellness and Prevention Services offers an array of services for students to learn about and practice skills related to health issues including stress, self-care, sleep, and nutrition, among others. Student Health Ambassadors are equipped to meet with any group large or small to teach the Stress Buddy workshop. To request a workshop for your dorm floor, student group, sorority, fraternity, or casual group of friends contact the SHAs today by emailing [shambass@bu.edu](mailto:shambass@bu.edu). Students can learn more about upcoming events by going to <http://www.bu.edu/shs/wellness/upcoming-events/>

**Family Loss Group at BU:** The Family (and Close Friend) Loss Group is for students who have lost or are in the process of losing a loved one. The group is part of a national organization, the Students of the Actively Moving Forward Support Network, with around 70 branches nationwide. The group will provide a confidential, supportive forum for students to share their experiences with family loss, and to receive support from peers who have had similar experiences. In addition, the group will work with the Center for Psychiatric Rehab, the BU Chaplaincy, and the BU Community Service Center in offering community service activities. Students are encouraged to email the group at [amfbostonuniversity@gmail.com](mailto:amfbostonuniversity@gmail.com) – as the support group meetings often run more smoothly and people feel significantly more comfortable when they have spoken with an AMF member prior to attending.

**When:** Every 2 weeks, on Mondays from 8-9 PM, starting January 27

**Where:** Howard Thurman Center, GSU basement

**For more info:** [amfbostonuniversity@gmail.com](mailto:amfbostonuniversity@gmail.com)

**Relationships and Spirituality Groups at the BU Danielsen Institute:** The Danielsen Institute is offering groups focusing on relationships and spirituality.

**Where:** The Danielsen Institute at BU, 185 Bay State Road

**For more information, contact:** Miriam Bronstein, 617-353-9742, or go to [bu.edu/danielsen/clinic/group](http://bu.edu/danielsen/clinic/group)

**Sexual, Gender, and LGBTQ** support is available through the Center for Gender, Sexuality and Activism - [bu.edu/cgsa](http://bu.edu/cgsa) - and the BU student group Spectrum – [http://people.bu.edu/spectrum/Spectrum\\_\\_BUs\\_LGBT\\_Social\\_Organization](http://people.bu.edu/spectrum/Spectrum__BUs_LGBT_Social_Organization)

The **Center for Psychiatric Rehabilitation** at BU offers various group therapy services. You can find more information at [www.bu.edu/cpr](http://www.bu.edu/cpr) or by calling 617-353-3549.

**Groups Outside of BU** for various issues and populations are available – Brighton Allston Mental Health (BAMHA.org), Brookline Community Mental Health (Brooklinecenter.org), LGBTQ groups/support (Fenway Community Health – fenwayhealth.org; Gay Adolescent Social Services - jri.org).

**Young Adult Groups:** The Brookline Community Mental Health Center offering several ongoing psychotherapy group for men and women ages 18-24 who are working on the transition into adulthood. Group members will work on developing and strengthening interpersonal relationships, as well as offer mutual support around issues of anxiety, depression and other life stressors. A commitment to attending the group on a weekly basis is required for membership.

**When:** varies

**For more information:** [www.brooklinecenter.org/groups](http://www.brooklinecenter.org/groups)

**Cultural Transition Group, Trauma Group, Other Groups at Boston Institute for Psychotherapy:** The Boston Institute for Psychotherapy offers a variety of groups, including for people who have experienced or are experiencing a transition from one culture to another, and who have experienced trauma.

**For more information:** [www.bostoninstitute.org/group\\_old.shtml](http://www.bostoninstitute.org/group_old.shtml)

**Where:** 415 Beacon Street, Brookline, MA 02446

**Group therapy for men and women aged 25-60“ish”:** This is an open-ended psychotherapy group for men and women aged 25 – 60“ish,” who are dealing with isolation, relationship difficulties, depression and anxiety. The group has observers in the room (clinicians who are learning to lead groups) who are silent and non-interactive during the group session. The group itself is led by clinicians with experience in group therapy. The fee is discounted.

**Facilitators:** Dr. Arnie Cohen and Dr. Julie Anderson

**When:** Wednesdays, 11:30 AM – 12:45 PM

**Where:** call Julie Anderson, PhD, 617- 738-1274

**Group fee:** discounted

**Dialectical Behavioral Groups:** Two Brattle Center in Cambridge currently offers two DBT groups:

- a weekly DBT skills group that meets on Wednesdays from 6:30-8:30 PM at the First Parish in Cambridge (Harvard Square)
- an advanced DBT skills group meets on Wednesdays from 8:30-9:30 PM at the same location

**For more info:** contact the 2 Brattle Center at (617) 441-7500 or go to [twobrattle.com](http://twobrattle.com)

**Where:** The First Parish, 3 Church St, at Harvard Square in Cambridge