

Spring 2021 Online Group Therapy

Group therapy can be a great way to receive support to help with personal growth and to address that many concerns college students face. Groups meet weekly via Zoom.

Call the Carruth Center to set up a triage appointment to learn more about our groups (304-293-4431).



Understanding Self & Others

Process group for undergraduate students to connect and explore concerns related to school, work, family, relationships, and well-being.

Mondays 5-6:30 pm via Zoom. Contact Phil (philip.schulte@mail.wvu.edu).

Graduate Student Group

Process group for graduate students to connect and explore concerns related to research, mentorship, well-being, and work-life balance.

Tuesdays 5-6:30 pm via Zoom. Contact Emily (emily.melhorn@mail.wvu.edu) or Emily (emily.shrider@mail.wvu.edu).

Women's Group

Process group for women-identifying students to connect, discuss shared experience, and increase empowerment and self-compassion.

Wednesdays 4-5:30 pm via Zoom. Contact Jessica (jessica.johnstonyork@mail.wvu.edu).

Community

A weekly, confidential support group aimed at creating a supportive space where students can explore their experience as a member of the LGBTQ+ community.

Thursdays 3-4:30 pm via Zoom. Contact Jeneice (jlshaw@mail.wvu.edu).

BIPOC Support Group

Confidential support group for students of color to experience connection and community in a validating and empowering space.

Mondays 5-6:30 pm via Zoom. Contact Felicia (felicia.hooper@mail.wvu.edu) or Ife (ife.sinclair@mail.wvu.edu).

A*Typical

Weekly support group for neurodiverse minds and individuals on the Autism spectrum.

TBA via Zoom. Contact Julie (julie.kennedyrea@mail.wvu.edu) or Claire (claire.barbetti@mail.wvu.edu).

Anxiety 101

Anxiety 101 is a 3-week workshop where you will learn strategies to help understand and manage anxiety. Thursdays 5-6 pm.

Round 1: 2/11-2/25, Round 2: 3/11-3/25, Round 3: 4/8-4/22

Contact Sara (sara.disimone@mail.wvu.edu).

Manage Your Mood

This is a 3-week workshop focused on learning strategies to cope with depression. Mondays 2-3:30 pm.

Round 1: 2/15-3/01, Round 2: 3/15-3/29, Round 3: 4/12-4/26

Contact Seth (seth.haxel@mail.wvu.edu).

Relationship 101

Relationship 101 is a 3-week workshop focused on building healthy relationship dynamics.

Mondays 2-3 pm via Zoom. Co-led by Claire and Whitney. For scheduling, contact Jessica (jessica.johnstonyork@mail.wvu.edu)