

# STUDENT COUNSELING SERVICES PRESENTS

## "COPING AND HEALING": AN IDENTITY-FOCUSED GROUP SERIES

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PRESENTLY, OUR NATION IS EXPERIENCING AN INCREASED AWARENESS AND AWAKENING TO THE DELETERIOUS PSYCHOLOGICAL IMPACT THAT BIGOTRY, WHEN APPLIED TO ANY ASPECT OF ONE'S IDENTITY, CAN HAVE ON THE OPPRESSED, ITS BENEFICIARIES, AND SOCIETY AT LARGE. WHILE AWARENESS IS AN IMPORTANT PART OF MOVING TOWARDS EQUITY AND PSYCHOLOGICAL HEALTH, AWARENESS SHOULD BE FOLLOWED BY DEEP CRITICAL EXPLORATION OF SELF, EXPERIENCES, AND SOCIETY. THIS EXPLORATION MAY YIELD HEALTHY COPING, HEALING, AND AFFIRMATION FOR BOTH TARGETS OF IDENTITY-BASED BIGOTRY AND THE BENEFICIARIES OF IDENTITY-BASED PRIVILEGE. SCS IS OFFERING A SERIES OF IDENTITY-FOCUSED GROUP THERAPY OPPORTUNITIES TO FACILITATE THIS PROCESS.

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## **Coping with and Healing from Racism**

A group for Black, Indigenous, and People of Color identifying students

Begins Thursday September 10th from 1:30 to 2:30pm; Facilitated by Bryana White, PhD & Jose Flores, PsyD

- Exploration – of ways in which negative societal messaging have been internalized
- Affirmation – of this particular part of your identity
- Healing – from the negative psychological consequences of bigotry
- Critical decision-making – around your ethical engagement of self and others based on the above

## **Coping with and Healing from Homophobia, Transphobia, and Heterosexism**

A group for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual+ identifying students

Begins Thursday September 17th from 1:30 to 2:30pm; Facilitated by Margie Watson, MA

- Exploration – of ways in which negative societal messaging have been internalized
- Affirmation – of this particular part of your identity
- Healing – from the negative psychological consequences of bigotry
- Critical decision-making – around your ethical engagement of self and others based on the above

## **Coping with and Healing from Internalized Heterosexism**

A group for cisgender, heterosexual, allosexual identifying students

Begins Thursday September 17th 1:30 to 2:30pm; Facilitated by Bryana White, PhD & Jose Flores, PsyD

- Exploration – of ways in which negative societal messaging have been internalized
- Affirmation – of this particular part of your identity
- Healing – from the negative psychological consequences of bigotry
- Critical decision-making – around your ethical engagement of self and others based on the above

## **Coping with and Healing from Internalized White Privilege**

A group for White identifying students

Begins Thursday September 10th from 1:30 to 2:30pm; Facilitated by Margie Watson, MA & Tina Forster, LCSW, CPG

- Exploration – of ways in which negative societal messaging have been internalized
- Affirmation – of this particular part of your identity
- Healing – from the negative psychological consequences of bigotry
- Critical decision-making – around your ethical engagement of self and others based on the above

\* **Student group members may self select into the group or groups they want to join based on their self-identification.**

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EACH GROUP WILL MEET  
EVERY OTHER WEEK  
DURING THE SEMESTER

TO REGISTER EMAIL  
SCS@CONNCOLL.EDU WITH  
SUBJECT LINE "COPING  
AND HEALING"

QUESTIONS? EMAIL [SCS@CONNCOLL.EDU](mailto:SCS@CONNCOLL.EDU)