Wellness Skills Workshops

DIPLOMACY SKILLS (Wednesdays, 3:30-4:30 pm, 9/16 – 10/7, B003 Student Center)
Want to improve your assertiveness, “filter” better, and negotiate diplomatically in personal and professional relationships? Participants will practice assertiveness techniques dealing with real-world situations, be coached how to say “no” respectfully, learn how to verbally disarm someone who is upset, and enhance their social self-confidence. Limited to eight students. Registration and weekly attendance is required. Email llong@kumc.edu for more information.

THESIS/DISSERTATION SUCCESS (Thursdays, 12-1 pm, 9/10 – 11/19, 1033 Dykes Library)
Writing your dissertation can be overwhelming, intimidating, or confusing. You’re not alone. Through this group we seek to provide and foster intensive, supportive exchange for students at the dissertation stage. By participating in a workshop-type meeting, with writing mentors on hand, students will be able to work on nuts-and-bolts matters, time management, goal-setting, stress issues, and more. All disciplines are welcome. All stages of writing are included. Email arodriguez6@kumc.edu for more information.

Process Therapy Groups

MY BODY, MY SELF (Mondays, 12-1 pm, 9/14 – 11/30, B003 Student Center)
This group is designed for students whose preoccupation with eating, weight, and body image interferes with their lives. Students will connect with others who share similar experiences, explore personal triggers to disordered eating, and develop alternative ways of coping with problems. MBMS will provide a safe place where students can develop a deeper understanding of self and others, as well as feel supported in their process of healing. Group screening and weekly attendance are required. Email kvandegeest-wallace@kumc.edu for more information.

PERSON OF COLOR (Wednesdays, 12-1 pm, 9/16 – 11/18, B003 Student Center)
Students of diverse cultural backgrounds have an opportunity to explore several themes in this group. These include identity concerns, family matters, interpersonal relationships, academic distress, trauma experiences, and undertones of race-related oppression. The goal is to increase connection, self-empowerment, and advocacy as students advance in a professional, multicultural world. Limited to ten students. Group screening and weekly attendance are required. Email tacostalentz@kumc.edu for more information.

INTERPERSONAL GROWTH (Thursdays, 3-4:30 pm, 9/13 – 11/19, B003 Student Center)
Do you struggle to engage and communicate with others? We aim to gain insight as to possible causes. Students will connect with others who seek interpersonal growth, provide and receive feedback, develop greater flexibility, deepen their empathy, and try out new behaviors. This group is limited to ten students. Group screening and weekly attendance are required. Email tacostalentz@kumc.edu for more information.

WEIGHT MANAGEMENT (Fridays, 12-1 pm, dates TBD, B003 Student Center)
This interdisciplinary weight management program is designed to facilitate safe and healthy weight loss for students with a Body Mass Index (BMI) of 30 or greater. Components of the program include group counseling, nutritional education, and exercise. Biometric data (i.e., BMI, body measurements, etc.) are collected at baseline and at the end of the semester long program to track progress toward health goals. Registration is required. Email sjernigan2@kumc.edu or jblanck@kumc.edu for more information.