



Counseling and  
Psychological  
Services

# Spring 2021 Virtual Skills Clinics

*Education • Skill Development • Support*

- ✓ Open to undergraduate and graduate students residing in-state only
- ✓ Screening required
- ✓ Contact facilitator for more information and to schedule a group screening appointment

## **Tools to Manage Anxiety Skills Clinic (Wednesdays, 10-11:30 a.m.)**

**4-week Series: March 3, 10, 17, & 24**

**April 14, 21, 28, & May 5**

Facilitators: Sara Troupe, Psy.D. & Debra Reich, M.A.

At this 4-week skills clinic you will learn the purpose of anxiety and develop your own toolbox of skills to manage anxiety through practice. **Contact Debra Reich at [dreich@andrew.cmu.edu](mailto:dreich@andrew.cmu.edu) for more information.**

## **Self-Compassion Skills Clinic (Tuesdays, 3-4:45 p.m.)**

**4-week Series: March 2, 9, 16, & 23**

**April 6, 13, 20, & 27**

Facilitator: Briana Root, Ph.D.

Many of us readily offer warmth and support to our friends who are struggling, yet respond to our own difficult experiences with harsh judgment and self-criticism. Many of us also believe that in order to succeed, we must be relentlessly tough on ourselves. Research shows us, however, that in the long run, self-criticism is linked with symptoms of anxiety and depression. The practice of self-compassion, which incorporates mindfulness techniques, teaches us how to show up and be there for ourselves when we need it the most: when we are struggling, when we fail, when we notice something about ourselves that we don't like. In this four-week skills clinic, you'll learn how to stop beating yourself up with self-criticism and how to increase your resilience in meeting your more difficult emotional experiences. This skills clinic will include both didactic and experiential components. **Contact Briana Root at [brianar@andrew.cmu.edu](mailto:brianar@andrew.cmu.edu) for more information.**

## **Understanding and Coping with Loneliness (Fridays, 1:30-3 p.m.)**

**4-week Series: March 19, 26, April 2 & 9**

**April 9, 16, 23, and 30**

Facilitator: Sara Mark, LPC

Even before the pandemic, loneliness has been a common issue on college campuses. Now with the pandemic, its impact can be felt even more so. This skills clinic will educate on the different kinds of loneliness that we experience and review skills to help manage the overwhelming feelings and anxieties surrounding it. **Contact Sara Mark at [serbeldi@andrew.cmu.edu](mailto:serbeldi@andrew.cmu.edu) for more information.**