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: February 24, March 3, 10, & 17  
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 Sara Troupe at stroupe@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 relentlesslly 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 for more information.