



Reed College HCC Workshops & Groups Spring 2023

<p>What It Means To Be Black (75 min) Facilitated By: Briana Hayes, LMFT Embark on a transformative experience as we delve into the rich history of the Black community and explore the impact of historical trauma on our present-day mental well-being. Our comprehensive four-week program will examine various aspects of the ongoing struggles of systemic racism, providing an opportunity to heal and navigate the current landscape. Join us on this empowering journey as we come together to gain a deeper understanding of what it means to be Black.</p>	<p>Meets @ Eliot 419 February 10th @ 1pm February 17th @ 1pm February 24th @ 1pm March 3rd @ 1pm</p>
<p>Ecotherapy Workshop Series (90 min) Facilitated By: Jenni Leatham, LPC & Miriam Saucedo, LPC This 2-part workshop series is skills based and experiential. We will practice mindfulness in nature-settings to strengthen your relationship with nature and facilitate reflection, connection, and reciprocity. The outdoor experiential sessions will include walking on uneven and/or muddy paths in the Reed Canyon, and meeting at the Rhododendron Garden near Reed!</p>	
<p>Nature based Mindfulness Practice (30-50 min) Facilitated By: Miriam Saucedo, LPC & Jenni Leatham, LPC We will offer a variety of nature-based mindfulness practices (stationary or mindful walking experiences). The focus of these practices will be to strengthen your relationship with the land and nature and to transition from “thinking” to “sensing” and from “doing” to “being” which will help facilitate nonjudgmental present-moment focus, connection, self-reflection, and centering.</p>	
<p>Radical Embodiment (50 min) Facilitated By: Briana Hayes, LMFT & Miriam Saucedo, LPC This Radical Embodiment Workshop combines reflection, art, discussion, and skill-building. We will explore our body narratives and cultivate awareness, empowerment, connection, and community. As a community we will work to create a space that centers fat, disabled, BIPOC, queer and trans students, with a focus on body liberation.</p>	
<p>Psychodynamic Psychotherapy Group (75min) Facilitated By: Kyle Malin, LPC Are you curious to learn more about yourself and your relationships? Would you like to supercharge your individual therapy? Join the HCC’s psychodynamic psychotherapy group! Group therapy has consistently been found to be an effective form of treatment, comparable to individual therapy (Burlingame, Strauss, & Joyce, 2013).</p>	
<p>Insurance 101 (60-75 min) Facilitated by: Katie Occhipinti, RN, Julie Steder, CMA, Jenni Leatham, LPC Learn how to understand and navigate your health insurance with Q&A. Zoom meeting: https://reed-edu.zoom.us/j/97895299603</p>	<p>March 2nd @ 2:30pm</p>

Click the QR code for more information and/or to register. If you need additional information please contact the HCC at 503-777-7281 or health-services@reed.edu.