DISCUSSION GROUPS

Managing Stress around COVID-19
This discussion group focuses on ways to better manage emotional responses to COVID-19, such as anxiety; feelings of isolation; sleep difficulties; difficulty with procrastination and focusing; challenges in maintaining a healthy and productive daily routine; difficulty connecting with peers, friends, and loved ones; and anxiety related to the sociopolitical implications of the pandemic. Led by Xiaolu Hsi, PhD (hsix@med.mit.edu)

Open to: Undergraduates & Grad students
Meets: Thursdays, 4–5 p.m. EST

Students of Color Support Group - Undergraduates
This support group for undergraduate students of color may include discussion of such topics and themes as experiences of racism/microaggressions, current political and social issues, coping with COVID-19, and mental health concerns. Led by Sejal Patel, PsyD (patel@med.mit.edu) and Leslie Langston, LICSW (langs@med.mit.edu)

Open to: Undergraduates
Meets: Weds., 2–3:15 p.m. EST

Graduate Women of Color Group
This process and support group for graduate women of color commonly includes discussion of such themes and issues as being women of color at MIT, coping with microaggressions, relationship and family issues, and navigating issues within graduate departments. Led by Karen Singleton, PhD (sing@med.mit.edu) and Sejal Patel, PsyD (patel@med.mit.edu)

Open to: Graduate Women of Color
Meets: Fridays, 1–2:15 p.m. EST

Graduate Women’s Group
This process group enables female graduate students to share and receive support around a variety of issues, including being female within their departments, relationship and family issues, adjusting to COVID-19, and coping with other mental health concerns. Led by Sejal Patel, PsyD (patel@med.mit.edu)

Open to: Graduate Women
Meets: Weds., 4–5:30 p.m. EST

SKILLS GROUPS

ADHD Information and Skill Group, Undergraduate
This group will answer questions about the nature and impact of ADHD, how it’s diagnosed, and treatment options. Each session will include a skill-training segment covering coping mechanisms such as time management and organizational skills, management of difficult emotions and problematic thinking patterns, and self-advocacy. Led by Xiaolu Hsi, PhD (hsix@med.mit.edu)

Open to: Undergraduates who have been diagnosed with and treated for ADHD
Meets: Mondays, 3–4 p.m. EST

ADHD Information and Skill Group, Graduate
This group will answer questions about the nature and impact of ADHD, how it’s diagnosed, and treatment options. Each session will include a skill-training segment covering coping mechanisms such as time management and organizational skills, management of difficult emotions and problematic thinking patterns, and self-advocacy. Led by Xiaolu Hsi, PhD (hsix@med.mit.edu)

Open to: Graduate students who have been diagnosed with and treated for ADHD
Meets: Mondays, 11 a.m.–12 p.m. EST

Cognitive Behavioral Therapy (CBT) & Self-Compassion Toolkit — Part I
This six-week group will be an introduction to CBT that will employ self-compassion strategies to facilitate changes in unhealthy or unhelpful core beliefs, thinking patterns, and behaviors. This group is part didactic and part process/reflective dialogue. After learning CBT and self-compassion strategies, the group will be a place for support that will include sharing personal experiences and providing constructive feedback. Led by Maureen Rezendes, PhD (mrezendes@med.mit.edu) and Stephanie Dinius, EdM (sdinius@med.mit.edu)

Open to: Undergraduates & Grad students
Meets: TBD

Cognitive Behavioral Therapy (CBT) & Self-Compassion Toolkit — Part II
This is a continuation of the “CBT & Self-Compassion” group and is intended for students who have completed Part I. This weekly process and reflective dialogue group provides space for continued support around changing core beliefs, thinking patterns, and behaviors through shared personal experiences and constructive feedback. Led by Maureen Rezendes, PhD (mrezendes@med.mit.edu)

Open to: Undergraduate & Grad students
Meets: Weds., 2:30–4 p.m. EST, or Thursdays, 2:30–4 p.m. EST

Updated 2020-06-24
Coping with Microaggressions Toolkit
This group will meet for six weeks and will focus on discussing the impact of racism on group members, both explicit and implicit, and developing shared language and concepts around specific incidents and types of microaggressions, with a focus on developing “personal power,” interventions, healing, rewriting the narrative, and coping options for past experiences and potential future encounters. Led by Sejal Patel, PsyD (patel@med.mit.edu)

DBT @ MIT Summer Workshops — 10 weeks or 6 weeks
DBT workshop of 4 modules of varying length for 6 or 10 weeks open to undergrads and grad students. Led by Maureen Rezendes, PhD (mrezendes@med.mit.edu) and Stephanie Dinius, EdM (sdinius@med.mit.edu)

Thesis Coaching Group
The group focuses on skills for better time management, organization, thesis writing, interpersonal negotiation (especially with advisors and committee members), self-care, and stress management. Led by Xiaolu Hsi, PhD (hsix@med.mit.edu)

Well-Being Applications Toolkit (Positive Psychology)
This group will meet for eight weeks and will focus on discussing and applying exercises and practices associated with positive psychology and well-being, including but not limited to identifying and using signature strengths, developing and increasing “flow,” understanding “time affluence vs. monetary affluence,” creating a gratitude journal, and practicing savoring and mindfulness in daily life. Led by Sejal Patel, PsyD (patel@med.mit.edu)

WORKSHOPS

Perfectionism Workshop II
If you are an MIT student who suffers from perfectionism, don’t suffer in silence. Attend this workshop series to learn about perfectionism and strategies you can use to keep it from hijacking your academic experience. Led by Maryam Khodadoust, PsyD (khod@med.mit.edu)

Romantic Relationships during the Pandemic and Beyond
This four-week workshop will introduce some of the key elements in building healthy relationships. It will consider challenges faced by couples during the pandemic. Each session will discuss a topic and time will be allotted for an experiential exercise and reflections. Participants are welcome to submit questions of personal interest in advance. Led by María Minkova, PsyD (mminkova@med.mit.edu)