

UNPACK U



ON-CAMPUS RESOURCES

GROUP THERAPY

The Center for Student Wellbeing provides a variety of group therapy opportunities to students to engage in. Group leaders establish boundaries and clarify their roles to create safety and predictability within the group, but group discussions are kept open to whatever may be on members' minds each week so that peoples' patterns of relating can emerge naturally. Meetings will be held on Zoom due to the pandemic.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/group-therapy>

PERSONAL COUNSELING

A resource students can turn towards to talk about their personal struggles to a professional for as long as they want as many sessions as they want. Their goal is to provide services and resources that will enable the student to live a meaningful life based on a mind/body/spirit approach to well-being, an approach that honors the fundamental dignity of the human person by valuing him/her in his/her totality.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/personal-counseling>

MEDITATION MEETINGS

Meditation practices offered during COVID-19 on Zoom with Dr. T.J. Smith. During this group, meditations will be taught and practiced together, such as mindfulness of breathing, eating, and movement, in hopes of providing us with a greater sense of peace and vitality.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/group-therapy>

UNIVERSITY COUNSELING AND WELL-BEING CENTER

Duquesne's University Counseling and Wellbeing Center is a place where students can turn for counseling and safe space during difficult times. Students can sign up for a variety of services.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing>

WELL-BEING COACHING

Well-being coaching is for students who don't present with a psychological concern that would be better served through counseling/psychotherapy. Well-being Coaching is for students who are interested in attaining a degree of balance in his/her life through learning about and practicing a "cross-training" program that integrates mind, body, and spirit.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/wellbeing-as-a-philosophy-of-life/wellbeing-coaching>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Duquesne University's Active Minds Chapter is a non-profit student organization interested in promoting a positive discussion about mental health on campus and educating students on available resources.

LEARN MORE: <https://www.facebook.com/DuqActiveMinds>

DUQUESNE STUDENT WELL-BEING CLUB

This organization was created to bring together Duquesne University students interested in cultivating well being in their lives and the lives of others. The Duquesne Well-being Club aims to build a community of students for learning about and growing in our personal and collective happiness.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/wellbeing-as-a-philosophy-of-life/wellbeing-club>