Racial Stress
Wednesday 3:30pm-4:30pm

Group Description:
A psychotherapy group for undergraduate students of color to gain insight and power, while providing and receiving support in regards to racial stress. Examples of topics are: racial trauma, generational trauma, oppression, biases, discrimination, and institutional racism. The purpose of this group is to normalize experiences, build community, increase knowledge of self and one’s own experiences, and gain new perspectives on racial experiences of others. Goals for this group include empowerment, minimize distress due to racial experiences, and increase comfort and confidence in voicing one’s experience. Screening required.

Group Facilitators: Dr. Markie Silverman & Dr. James Bruce

Psychotherapy Group to Process Racial Stress

Group starts September 23rd and students can join anytime in the semester

Safe space to process your own experience, gain support, and connect with others

Undergraduate Students of Color

Interested? Complete the CAPS Qualtrics form at https://msu.co1.qualtrics.com/jfe/form/SV_9GNsDVC3VIH3wrr and say you are interested in the Racial Stress Group

LOCATION:
All group appointments are hosted over our HIPAA compliant zoom platform, for more information regarding this group, email Markie Silverman at silve162@msu.edu