



2023-24 Academic Year

**TOPICS/PROGRAMS/PRESENTATIONS
FROM CPG**

Please find a listing of presentations that staff/interns at CPG would be willing to do for staff, students or both. If you are interested in someone coming in to do any of the following, please contact Shawn at smcguirk@clarku.edu.



from Leah

Neurodiversity and Executive Functioning - Provide training and information on how to support students with neurodiverse profiles such as ADD, ADHD, and Autism spectrum disorder. Come learn some strategies to provide clear communication and support for students who identify as neurodiverse.

from Rachel

LGBTQ+

- Considering affirming practices as an institution
- Thinking about unique mental health challenges of Queer students, etc.
- Especially thinking about these things in the current socio-political context.

Body/ Embodiment (esp. for folks in larger bodies) – using a fat liberation framework to think about body image, nourishment, movement, fatphobia (and its relationship to white supremacy and misogyny), and barriers/facilitators to accessing safe and healthy embodiment.

This can include support around eating disorder challenges, but is a very different organizing framework in how I understand and support disordered eating than dominant paradigms.

Identity: power, marginalization, and privilege- why this matters when we're thinking about mental health challenges and mental health responses/resources, on micro, mezzo, and macro levels. Can include in this an introduction to liberation health as a framework for individuals, communities, and institutions to understand a problem, and identify and enact solutions, from a more holistic and socio-political lens.

Burnout and the stress cycle – using neurobiology to understand when stress becomes toxic and explore accessible, body-based strategies to complete the stress cycle and discharge stress.

Complex Trauma- multi-systemic impact of complex trauma, explaining in terms of neurobiology and autonomic nervous system responses of hypo/hyperarousal. Contextualizing in discussion of power, structural and intergenerational harm, marginalization, and oppression. Also discussing resilience (both why it matters and why we rely on it too much as an individual solution to structural problems).

*All of Rachel's presentations would involve interactive elements and would aim to give attendees strategies, language, and practices that they can take with them to utilize outside of the session.




from Justin

Stress management/anxiety – Identifying the functionality and breaking points of stress, how they manifest in the body, mind, and behaviors, and strategies for dealing with them.

Test anxiety – Kind of a modification of the above with more of a focus on the anxiety before, during, and after tests and other academic performances

Sleep – Education on helpful and hurtful habits, sleep cycles and how to use them to your advantage





from Shawn

Mindfulness & Meditation – these sessions will review what mindfulness is (and what it is not), as well as allow participants to practice different forms of meditation (eg. body scan, walking meditation, etc).

You Are What You Think - this session will help the participant identify how what we think directly effects our mood. We will also identify ways to change what we're are thinking so that we can find ourselves in a better emotional place.

from Alex

Substance Use and/Recovery: Lead discussions on a variety of aspects to the area of addiction with a variety of techniques (i.e., 12-step recovery, SMART, Dharma, Prayer/Meditation, harm-reduction, and abstinence etc.). How to speak with a peer or student if worried about their use. Resources on campus and/or the area. Knowing your limit and how to use and or drink in safety.

Athletic Performance: Discuss a myriad of topics related to sports and athletics performance (i.e., relationship and team building, team cohesiveness, coaching and leadership styles, communication, conflict resolution, performance anxiety, goal setting, perfectionism, identity outside of athletics/sports, presence, focus, mind body and soul, visualization, asking for help, injury mindset, overcoming adversity, confidence, consistency, mentality of practice vs. games, flow, self-talk, trust in team, and being hard on self.)



from Steph

Eating Disorders: Symptoms of eating disorders, treatments and interventions, related disorders and mental health concerns

Distress tolerance skills: Skills and strategies to get through difficult moments such as panic and heightened reactions; how to cope with overwhelming situations in helpful ways

Self-care: Creating a routine of maintenance self-care and increasing your toolbox of emergency self-care for use in difficult moments



from Anushka

Racial Trauma: This presentation talks about what racial trauma is and how it impacts people differently, support to navigate racial trauma in therapy and strategies you can implement yourself.