

Pratt Counseling Center
GROUPS AND WORKSHOPS: Fall and Winter 2025

Please see below for more information about each group and how to join. Groups are open to all undergraduate or graduate students on Brooklyn and Manhattan campuses.

Counseling Groups [Cannoneer Court, check in at room 115]

❖ Echoes of Absence: Processing and Living with Loss

Facilitators: Morteza G. and Chloe C.

Time: Wednesdays, 1:00 - 2:00pm

Dates: Beginning Oct. 1, 2025

This is a grief support group for students who have experienced the loss of a family member, partner, friend, homeland, or part of their identity. Group members will have an opportunity to talk about their current lives and the impact of loss while juggling the demands of being a student.

➤For inquiries and to schedule a required pre-group meeting contact mgharavi@pratt.edu

❖ Interpersonal Process Group

Facilitators: Johnny L. and Ronit S.

Time: Tuesdays 10:30-11:45am

Dates: Beginning Oct. 21, 2025

This interpersonal process group offers students the opportunity to gain understanding about how they present and are perceived by others. The group will explore relational themes such as authenticity, trust, confidence, assertiveness, inclusion/exclusion, and navigating discomfort. Members will have the opportunity to try out new ways of relating.

➤For inquiries and to schedule a pre-group meeting contact jliang25@pratt.edu

❖ Culture and Identity Support Group

Facilitators: Onikka C. and Isabel A.

Time: Fridays 3-3:45pm

Dates: Beginning Oct. 24, 2025

This group will discuss the importance of building community, and sharing experiences of navigating life at Pratt as a BIPOC student or ally. You will have an opportunity to affirm feelings of pride and compassion toward your whole self.

➤For inquiries and to schedule a pre-group meeting contact iarago10@pratt.edu

❖ Culture and Creative Arts Therapy Group

Facilitators: Cecilia Z. and Aalya M.

Time: Tuesdays 9:30-10:45

Dates: Beginning Oct. 21, 2025

We invite students to share their experiences of living abroad in the US or another country, encountering quickly changing political climates, and navigating the challenges of being a student with mutual cultural identities.

➤For inquiries and to schedule a pre-group meeting contact czhai@pratt.edu

❖ Radical Embodiment

Facilitators: Caroline T. and Cecilia Z.

Time: Fridays 4-4:45 pm

Dates: Beginning Oct. 24, 2025

Dates: June 3rd - August 12th (10 weeks, join at any point)

This support group is a space for queer, trans, nonbinary, and gender diverse undergraduate and graduate students, as well as students exploring questions around gender and sexuality. Topics that emerge are identity exploration, sociopolitical culture, consent, desire, joy, empowerment, authentic expression, and more!

➤For inquiries and to schedule a pre-group meeting contact ctouzeau@pratt.edu

❖ Wise Mind: DBT Skills for Coping, Feeling and Relating

Facilitator: Antonia F. and Caroline T.

Time: Mondays 3-4 pm

Dates: 4 sessions beginning Nov. 3, 2025

Do you struggle with your emotional reactions to situations or in relationships? Join us for this four-session group that can help you learn coping skills focused on topics such as stress, mindfulness, personal values, understanding and managing emotions, handling distress, and building strong relationships. Group meetings involve education, resource sharing, discussion, and experiential practice.

➤For inquiries and to schedule a pre-group meeting contact afrydm23@pratt.edu

❖ Dragons and Therapy

Facilitator: Antonia F

Time: TBA

Dates: January-February 2026 TBA

Join us for a casual table-top RPG where we'll go on adventures with our alter-egos, building self-discovery, social skills, and confidence along the way.

➤For inquiries and to schedule a pre-group meeting contact afrydm23@pratt.edu

❖ Body Image Group and Relationships

Facilitators: Caroline T. and Isabel A.

Time: TBA

Dates: Spring 2025

A confidential group for students struggling with body image. We will explore, process, and reflect on how we internalize familial, cultural, racial, and gendered ideas about our bodies that impact our relationships with ourselves and others.

➤For inquiries and to schedule a pre-group meeting contact iarago10@pratt.edu

Workshops

❖ [From Session to Sentence \(and Back\)](#)

Location: Foundation for Community for Psychoanalysis (81 Court St)

Facilitators: Writing, Counseling Center, CCPD

Date/Time: Tuesday October 28, 2025, 6-8pm

This conversation will bring together three writer-psychotherapists to speak with students about the experience of pursuing a clinical practice alongside a creative writing life. The evening will include a panel discussion led by Claire Donato (Assistant Chairperson of the Writing Department) followed by a Q&A.

❖ Crochet the Pain Away!

Location: Cannoneer Court, Check in at room 115

Facilitators: Onikka C., Chloe C., Isabel A., Antonia F.

Date/Time: TBA

Come crochet, knit, sew, glue, collage, as you vent to your heart's content. What creations may emerge from agitation? Bring your supplies, and we'll have some too.

Group and Workshop Schedule At-A-Glance

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Echoes of Absence			1-2 pm		
Interpersonal Process Group		10:30-11:45am			
International Students Support Group		9:30-10:45am			
BIPOC Students Support					3-3:45pm
Radical Embodiment					4-4:45pm
Wise Mind	3-4 pm				
Crochet the Pain Away	TBA				
Dragons and Therapy	Winter				
Body Image Group	Spring				