

# STMH Spring 2025 Groups

Groups running January through May -  
join now!

**Cognitive Behavioral Therapy for Students with ADHD:  
Motivational and Emotional Strategies**

**Seeking Safety Group**

**Being Seen, Being Known: BIPOC Support Group**

**Women in Science and Medicine**

**Planning and Time Management Skills**

Interested in joining?

Review each group's information, schedule options, and deadline for inquiring below.

Contact STMH via 212-659-8805 or [STMH@mssm.edu](mailto:STMH@mssm.edu) - please note the name of the group and confirm your availability for one or both date options.

Please inquire by: 1/14

## Cognitive Behavioral Therapy for Students with ADHD: Motivational and Emotional Strategies

This group introduces cognitive behavioral therapy skills for ADHD, including psychoeducation about ADHD, skills for improving activation and motivation for tasks, managing emotional obstacles in the moment, and using active learning strategies. The group will be held via telehealth and members must be present in New York State at the time of each session. Group members are asked to commit to attending all 4 sessions.

Dr. Maria Edman is a clinical psychologist who specializes in working with adults and young adults with Attention Deficit Hyperactivity Disorder to improve executive functioning.

**Group Schedule:** Please choose which schedule option you can commit to

**Option 1**  
**Tuesdays, 3:30-5pm**

Session	Date
1	1/28
2	2/4
3	2/11
4	2/18

**Option 2**  
**Wednesdays, 5:15-6:45pm**

Session	Date
1	1/29
2	2/5
3	2/12
4	2/19

Please inquire by: 2/10

## Seeking Safety Group

STMH is now offering a Seeking Safety group for students and trainees with a history of trauma who want to learn more about what they can do right now to create a better life for themselves. The primary goals are reducing trauma symptoms, increasing safe coping in relationships, thinking, behavior, and emotions. The group will be 6 weeks long, facilitated by an STMH psychologist and held via telehealth. Group members must commit to attending at least 4 out of 6 sessions. The group will be held via telehealth and members must be present in New York State at the time of each session.

Dr. Nana Amoh is a clinical psychologist who specializes in the treatment of trauma-related disorders. She is flexible in her provision of treatment to meet the individual and cultural needs of each patient while maintaining fidelity to evidence-based practices.

**Group Schedule: Please choose which schedule option you can commit to**

**Option 1**  
**Thursdays, 5-6pm**

Session	Date
1	2/27
2	3/6
3	3/13
4	3/20
5	3/27
6	4/3

**Option 2**  
**Fridays, 2-3pm**

Session	Date
1	2/28
2	3/7
3	3/14
4	3/21
5	3/28
6	4/4

Please inquire by: 2/10

## Being Seen, Being Known: a BIPOC Support Group

The BIPOC Support group aims to co-create a space to explore shared and differing experiences as it relates to race, culture, identity, and the beauty of otherness. Through discussion, creativity, and curiosity, we will support further exploration of one's self-identity and enhance personal and communal narratives around culture and race. Open to self-identified individuals of Latino, Black, Asian, Pacific Islander (AAPI), and/or Indigenous/Native descent and cultural background. The group will be held via telehealth and members must be present in New York State at the time of each session. Group members are asked to commit to attending all 6 sessions.

Dr. Naomi Dambreville is a Black woman and Clinical Psychologist who believe that your racial and ethnic identity informs your sense of self, safety, and belonging.

**Group Schedule: Please choose which schedule option you can commit to**

### Option 1 Mondays, 12-1pm

Session	Date
1	2/24
2	3/3
3	3/10
4	3/17
5	3/24
6	3/31

### Option 2 Fridays, 2-3pm

Session	Date
1	2/28
2	3/7
3	3/14
4	3/21
5	3/28
6	4/4

Please inquire by: 3/24

## Womanhood in Science and Medicine: Support Group

This interpersonal process group is a dedicated space for individuals who self-identify as a woman to process their experiences and unique challenges of navigating the systems they are a part of. The intention is for members to co-create a safe and supportive environment in which their shared and divergent experiences related to the intersection of their gender and professional identities is explored. The group will be held via telehealth and members must be present in New York State at the time of each session. Group members are asked to commit to attending all 5 sessions.

Dr. Hana Paisner, a White, Jewish, female identifying Clinical Psychologist will facilitate this group.

**Group Schedule: Please choose which schedule option you can commit to**

**Option 1**  
**Mondays, 6-7pm**

Session	Date
1	4/7
2	4/14
3	4/21
4	4/18
5	5/5

**Option 2**  
**Thursdays, 11:30am-12:30pm**

Session	Date
1	4/10
2	4/17
3	4/24
4	5/1
5	5/8

Please inquire by: 3/24

## Planning and Time Management Skills

This group introduces skills for improving management of time, such as prioritization, scheduling, time estimation, and strategies for planning by month and week. The group will be held via telehealth and members must be present in New York State at the time of each session. Group members are asked to commit to attending at least 4 out of 5 sessions.

Dr. Maria Edman is a clinical psychologist who specializes in working with adults and young adults with Attention Deficit Hyperactivity Disorder to improve executive functioning.

**Group Schedule:** Please choose which schedule option you can commit to

### Option 1

Tuesdays, 3:30-4:30pm

Session	Date
1	4/8
2	4/15
3	4/22
4	4/29
5	5/6

### Option 2

Wednesdays, 5:15-6:15pm

Session	Date
1	4/9
2	4/16
3	4/23
4	4/30
5	5/7