

# STMH Spring 2026 Groups

Running February through May - **Join now!**

# STMH Spring 2026 Group Offerings

- **ADHD Group:  
Motivational and Emotional Strategies**
- **Seeking Safety Group**
- **DBT Skills Group**
- **Womanhood in Science and Medicine**
- **Planning and Time Management Skills**

# Group telehealth requirements

**All groups will be held virtually for the Spring 2026 semester. Please note telehealth requirements for groups:**

1. Sessions are accessed through the MyMountSinai app or website.
2. You must be located in New York State during each session.
3. Be sure to be in a private, quiet space, where you can be alone. Sessions cannot be conducted in a public space, or with other individuals in the room for the confidentiality of all group members.
4. You must keep your camera on for the duration of each group session - STMH group therapy sessions via telehealth are to be conducted with both audio and video on. Group therapy is meant to be an interactive experience, with everyone sharing with one another.

# Interested in joining?

- Review each group's information, schedule options, and deadline for inquiring.
- Contact STMH via 212-659-8805 or [STMH@mssm.edu](mailto:STMH@mssm.edu)
  - Note the name of the group
  - Confirm your availability for one or both date options

# ADHD Group: Motivational and Emotional Strategies (Virtual group)

**Inquire by:  
1/19, Monday**

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. 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	2/3
2	2/10
3	2/24
4	3/3

## Option 2

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

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

# Seeking Safety Group (Virtual group)

Inquire by:  
2/16, Monday

This group is 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. Group members must commit to attending at least 4 out of 6 sessions.

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	3/12
2	3/19
3	3/26
4	4/2
5	4/9
6	4/16

Option 2	
Fridays, 2-3pm	
Session	Date
1	3/6
2	3/13
3	3/20
4	3/27
5	4/3
6	4/10

# DBT Skills Group (Virtual group)

Inquire by:  
3/16, Monday

This group will focus on learning essential and practical emotion regulation concepts and skills that can be immediately applied in daily life, to positively enhance emotional well-being and interpersonal relationships, and to provide a foundation to build upon one's personal and/or therapeutic relationship with one's emotions. Group members are asked to commit to attending all 5 sessions.

Dr. Naomi Dambreville is a clinical psychologist with expertise in teaching and promoting the benefits of Dialectical Behavior Therapy (DBT) skills in individual and group formats.

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

Option 1	
Mondays, 12-1:15pm	
Session	Date
1	3/30
2	4/6
3	4/13
4	4/20
5	4/27

Option 2	
Fridays, 2-3:15pm	
Session	Date
1	4/3
2	4/10
3	4/17
4	4/24
5	5/1

# Womanhood in Science and Medicine (Virtual group)

**Inquire by:  
3/23, Monday**

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. Group members are asked to commit to attending all 4 sessions.

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

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

Option 1	
Mondays, 4-5pm	
Session	Date
1	4/6
2	4/13
3	4/20
4	4/27

Option 2	
Thursdays, 12-1pm	
Session	Date
1	4/9
2	4/16
3	4/23
4	4/30

# Planning and Time Management Skills (Virtual group)

**Inquire by:  
3/30, Monday**

This group introduces skills for improving management of time, such as prioritization, scheduling, time estimation, and strategies for planning by month and week. 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 to improve executive functioning.

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

Option 1	
Session	Date
1	4/14
2	4/21
3	4/28
4	5/5
5	5/12

Option 2	
Session	Date
1	4/15
2	4/22
3	4/29
4	5/6
5	5/13

# Reach out to STMH to join!

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Note the name of the group  
Confirm your availability for one or both date options