



Duke University Counseling and Psychology Services

Spring 2026: Groups



Relational Compass: Connection in Real Time

Tuesdays | 3:00 PM - 4:30 PM

PING-TZU LEE, PhD, LCSW

This interpersonal process group provides opportunities to increase awareness of thoughts and feelings in real moments of social interaction, to experience and communicate empathy, and to give and receive feedback while recognizing patterns in relationships.



Resilience Within: DBT Skills for Success

Wednesdays | 3:00 PM - 4:30 PM

AMY JOHNDRO, MSW, LCSW

This group is designed to support students who wish to learn coping skills and strategies for regulating intense emotions, thoughts, and behaviors while enhancing their capabilities in establishing healthy relationship with themselves and others.



Off Autopilot: Mindful Skills for Concentration

Wednesdays | 2:00 PM – 3:00 PM

JOHN MITCHELL, PhD

This skills-based group focuses on teaching mindfulness techniques that have been adapted for college students to improve concentration. Students will ultimately learn to use mindfulness techniques to break out of “automatic pilot mode” in their daily life.



Be Your Own Ally: Cultivating Mindful Self-Compassion

Thursdays | 3:00 PM – 4:30 PM

PING-TZU LEE PhD, LCSW

This skills-based group is for anyone who tends to be their own worst critic. It teaches mindfulness and self-compassion skills that are important for reducing anxiety, depression as well as enhancing overall well-being.



Power Up Your Productivity for Less Procrastination

Tuesdays | 11:00 AM - 12:00 PM

Weekly from 2/3 to 4/21 (no group on 3/10)

Drop-in; No registration required

This drop-in service is for students who tend to procrastinate and would like to identify ways to increase productivity. You will learn skills to focus on progress over perfection.



*** All Duke students are eligible for group services. For more information or any accommodation needs, please visit CAPS website or call 919-660-1000**



Adulting with ADHD

Wednesdays | 3:00 PM - 4:00 PM

Drop-in; No registration required

John Mitchell, PhD

This drop-in service is to help students better understand attention, focus, and executive functioning concerns. The goals are to help students learn about ADHD treatment options and determine whether a formal ADHD assessment or other support services may be helpful.



The Centered Space: Mindful Movements

Fridays: 2/6 and 2/20 3:00-4:30 PM

Tuesdays: 2/10 and 2/24 3:00-4:30 PM

Drop-in; No registration required;

Please arrive a few minutes earlier

Kaity Pechanek MA, LCMHC, NCC, RYT® 200

This group offer students the opportunity to practice mindfulness meditation, gentle yoga, and other somatic-based practices to help calm the nervous system and develop coping skills for anxiety.

