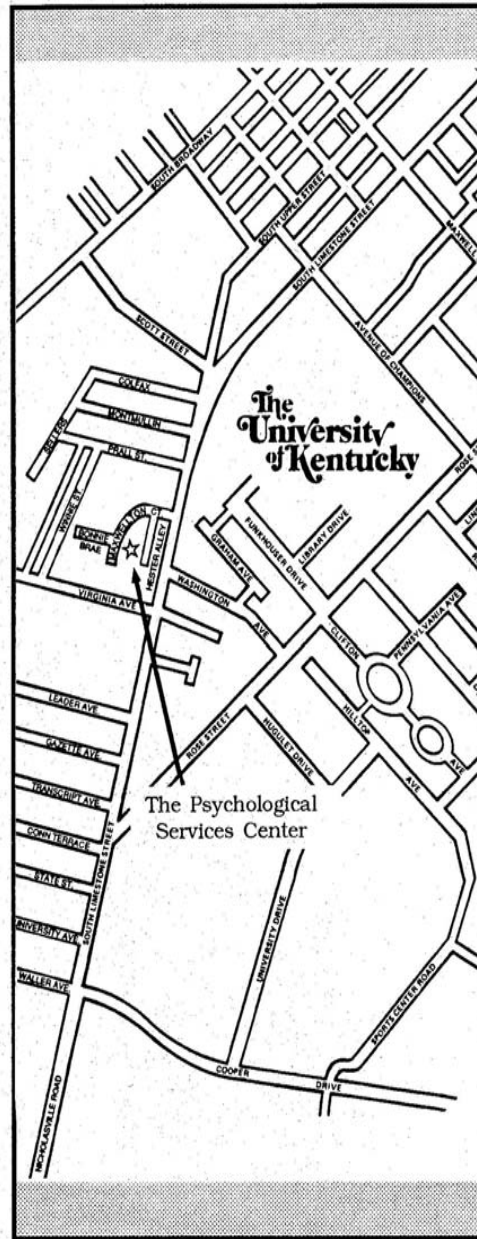


## Parking

Limited parking is available on Maxwellton Court. Additional parking is available in the designated gravel lot behind the center (right side only). The lot entrance is on Hester Alley.

## Hours

The center is open from 10:00 a.m. to 8:00 p.m., Monday through Thursday. During the summer and University holidays, hours of operation may differ.



## Jesse G. Harris, Jr. Psychological Services Center

*Adult & Child  
Group Therapy  
Services*

644 Maxwellton Court  
Lexington, KY 40508-3225  
(859) 257-6853  
(859) 257-6854 (Fax)  
[www.uky.edu/harriscenter](http://www.uky.edu/harriscenter)

Affiliated with the  
University of Kentucky  
Department of Psychology

## Harris Center Group Psychotherapy Services

The Harris Psychological Services Center offers a wide range of group therapy for adults and children. Therapists are doctoral students in clinical psychology at the University of Kentucky who are supervised by licensed clinical psychologists.

We also offer therapy and assessment services for adults, couples, families, children, and adolescents. Please call for more information.

### Fees

Fees vary for each group. A sliding fee scale is available based on income. Acceptance for treatment is not based on ability to pay.

### Contact Us

For more information, please call  
(859) – 257 – 6853.

## Adolescent/Child Groups

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### Social Skills Group

**Focus:** Developing social skills and improving peer relationships.

**Format:** 12 weekly after-school sessions for children ages 8 - 12.

**Content:** Topics include social problem solving, cooperation, conversational skills, recognizing and controlling anger, complimenting and encouraging others, and

group entry. Sessions consist of group discussions, learning activities, skill practice, and role-playing.

### Anger Management Group

**Focus:** Teaching skills to effectively manage anger and reduce aggression.

**Format:** 12 weekly after-school sessions for children ages 8 - 12.

**Content:** Topics include understanding what makes you angry, recognizing when you are getting angry, learning how to control your anger, appropriately expressing anger, problem solving, perspective taking, and learning how to handle frustration.

### Parenting Group

*(required for those with children in anger management group)*

**Focus:** Teaching skills for more effective parenting.

**Format:** 12 weekly sessions for parent(s).

**Content:** Topics include effective communication, behavioral modification, design and implementation of rules, and family involvement. Sessions consist of lectures, discussion, and homework.

### Body Acceptance Group (The Body Project)

**Focus:** Challenging body-related concerns and increasing body satisfaction and acceptance.

**Format:** 4 weekly after-school sessions for 7<sup>th</sup> and 8<sup>th</sup> grade girls.

**Content:** Topics include examining the thin-ideal and exploring ways to resist pressures to be thin, learning how to challenge personal body-related concerns, and learning new ways to talk more positively about bodies. Sessions consist of discussions,

learning activities, role-playing, and out-of-session activities.

## Adult Groups

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### Mindfulness-Based Stress Reduction

**Focus:** Learning to effectively cope with stress, anxiety, pain, or other negative life experiences through mindfulness.

**Format:** 8 weekly evening sessions, as well as daily practice involving meditation, yoga, and other activities.

**Content:** Topics include integrating mindfulness into daily living, practicing meditation and yoga taught from a non-religious perspective, confronting and coping with negative feelings and experiences, and learning to be more aware of the self in the world.

### Skills Training Group for Borderline Personality

**Focus:** Skills training for persons with Borderline Personality Disorder, based on dialectical behavior therapy (DBT).

**Format:** Weekly sessions for one year. Members must be at least 18 years old.

**Content:** Topics include regulating emotions, being more effective in relationships, practicing mindfulness meditation, and dealing with stressful situations. Sessions consist of lectures, discussion, and homework.

*Please note that other groups may be offered depending on the needs of the community.*