Campus Partner Seminars

All seminars are conducted virtually via Zoom. Dates for seminars are subject to change.

R.E.S.T & Resilience
Hosted by Jinaki Flint, PsyD

Campus Partner: Office of Multicultural Affairs

Dates and Times: 8/31, 9/28, 10/26 | 7 to 8 p.m.
Renewing & Empowering Spaces for Truth (REST) & Healing is a new program created by the Office of Multicultural Affairs. Culturally centered psychoeducation, and explorations of experiential indigenous healing for consciousness raising, community building, and emotional, mental, spiritual wellbeing.

Personal Justice & Social Justice
Hosted by Jinaki Flint, PsyD

Campus Partner: Center for Public Service, CBP Center for Intercultural Life

Dates and Times: 9/01, 9/29, 10/20, 11/17 | 6:30 to 8 p.m.
Culturally centered psychoeducation and emotional wellness strategies for social and racial justice advocates. Sessions also include explorations of healthy mentorship, and indigenous history, traditions, languages, and culture for nervous system restoration and healing.

Burnout & Self-Care
Hosted by Shawna Foose, LPC

Campus Partner: Center for Public Service – Americorps VISTA

Date and Time: 8/28 | 10 to 11 a.m.
Discussions about advocate burnout and stress management strategies as well as experiential mindfulness activities.

SAPHE Survivor Support Training
Hosted by Jessica Chavez, PhD

Campus Partner: SAPHE

Date and Time: 9/12 | 9:45 to 10:45 a.m.
Explaining vicarious trauma, identifying signs and symptoms of vicarious trauma and burnout. Interactive sessions will include stress and anxiety management strategies for taking care of the body, mind, and spirit.

¡Salud!
Hosted by Ginette Argüello, LMSW

Campus Partner: Latinx Students

Dates and Times: 9/17, 10/15, 11/12 | 5 to 6 p.m.
This seminar series aims to build community and provide an empowering space for Latinx students to thrive at Tulane. This seminar series will focus on self-care, connecting with others, and learning stress reduction techniques based on mindfulness.

Exhale Stress, Inhale Peace
Hosted by Ginette Argüello, LMSW

Campus Partner: Phyllis Taylor Center for Social Innovation and Design Thinking.

Dates and Times: 9/01, 10/06, 11/03 | 5:30 to 6:30 p.m.
A three-part workshop series for international students, includes simple exercises to reduce stress. The focus will be on connecting with others, self-care and learning stress reduction techniques based on mindfulness.

To learn more, call 504-314-2277.
campushealth.tulane.edu/counseling-center