

# FOR US BY US: TRINITY BLACK STUDENT SUPPORT GROUP

2019-2020

SPONSORED BY COUNSELING SERVICES

## About the student participants

- The group is for enrolled Trinity students who are of any African origin (African, African American, Black American, Afro-Latino, Multiracial with a part being African/Black).

## About the gatherings

- This is a discussion/support group, not a psychotherapy group. Therefore, no participant becomes a client of Counseling Services by virtue of participating in the group, and no record of any meeting is kept other than attendance.
- We meet for 75 minutes every two weeks during fall and spring semester, typically in a meeting room of Coates Student Center. The day of the week depends on the availability of the facilitator.
- During 2018-19, six to eight students attended each gathering with about 12 participating at some time during the year.
- Students may attend whenever they wish. They may arrive and depart as their availability permits.
- The group begins with a welfare check on each participant. Often times, discussion topics will emerge from the welfare checks. If not, the facilitator often has topics of current interest to discuss in the group, specifically race/academic related news or current events. Participants also share their experiences of being Black students on campus and explore strategies for navigating through challenges.
- When a student participates for the first time, the facilitator invites the student to introduce themselves and tell a bit about the experiences that lead them to Trinity University.

## About the facilitator

- Ashley Logan is a Licensed Professional Counselor Supervisor with three Master's degrees from Mississippi State University. As an undergraduate at Millsaps College, she was President of the Black Student Association. Currently she is a doctoral student in the Counseling Psychology program at Our Lady of the Lake University.
- The group began during spring semester of 2018 under the leadership of Aisha Woods Zarb-Cousin, also a Licensed Professional Counselor Supervisor and doctoral student in the Counseling Psychology program at Our Lady of the Lake University.

## About the expectations

- Confidentiality: What's said in the group stays in the group.
- It has been important to the participants to have a *safe space* to discuss their experiences while a student at Trinity. Sometimes the discussions are sensitive and emotional. Safety in the group is of high concern. Therefore, all participants provide a respectful and supportive atmosphere where safety and trust abound.

## Exceptions to confidentiality

Neither of the following has been disclosed during a gathering, but you should be aware of the following so you can be thoughtful about what you might disclose if either is ever be relevant for you.

- If a group participant discloses an incident of *sexual assault, sexual harassment, dating violence, or stalking* that has been perpetrated by or experienced by themselves or any Trinity student or employee while a Trinity student or employee (regardless of the location), Texas law requires that Ms. Logan report all disclosed information about the incident to the university's Title IX coordinator.
  - The Title IX coordinator will offer information to the student about support resources and complaint resolution options. The report does not initiate the complaint process, and the student will be in control over whether and how to engage with the Title IX coordinator.
  - There are three confidential sources of support on campus: a Counseling Services counselor (when the student is a client), a Health Services medical provider, and the University Chaplain.
- If a group participant discloses *intent to injure themselves or another person*, Ms. Logan will respond to support the safety of anyone at risk of injury or death by soliciting the assistance of Counseling Services' on-call counselor.

For questions about the group, email Ashley Logan at [alogan18fl@ollusa.edu](mailto:alogan18fl@ollusa.edu).