



# Wellness Commons Newsletter



*Sewanee's Home for Student Wellbeing*  
February 2024

[CAPS](#) [UHS](#) [FitWell](#)

## PROGRAM SPOTLIGHT: Brief Evidence-Based Psychotherapy

### WHAT IS THE CAPS BEBP CLINIC?

#### BRIEF EVIDENCE-BASED PSYCHOTHERAPY

involves treatment protocols that focus on short-term, evidence-based treatments for specific diagnoses and/or treatment goals

#### BEBP TREATMENTS CAN HELP THOSE WITH:

- Anxiety and stress
- Depression
- Obsessive Compulsive Disorder (OCD)
- Difficulty with life transitions



**Sewanee  
Wellness**

Call the CAPS Front Desk to learn more!  
(931) 598-1325

## Brief Evidence-Based Psychotherapy (BEBP)

Sewanee's Counseling and Psychological Services is excited to offer a new treatment clinic starting this semester called BEBP or **Brief Evidence-Based Psychotherapy**. This is a type of individual therapy that is more structured than typical therapy that students may attend. There are a set number of sessions for BEBP clinic treatments with standardized materials and homework. This treatment would be good for those with:

- anxiety
- depression
- obsessive compulsive disorder
- difficulty with life transistions

To schedule a BEBP clinic appointment or learn more, ask your current CAPS therapist or call the front desk at (931) 598-1325. *Please note that your ongoing CAPS therapist cannot be your BEBP clinician.*

## EMPLOYEE SPOTLIGHT: Kayleigh Perlotto



Kayleigh Perlotto is our new Director of FitWell. She is a recreation therapist who moved to Sewanee from Texas last July. She was promoted to Director of FitWell in January, and she brings to this role a passion for inclusivity and overall wellbeing.

**Get to Know Kayleigh**

### What is your favorite part about your job?

My favorite part about my job is the positive and supportive work environment that allows me to meet new people, share ideas, and find wellness in my everyday life.

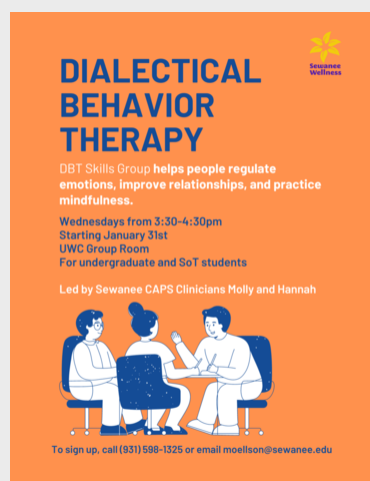
### What do you like to do in your spare time?

I love to hike, travel (especially to see family and friends), spend time with animals, paint, and experiment with new and unique recipes in the kitchen.

### How do you incorporate wellness into your life?

I love any excuse to be outside, and Sewanee delivers on that. I have lived in many places, but always find myself prioritizing wellness through building community, spending time outdoors, finding outlets for self-expression, and bring a sense of ownership to the things I'm passionate about.

## UPCOMING WELLNESS EVENTS



### Dialectical Behavior Therapy Skills Group

This skills-based group is led by CAPS therapists and meets weekly on **Wednesdays from 3:30-4:30pm** in the Wellness Commons Group Room. Participants will learn invaluable skills such as emotion regulation, relationship improvement techniques, and mindfulness. There is still time to join if you are

interested! Please call (931) 598-1325 or email [moellson@sewanee.edu](mailto:moellson@sewanee.edu) to sign up.

### Let's Talk: How to Know What's Best For You

Let's Talk events are opportunities for students to get to know CAPS therapists outside of the office and to talk about important issues while having fun together. Next

**Monday, February 5th from 5-6pm**, join the Wellness

Commons and the CoHo in a guided conversation

about how to know yourself and make decisions that are best for you. There will be free snacks and beverages!



## Grief Group

Are you grieving the death of a loved one? Do you need companionship through the healing process? The Wellness Commons and All Saints' Chapel are hosting a Grief Group that will meet on **Mondays from 4:30-6pm in the Wellness Commons Relaxation Room.**

This group will be led by Amanda Gott. Food will be provided. To register, please email Amanda at [akgott@sewanee.edu](mailto:akgott@sewanee.edu).

## InterSEXtional Labs

In collaboration with the Title IX Office, the Wellness Commons invites you to discussions on boundaries, negotiation, and consent on **Tuesday, February 20 at 7pm** in Wellness Commons 203!



## Educate Yourself: Drug Interactions

a two-part event sponsored by the Wellness Commons, SSSDU, and Peer Health

**Drug-Drug Interactions**  
Tuesday, February 20  
4-5:30pm

**Alcohol-Drug Interactions**  
Wednesday, February 28  
4-5:30pm

These non-judgmental discussions will be led by Dr. Kate Cammack and Nurse Practitioner Brooke Moody



Both events held in the Social Lodge with free Chick-Fil-A!

# Educate Yourself: Drug Interactions

Join the Wellness Commons, SSSDU, and Peer Health for a two-part event on nonjudgmental discussions about how medications you may be taking interact with other drugs and alcohol. Both discussions will be led by Dr. Kate Cammack and Nurse Practitioner Brooke Moody in the Social Lodge with free Chick-Fil-A! The first discussion will be on drug-drug interactions on **Tuesday, February 20 from 4-5:30pm** and the second will

be on alcohol-drug interactions on **Wednesday, February 28 from 4-5:30pm.**

## Eat, Learn, Flourish: Belonging & Healthy Relationships Panel

This semester's Eat, Learn, Flourish (E.L.F.) panel will be a discussion on belonging and healthy relationships. Save the date for **Thursday, February 22 from 12:30-1:30pm** in Wellness Commons 203 for free Mountain Goat lunch and amazing panelists (to be announced soon)!





## FEBRUARY 2024 FITWELL HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6am-9pm	2 6am-7pm	3 10am-2pm
4 12pm-7pm	5 6am-9pm	6 6am-9pm	7 6am-9pm	8 6am-9pm	9 6am-7pm	10 10am-2pm
11 12pm-7pm	12 6am-9pm	13 6am-9pm	14 6am-9pm	15 6am-9pm	16 6am-7pm	17 10am-2pm
18 12pm-7pm	19 6am-9pm	20 6am-9pm	21 6am-9pm	22 6am-9pm	23 6am-7pm	24 10am-2pm
25 12pm-7pm	26 6am-9pm	27 6am-9pm	28 6am-9pm	29 6am-9pm		



## FITWELL GROUP CLASS SCHEDULE EASTER 2024


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NO CLASSES SCHEDULED FOR SATURDAYS	SUNDAY
	<b>BARBELL 101</b> 9:30AM - 10:45 AM AINSLEIGH			<b>INTERMEDIATE YOGA</b> 9:30-10:30AM JOSIE		
	<b>VINYASA FLOW</b> 9:30AM - 10:30 AM LIZ	<b>PILATES</b> 4pm - 4:45pm CAT		<b>CIRCUIT SURGE</b> 11 AM- 12 PM AINSLEIGH		<b>INTERMEDIATE YOGA</b> 12 PM - 1 PM JOSIE
<b>EXPRESS SPIN</b> 5:30PM - 6 PM CATHERINE	<b>STRENGTHS + CIRCUIT</b> 5PM - 6PM CATHERINE	<b>POWER HOUR</b> 5PM - 6PM CATHERINE + CAROLINE	<b>THEMED SPIN</b> 5:45PM - 6PM ANNIE BETH	<b>SPIN CLASS</b> 4:30PM - 5 PM CAT		<b>SUNDAY SPIN</b> 5PM - 5:45PM CATHERINE
<b>JUMP START SPIN</b> 6:45 PM - 7 PM CAROLINE	<b>PARTY ON A BIKE</b> 5:45PM - 6PM ANNIE BETH	<b>BARBELL 101</b> 6:30 PM - 7:45 PM AINSLEIGH	<b>CARDIO KICKBOXING</b> 5:30 PM - 6:45 PM CAROLINE			<b>GENTLE YOGA</b> 5PM - 6 PM LIZ

You can now register for FitWell's group exercise classes on [Engage!](#)

# Peer Health and SSSDU Events

PEER HEALTH PRESENTS

# SHOCK YOUR SYSTEM



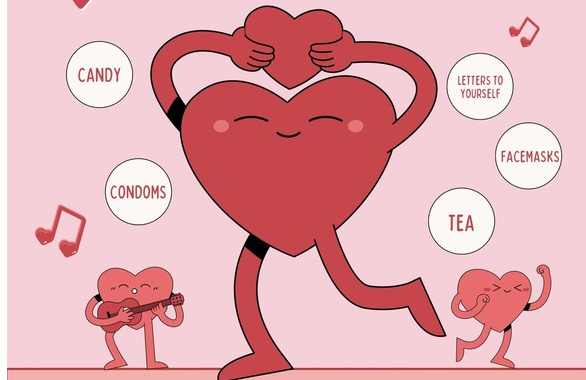
## ICE DUNK

COME DUNK YOUR HEAD IN SOME ICE WATER TO SHOCK YOUR NERVOUS SYSTEM. SHOWN TO INCREASE MOOD AND INDUCE FEELINGS OF CALM

SPENCER QUAD  
FRIDAY, FEBRUARY 2ND  
2PM-3PM

PEER HEALTH AND STUDENT GOVERNMENT ASSOCIATION

# LOVE YOURSELF FIRST



SPENCER LAWN ♥ FEBRUARY 14TH ♥ 11 AM - 2 PM

**Email:**

[uwc@sewanee.edu](mailto:uwc@sewanee.edu) and [fitwell@sewanee.edu](mailto:fitwell@sewanee.edu)

**Phone:**

(931) 598-1270

**Location:**

Wellness Commons

604 University Ave., Sewanee, TN 37383

**CAPS and UHS Hours:**

Monday-Friday, 8:00 a.m. to 4:30 p.m.

Closed for lunch daily from 12:00 p.m. to 1:00 p.m.

**FitWell Hours:**

Monday - Thursday 6:00 am - 9:00 pm

Friday 6:00 am - 7:00 pm

Saturday 10:00 am - 2:00 pm

Sunday 12:00 pm - 7:00 pm

Visit out [website](#) for more information!



The University of the South 735 University Ave. Sewanee, Tenn. 37383

[Subscribe](#) to our email list.