

From Stress to Success

From Stress to Success: Somatic Experiencing Based Mental Health Support for Ph.D. Students

- **Biopsychosocial Approach:** SE provides a holistic method that integrates biological, and psychological aspects to address and mitigate stress and trauma.
- **Research:** Studies indicate that Ph.D. students face significant levels of stress and pressure. Incorporating SE can help in effectively managing these challenges.
- **Structured Support Program:** An 8-week SE-based online group counseling program can offer structured and consistent support, enabling Ph.D. students to cope better with the demands of their academic pursuits.
- **Adaptability:** The online format of group counseling allows for accessibility and convenience, accommodating the varying schedules of busy Ph.D. students. Beyond immediate stress relief, SE training can equip students with long-term skills for self-regulation and emotional resilience. SE can potentially improve concentration, productivity, and overall academic performance for Ph.D. students.

