

Counseling & Psychological Services Group Offerings, Fall 2017
(Most groups require an initial individual meeting. For more information, call 812-855-5711.)

HEALTHY CONNECTIONS GROUPS

GRADUATE AND RETURNING STUDENTS: *Mondays, 3:00-4:30 p.m., Tuesdays 1:30-3:00 p.m., Thursdays, 2:30-4:00 p.m.*

Location: CAPS, 4th floor, IU Health Center

This group focuses on teaching students to improve their relationships with others and deepen their understanding of themselves in relationships. It offers a safe place for members to share their honest thoughts and feelings about aspects of their ways of interacting. \$17 per session. Students will choose which day they attend (choose one).

UNDERGRADUATE: *Mondays, 10:00-11:00 a.m.*

Location: CAPS, 4th floor, IU Health Center

Often the personal issues that bring us to counseling (e.g., stress, anxiety, depression) have more to do with how we relate to others than we think. This group will help members explore the relationship between their interpersonal style and their emotional well-being. Members will be encouraged to experiment with new behaviors, which can foster more meaningful connections with others and enhance emotional health. \$15 per session.

MEN'S GRADUATE AND RETURNING STUDENTS: *Tuesdays, 9:00-10:00 a.m.*

Location: CAPS, 4th floor, IU Health Center

This group focuses on teaching men to improve their relationships with others and deepen their understanding of themselves in relationships. The group offers a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting and expressing themselves. \$15 per session.

WOMEN'S GRADUATE AND RETURNING STUDENTS: *Tuesdays, 2:00-3:30 p.m.*

Location: CAPS, 4th floor, IU Health Center

This group will focus on teaching women to improve their relationships with others and deepen their understanding of themselves in relationships. The group offers a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting and expressing themselves. \$17 per session.

SPECIAL POPULATION, SUPPORT, AND SKILLS GROUPS

HEALTHY RELATIONSHIPS SUPPORT GROUP: *Wednesdays, 1:30-2:30 p.m.*

Location: CAPS, 4th floor, IU Health Center

A confidential, all-gender support group for individuals who are questioning the health of their relationships and/or recognizing patterns of power and control within their relationship. This group is free.

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: *TBD*

Location: CAPS, 4th floor, IU Health Center

This group is open to undergraduate and graduate students who are survivors of childhood sexual abuse. The purpose of this group is to provide a safe and therapeutic environment to explore common issues associated with childhood sexual trauma, including exploration of family dynamics and impact on current relationships and academics. Group members have the opportunity to share their experiences at their own pace, connect with other students, and offer and receive support. This group is free.

SURVIVORS OF SEXUAL ASSAULT: *Fridays, 1:00-2:30 p.m.*

Location: CAPS, 4th floor, IU Health Center

This group is open to undergraduate and graduate students who are survivors of sexual assault, defined as any unwanted and nonconsensual sexual contact. The purpose of this group is to provide a safe and therapeutic environment to explore common issues associated with experiencing a sexual assault, including the impact on relationships with family and friends, academics, impact on physical and mental health, and how to handle issues related to reporting (for those who decide to report). Group participants have the opportunity share their experiences at their own pace, connect with other students, understand the current impact of this experience, begin to work through and resolve feelings associated with trauma, and to offer and receive support. This group is free.

DISSERTATION SUPPORT: *Tuesdays, 1:30-3:00 p.m.*

Location: CAPS, 4th floor, IU Health Center

This group focuses on peer and emotional support, goal setting, and anxiety/stress management in relation to dissertations. \$10 per session.

NOURISH: THE BODY AND THE SELF: *Thursdays, 1:00-2:30 p.m.*

Location: CAPS, 4th floor, IU Health Center

Do you have a difficult and confusing relationship with food and your body image? This process-oriented therapy group is designed to explore eating disorder struggles while creating self-awareness of thoughts, feelings, and effectiveness in relationships. Discussion is not focused on when/where/how members engage in disordered eating behaviors. If you are interested in learning about yourself, providing support, and receiving support, please talk to your counselor or schedule an individual intake appointment. \$17 per session.

IDENTITY GROUP: TBD

Location: CAPS, 4th floor, IU Health Center

This group offers an inclusive and affirming space for students to discuss gender identity and related community resources, as well as to share support. \$15 per session.

STAYING OUT OF TROUBLE: TBD

Location: CAPS, 4th floor, IU Health Center

Drug and alcohol use can have a number of unintended consequences. Sometimes students are aware of them, sometimes not. If you are interested in exploring your drug and alcohol use in this non-judgmental atmosphere to better make up your own mind about the risks and benefits, please consider attending this group. \$15 per session.

SOBRIETY: TBD

Location: CAPS, 4th floor, IU Health Center

Are you sick and tired of how drinking and using drugs are affecting you? Are you ready to stop? Sobriety is here to help you succeed. This is an open-ended therapy group that you can join anytime. Learn what works for you in a non-judgmental way. \$15 per session.

SHIFTING GEARS: TBD

Location: CAPS, 4th floor, IU Health Center

Are you in your last semester of college or getting ready for a big internship? Now may be time to prepare for the world beyond student life. Shifting Gears will help maximize your success post-college. Come in, talk about your goals, and make a plan on how to meet them. \$15 per session.

ANGER MANAGEMENT: *Thursdays, 2:30-3:30 p.m.*

Location: CAPS, 4th floor, IU Health Center

Have you gotten in trouble due to anger? Would you like to utilize counseling? Come to the Anger Management group. Talk about what happened. Figure out what to do next time. Try to see your situation from others' perspectives. Length in group is negotiated but typically eight sessions are recommended. No group preparation session is necessary. \$15 per session.

MANAGING YOUR EMOTIONS: *(Three skills training modules of 6-8 sessions each)*

Distress Tolerance: *Wednesdays 1:00-2:30 pm*

Location: CAPS, 4th floor, IU Health Center

These groups are based on Dialectical Behavioral Therapy skills. The goal of these groups is to help participants feel more balanced and in control of their lives. The skills focus on decreasing interpersonal chaos, labile emotions, impulsiveness, and cognitive dysregulation while increasing interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness. The groups are broken into three skills training modules of 6-8 sessions each. In the spring, we are offering both Distress Tolerance and Interpersonal Effectiveness. Distress Tolerance Skills teach new coping skills to help people get through crisis without making things worse. The Distress Tolerance Skills target problem-coping behaviors such as self-injury, bingeing, purging, over-exercise, substance use, addictive behaviors, suicide, and angry outbursts. The Interpersonal Effectiveness Skills teaches you to communicate in a way which will increase the likelihood of achieving your objectives, maintaining relationships, and maintaining your self-respect. Talk to your counselor to determine if these groups will be helpful for you. Each group is \$17 per session.