HEALTHY CONNECTIONS GROUPS

GRADUATE AND RETURNING STUDENTS: Mondays, 3:00-4:30 pm, Thursdays, 2:30-4:00 p.m.
UNDERGRADUATE: Mondays, 10:00-11:00 a.m.
MEN'S GRADUATE AND RETURNING STUDENTS: Tuesdays, 9:00-10:00 a.m.
WOMEN'S GRADUATE AND RETURNING STUDENTS: Tuesdays, 2:00-3:30 p.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. Healthy Connections 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 for hour session/$17 for 1 ½ hour 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: Fridays, 3-4:30 pm
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, 2:30 – 4:00 pm
Location: CAPS, 4th floor, IU Health Center
Do you have a difficult relationship with food and how you see yourself? 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 your relationship with self and others, providing support, and receiving support, please talk to your counselor or schedule an individual intake appointment. $17 per session.

EMOTIONAL EATING: Tuesdays, 1:30 – 3:00 pm
Location: CAPS, 4th floor, IU Health Center
When you experience negative emotions do you eat a large amount of food and feel out of control? In this group we will focus on developing skills to better regulate and tolerate negative emotions so that you can change your relationship with food. $17 per session.

FAMILY RELATIONSHIPS: Mondays, 2:30 – 4:00 pm
Location: CAPS, 4th floor, IU Health Center
Talking about family problems can feel hard to do, especially if you’re not sure others will understand. This group will give you a supportive, safe space to talk to students who share similar struggles. Group members will increase their understanding of how family relationships impact their beliefs about themselves and others, and their current relationship patterns. $17 per session.

TRANS SUPPORT GROUP: Mondays, 1:00 – 2:00 pm
Location: B109 in Spruce Hall
The Trans Support Group offers a safe and supportive environment for transgender students to explore stressors as they pertain to issues of identity, transitioning, transphobia, relationships, and mental health. In addition to exploration and social support the group will include ways of navigating stress and distress from social, cultural, and political sources. $15 per session.

EDUCATION AND EXPLORING GROUP: Fridays, 3-4 p.m.
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.
TAKE BACK YOUR LIFE: Fridays, 3:30-4:30 p.m.
**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.

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 liked 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:
**Emotion Regulation:** Wednesdays: 10:00-11:30 am
**Interpersonal Effectiveness:** Fridays: 10:00-11:30 am
**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. Emotion Regulation Skills assist you to decrease vulnerability to negative emotions, increase positive emotions, change emotions, and tolerate emotions. 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, binging, 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.

DEFEATING DEPRESSION:
**Wednesdays, 3:00-4:00 p.m.**
**Location:** CAPS, 4th floor, IU Health Center

About 1 in 4 individuals experience depression at some point in their lives. In this group, we will examine how our thoughts, feelings, and behaviors influence our mood and work to navigate our depressive experiences through the development of coping strategies. Each session, will consist of an education component and time for each group member to process how the material relates to their personal experience. Through the use of mindfulness, group members will learn how staying in the here-and-now can be a valuable strategy toward working through their depression. Each group is $15 per session.