Counseling and Psychological Services/Sexual Assault Crisis Service
Group Offerings, Fall 2014
Most groups require an initial individual meeting.
For more information call 855-5711.

HEALTHY CONNECTIONS GROUPS:

GRADUATE AND RETURNING STUDENTS: Tuesdays, 10:30-noon; Wednesdays 1:00-2:30 p.m.; Thursdays, 2:30-4:00 p.m.

These groups focus on students learning to improve their relationships with others and deepen their understanding of themselves in relationships. These groups offer a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting.

UNDERGRADUATE: Thursdays, 1:30-3:00 p.m.

Often the personal issues that bring us to counseling have more to do with how we relate to others than we think. These groups 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.

WOMEN’S GRADUATE AND RETURNING STUDENTS: Thursdays, 3:00-4:30 p.m.

This group will focus on women learning 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.

MEN’S GROUP: Fridays, 3:00-4:30 p.m.

This group will focus on men learning 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.

SPECIAL POPULATION, SUPPORT, AND SKILLS GROUPS

DISORDERED EATING GROUP: Friday afternoons, time to be announced.

This group provides a safe and comfortable environment to meet with 5-8 other students who share difficulties with body image, binge eating, purging, restricting or over-exercise. The group focuses on helping members identify their own emotional triggers to using their problematic eating behaviors, and then practicing new ways of coping in order to reduce these behaviors. (Discussion is not focused on when/where/how members engage in disordered eating behaviors.) Members also receive support, encouragement, and challenges from others who share similar difficulties.

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: Wednesdays, 11:30-1:00 p.m.

This group is open to undergraduate and graduate women and men who are survivors of childhood sexual abuse. The aim of this group is to provide a safe and therapeutic environment to explore some of the common problems associated with childhood sexual abuse. Some objectives are to help group participants share their secret and recognize that they are not alone, understand the current impact of this experience, and begin to work through and resolve feelings associated with their trauma.

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

This group will meet weekly and is open to undergraduate and graduate students who are survivors of sexual assault. Sexual assault is defined as any unwanted and nonconsensual sexual contact. It includes, but is not limited to rape. The purpose of this group is to provide a safe and therapeutic environment to explore some of the common problems associated with surviving a sexual assault. Some objectives are to help participants share their experience and recognize that they are not alone, understand the current impact of this experience, and begin to work through and resolve feelings associated with their trauma and to make changes.

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

This group will focus on peer and emotional support, goal setting, and anxiety/stress management.

STAYING OUT OF TROUBLE: Fridays, 3:30-4:30 p.m.

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 so you can better make up your own mind about the risks and benefits, please consider attending this group.
SOBRIETY: Mondays, 2:30-3:30 p.m.
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 any time. It’s all about learning what works for you in a non-judgmental way.

ANGER MANAGEMENT: Thursdays, 2:30-3:30 p.m.
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 it from the other person’s perspective. Length in group is negotiated but typically 8 sessions are recommended. No group preparation session is necessary.

TECH DEPENDENT GROUP: Tuesdays, 9:00-10:00 a.m.
Have you found your use of smart phones, tablets, computers and game consoles causing problems? Are you addicted to texting, social networks, or games? Have you tried to limit your use? It’s harder to do than you think. If you’d like support with this, we’re here to help. The Tech Dependent Group is an open end group that you can start any time. All we need is for you to have a regular intake at CAPS. You can stay in the group as long as you need to help you reach your goal. We can’t live without technology but we can make it work for us rather than us work for it.

MANAGING YOUR EMOTIONS: Emotion Regulation Wednesdays, 1:30-3:00 p.m.
Distress Tolerance Day and time to be announced
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 down into 3 skills training modules of 6-10 sessions each. In the fall we will offer the modules of Emotion Regulation and Distress Tolerance. 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. Talk to your counselor to determine if these groups will be helpful for you.

FREE GROUP SERVICES

MINDFULNESS-BASED STRESS MANAGEMENT WORKSHOPS: Mondays and Wednesdays at 2 p.m., Tuesdays and Thursdays at 10 a.m.
Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are Free and we encourage you to attend as many as you wish. You do not need to be a CAPs client to attend.

VOICES OF DISCOVERY: Wednesdays 2:30-4:00 p.m. (FREE. 6-week-commitment is required)
In this group, we will facilitate discussion around multiple dimensions of identity (race, ethnicity, SES, gender, sexuality, ability, etc.). We will also provide a safe place for participants to talk about their experiences including discrimination, micro-aggressions, privilege, oppression, etc. The hope for this group is for participants to engage in safe dialogue about their experiences to learn more about themselves and others.

EMOTIONAL HEALTH WORKSHOPS: See details and schedule on the flyer
We are offering multiple, free, 1-hour workshops aimed at helping students address common concerns that bring them into counseling. These workshops will offer students support and coping skills. They will also foster emotional resilience and strength. You do not need to be a CAPs client to attend.

New Groups and Workshops will be added. Please check our website for the most up-to-date group schedule. Find us on Facebook for information on upcoming seminars, workshops, and events.
http://healthcenter.indiana.edu/counseling