HEALTHY CONNECTIONS GROUPS

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

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

UNDERGRADUATE: Wednesdays, 1:30-3:00 p.m.; Thursdays, 3:00-4:30 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: Tuesdays, 2:30-4:00 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 GRADUATE AND RETURNING STUDENTS: Fridays, 1:30-3:00 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: Wednesdays, 1:00-2:30 p.m. (tentative day and time)

This group provides a safe 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 emotional and interpersonal triggers that lead them to use their problematic behaviors, and then practicing new ways of coping. (Discussion is not focused on when/where/how members engage in disordered eating behaviors.) Members also receive support and encouragement from others who share similar difficulties.

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: Thursdays, 1-2:30 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: Tuesdays, 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. and Tuesdays, 3:30-5:00 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: Wednesdays, 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.

MINDFULNESS-BASED STRESS MANAGEMENT: Times to be determined.

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 group 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.

MANAGING YOUR EMOTIONS: Wednesdays, 1:00-2:30 p.m. (Three skills training modules of 6-10 sessions each)

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 a module on Distress tolerance Skills. Distress Tolerance Skills help you to get through a crisis without making it worse. If you struggle with impulsive/self-destructive behaviors or have difficulty tolerating emotional distress, you may want to consider this group. In the spring, we will offer the modules of Emotion Regulation and Interpersonal Effectiveness. Emotion Regulation Skills assist you to decrease vulnerability to negative emotions, increase positive emotions, change emotions, and tolerate emotions. In the second portion of the semester we will offer an Interpersonal Effectiveness Group. The Interpersonal Effectiveness Skills support you to communicate in a way which will increase the likelihood of achieving your objectives, maintaining relationships, and maintaining your self-respect. Talk to you counselor to determine if these groups will be helpful for you!

COGNITIVE BEHAVIOR THERAPY EXERCISE GROUP: Tuesdays, 2:30-4:00 p.m.

This group is for students who are dealing with depression or anxiety. It is a structured group that blends cognitive behavioral therapy techniques with elements of a mental health support group. Participants will use written self-monitoring tools to increase awareness between sessions. During sessions they will do exercises to encounter their self-talk and try out different ways of engaging it. Participants will encourage one another to take emotional risks and act as an accountability group regarding doing homework.

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.