Are you sick and tired of how drinking and using drugs are affecting you? 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.

GROUP OFFERINGS

**HEALTHY CONNECTIONS GROUPS**

**GRADUATE AND RETURNING STUDENTS:** Tuesdays, 2:30-4:00; Wednesdays, 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:** Mondays, 1:30-3:00 p.m.; Tuesdays, 10:00-11:30 a.m.; Thursdays 8:30-10:00 a.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:** Mondays, 1:30-3:00 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, 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:** Fridays, 1:30-3:00 p.m.
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.

**NOURISH: THE BODY AND THE SELF:** Fridays, 9:00-10:30 a.m.
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 more self-awareness of thoughts, feelings and effectiveness in relationships. If you are interested in learning about yourself, providing support, and receiving support, please talk to your counselor or schedule an intake appointment.

**SURVIVORS OF CHILDHOOD SEXUAL ABUSE:** Fridays, 2:30-4:00 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, 12:30-2:00 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:** Thursdays, 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.

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, Facebook, 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: Wednesdays, 8:30-10:00 a.m.; Wednesdays, 1:30-3:00 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 Skills Module. 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!

FREE WORKSHOPS AND SUPPORT GROUPS

MINDFULNESS-BASED STRESS MANAGEMENT: Mondays and Wednesdays, 10:00-11:00 a.m.; Tuesdays and Thursdays, 2:00-3:00 p.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.

SELF-CARE FOR PEAK PERFORMANCE: Wednesdays, 1:00-2:00 p.m.
Did you know some stress can help you perform better? But, too much stress can lower your performance? Learn how self-care can help you stay at your peak. This FREE workshop will help you to identify and utilize self-care strategies. A different topic will be covered in each workshop. No need to register, just drop in for any or all of the sessions.

BODY ESTEEM BOOT CAMP: Thursdays, 3:00-4:30 p.m. (February 27-April 10)
Do you often criticize your body? Do you often compare your body to the bodies of celebrities? Do you feel like your body image keeps you from getting close to others? Do you want to feel better about your body, yourself and your relationships? If YES, then the FREE Body Esteem Boot Camp is for you! Each week will cover a different topic. You are encouraged to attend as many sessions as possible.

ACE: ACADEMIC CHANGE AND EXPLORATION: Mondays, 11:00-12:00 p.m.
Are you having trouble meeting your academic goals? This FREE workshop will help members to explore academic attitudes and address ways to overcome obstacles to personal academic success. This group will focus on assisting students in goal setting and strengthening of academic skills.

VOICES OF DISCOVERY: Wednesdays, 1:30-3:00 p.m. (February 5-March 12)
College is a formative time when students have the opportunity to explore and develop a sense of their own identity. CAPS is offering a group that facilitates identity exploration, intercultural dialogue, and multicultural understanding. Group activities and discussions will challenge participants to explore and share dimensions of their own identity, culture, and groups to which they belong. Additionally, participants will have opportunities to learn about others’ experiences of identity and culture. This is a free workshop, however, commitment to ongoing participation is required.

New Groups and Workshops will be added. Please check our website for the most up-to-date group schedule. Find us on Facebook and follow the IU Health Center on Twitter for information on upcoming seminars, workshops, and events.