Counseling and Psychological Services/Sexual Assault Crisis Service
Group Offerings, Fall 2011
Most groups require an initial individual meeting.
For more information call 855-5711.

HEALTHY CONNECTIONS GROUPS:

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

This group will focus on students 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.

UNDERGRADUATE: Thursdays, 3:00-4:30 p.m. and another TBA

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, 1:00-2:30 p.m.

This group will focus on graduate and returning student women’s issues specifically as they relate to interpersonal and romantic relationships, body image, self-esteem, empowerment, personal growth, and other personal development concerns. Throughout the group experience, women will be encouraged to share their goals and experiences with one another in a safe, confidential, and engaging environment.

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: Fridays, 1:00-2:30 p.m.

This group will provide a safe environment to meet with 5-8 other people who share similar difficulties with body image, binge eating, purging, restricting, laxative use, and over-exercise. Over the semester, this group will explore their eating habits, but also interpersonal difficulties that can contribute to eating problems. An initial consultation is necessary.

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: Wednesdays, 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 IN ACTION: Wednesdays 2:30-3:30 p.m. and Thursdays, 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 in Action 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.

MINDFULNESS-BASED STRESS MANAGEMENT: Mondays 3:00-4:00 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 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: Mondays, 12:30-2:00 p.m. (Three skills training modules of 6-8 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 6-8 sessions each. In the fall we will offer the Distress Tolerance module. Distress tolerance skills can be used to help a person survive crisis without making it worse. Talk to your counselor to determine if this group will be helpful for you!

COGNITIVE BEHAVIOR THERAPY EXERCISE GROUP: Tuesdays 1:30-3:00 p.m.

This group is for graduate 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 hold one another accountable 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 by searching for “IU Counseling and Psychological Services”.
