Counseling and Psychological Services/Sexual Assault Crisis Service  
Group Offerings, Summer 2012  
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.; Thursdays, 2:30-4:00 p.m.

These groups will 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, 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.

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

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: Wednesdays, 10:00-11:30 a.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.

DISSERTATION SUPPORT: 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.; 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.

**MANAGING YOUR EMOTIONS:** *Tuesdays, 1:30-3:00 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 summer, we will offer the Distress Tolerance module. Distress Tolerance Skills assist a person to get through a crisis without making it worse. These skills are useful for people with problems with self-injury, eating disorders, or impulsive behaviors. Talk to your counselor to determine if these groups will be helpful for you!

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*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.*