Counseling & Psychological Services Group Offerings
Summer 2019
(Most groups require an initial individual meeting. For more information, call 812-855-5711.)
Visit healthcenter.indiana.edu/counseling and @IUHealthCenter on BeINvolved, Facebook, Twitter, Snapchat, and Instagram for the most current information about our groups and workshops.

HEALTHY CONNECTIONS GROUPS
(Students need a referral from a CAPS Counselor before attending)

GRADUATE AND RETURNING STUDENTS: Thursdays, 2:30-4:00 p.m.
MEN’S GRADUATE AND RETURNING STUDENTS: Wednesdays, 9:00-10:00 a.m.
UNDERGRADUATE STUDENTS: TBD
Location: CAPS, 4th floor, IU Health Center

Often the personal issues that bring us to counseling (e.g., stress, anxiety, depression) have more to do with how we relate to others than we think. Healthy Connections Group 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. $15 for hour session/$17 for 1 ½ hour session with health fee/ $29 for hour session/$35 for 1 ½ hour session without health fee

SPECIAL POPULATION, SUPPORT, AND SKILLS GROUPS
(Students need a referral from a CAPS Counselor before attending)

ANGER MANAGEMENT: Fridays, 2:30-3:30 p.m.
Location: CAPS, 4th floor, IU Health Center

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 your situation from others’ perspectives. Length in group is negotiated but typically eight sessions are recommended. No group preparation session is necessary. $15 per group with health fee/ $29 per group without health fee

COUPLES GROUP: TBD; Possible times: Mon 8-9:30 am, Mon 4-5:30 pm or Wed 8-9:30 am
Location: CAPS, 4th floor, IU Health Center

The Couples group focuses on emotion, skill building, and conflict management in order to enhance the everyday aspects of the relationship. Within a supportive environment, partners can cultivate a more fulfilling relationship. The group focuses on improving communication, intimacy, and increasing positive sentiment through building on your relationship’s strengths. $17 per group, per couple with health fee/ $22 per group per couple without health fee

DISARMING DEPRESSION: Wednesdays, 1-2:30 pm
Location: CAPS, 4th floor, IU Health Center

About 1 in 4 individuals experience depression at some point in their lives. In this group, we will examine how our thoughts, feelings, and behaviors influence our mood and work to navigate our depressive experiences through the development of coping strategies. Each session, will consist of an education component and time for each group member to process how the material relates to their personal experience. Through the use of mindfulness, group members will learn how staying in the here-and-now can be a valuable strategy toward working through their depression. $17 per group with health fee/ $35 per group without health fee

MANAGING YOUR EMOTIONS: Distress Tolerance, Tuesdays, 2-3:30 pm
Location: CAPS, 4th floor, IU Health Center

These groups are based on Dialectical Behavioral Therapy skills. 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 into three skills training modules of 6-8 sessions each. 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. The Interpersonal Effectiveness Skills teaches you to communicate in a way which will increase the likelihood of achieving your objectives, maintaining relationships, and maintaining your self-respect. $17 per group with health fee/ $35 per group without health fee

**TAKE BACK YOUR LIFE:** Thursdays, 3:30-4:30 p.m.
**Location:** CAPS, 4th floor, IU Health Center
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 anytime. Learn what works for you in a non-judgmental way. $15 per group with health fee/ $29 per group without health fee

**FREE SUPPORT GROUPS**
All groups are located at CAPS on the 4th floor of the IU Health Center. Students need to already be a client of CAPS or have completed the CAPSNow appointment before starting group.

**DISSERTATION SUPPORT:** Tuesdays, 1:30-3:00 p.m.
**Location:** CAPS, 4th floor, IU Health Center
This group focuses on peer and emotional support, goal setting, and anxiety/stress management in relation to dissertations.

**FREE DROP-IN WORKSHOPS**
(No prior contact with CAPS needed)
**MINDFULNESS MEDITATION:** Tuesdays, 10-11 am, Fridays, 1-2 pm
**Location:** CAPS, 4th floor, IU Health Center
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.

**MINDFULNESS AND SUBSTANCE ABUSE:** Fridays, 3:30-4:30 pm
**Location:** CAPS, 4th floor, IU Health Center
Do you have any concerns about alcohol or marijuana? Thinking about making a change? Meditation and mindfulness is a research proven intervention that can help.