HEALTHY CONNECTIONS GROUPS

GRADUATE AND RETURNING STUDENTS: Tuesdays, 5-6:30 p.m., Thursdays, 2:30-4:00 p.m.
UNDERGRADUATE: Tuesdays, 1:00 – 2:00 pm
MEN’S GRADUATE AND RETURNING STUDENTS: Fridays, 9-10 am
WOMEN’S GRADUATE AND RETURNING STUDENTS: Tuesdays, 2-3:30 pm

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.

SPECIAL POPULATION AND SKILLS GROUPS

All groups are located at CAPS on the 4th floor of the IU Health Center.

NOURISH: THE BODY AND THE SELF: Mondays, 11 a.m.-12:30 p.m.

Do you have a difficult relationship with food and how you see yourself? This process-oriented therapy group is designed to explore eating disorder struggles while creating self-awareness of thoughts, feelings, and effectiveness in relationships. Discussion is not focused on when/where/how members engage in disordered eating behaviors. If you are interested in learning about your relationship with self/others, providing and receiving support, talk to your counselor or schedule an intake. $17 per session.

FAMILY RELATIONSHIPS: TBD

Talking about family problems can feel hard to do, especially if you’re not sure others will understand. This group will give you a supportive, safe space to talk to students who share similar struggles. Group members will increase their understanding of how family relationships impact their beliefs about themselves and others, and their current relationship patterns. $17 per session.

EDUCATION AND EXPLORING GROUP: Fridays, 2:00-3:00 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 to better make up your own mind about the risks and benefits, please consider attending this group. $15 per session.

ANGER MANAGEMENT: Fridays, 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 your situation from others’ perspectives. Length in group is negotiated but typically eight sessions are recommended. No group preparation session is necessary. $15 per session.

TAKE BACK YOUR LIFE: Thursdays, 2:30-3:30 p.m.

Do you have a problem with alcohol or drugs? Do you need treatment? Taking back your life is a one hour a week group. It is real treatment that you can do now. $15 per session.

MANAGING YOUR EMOTIONS: Mondays, 2:30-4 pm

These groups are based on Dialectical Behavior Therapy (DBT) skills. The goal of these groups is to help participants feel more balanced and in control of their lives. The skills focus on improving relationships, managing emotions, and getting through distressing moments. The groups are broken into three skills training modules – Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness – which are 6-8 sessions each. One or more will be offered each semester, and Mindfulness skills are included in each, to help you bring your attention to your experiences and stay in the present moment. Emotion Regulation skills help you to decrease vulnerability to negative emotions, increase positive emotions, and tolerate emotions. Distress Tolerance skills teach new coping skills to help get through high-distress situations without making things worse and to decrease the use of unhelpful or unhealthy ways of coping. The Interpersonal Effectiveness skills teach you to communicate more assertively so that you can achieve your goals, maintain relationships, and maintain your self-respect. These groups focus on teaching and discussion about the application of the skills or difficulties using them. Each group is $17 per session.

DISARM DEPRESSION: Wednesdays, 4:30-6:00 p.m.

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. Each group is $17 per session.
FREE SUPPORT GROUPS

All groups are located at CAPS on the 4th floor of the IU Health Center. With the exception of the Self-care for Survivors, students need to already be a client of CAPS or have completed the CAPSNow appointment before starting group.

HEALTHY RELATIONSHIPS SUPPORT GROUP: Wednesdays, 1:30-2:30 p.m.
A confidential, all-gender support group for individuals who are questioning the health of their relationships and/or recognizing patterns of power and control within their relationship.

SELF CARE & SUPPORT FOR SURVIVORS: Fridays, 1:00-2:30 p.m.
This group is open to undergraduate and graduate students who are survivors of: sexual violence/misconduct, interpersonal violence, intimate relationship violence, childhood sexual abuse, stalking and sexual harassment. The purpose of this group is to provide a safe and therapeutic environment to decompres from weekly stressors. Each meeting will begin with a structured self-care activity followed by an optional space for participants to gain support, with a break in between the two segments.

EMPOWERING STUDENTS OF COLOR SUPPORT GROUP: Thursdays, 9:30-10:30 am
This is a support group for students of color using a multicultural approach. Topics covered in the group may include: navigating spaces as students of color, negotiating privilege(s), and addressing responses and emotional reactions triggered by experiences of discrimination and micro/macroaggressions. The group will be able to address interpersonal difficulties, academic stress, and other topics that will help group participants increase sense of empowerment.

CHRONIC ILLNESS SUPPORT GROUP: Fridays, 11:00 a.m.-12:00 pm
Chronic Illness can be one of the most stressful life events, but it doesn’t have to be experienced alone. In this group, we will provide a confidential space to process and share your story, connect with others, & develop tools for managing your illness. Topics include adjusting to your new life, how to share your illness with others, advocacy, navigating health care, & self-care.

GENDER EXPRESSIONS SUPPORT GROUP: Fridays, 2:00-3:00 p.m.
Gender Expressions offers a safe and supportive environment for gender diverse students to explore issues related to their gender identities including but not limited to: interpersonal relationships, mental health, systemic oppression, micro-aggressions, and transitioning. In addition to offering one another a space for exploration and social support, group members will discuss potential ways of navigating stress and distress from social, cultural, and political sources.

DISSERTATION SUPPORT: Tuesdays, 1:30-3:00 p.m.
This group focuses on peer and emotional support, goal setting, and anxiety/stress management related to doctoral dissertations.

GRIEF & LOSS SUPPORT GROUP: Fridays, 2:00-3:00 p.m.
Have you lost a loved one? Are you grieving the loss of a family member, a friend, a partner or anyone else whose death is affecting you? Whether your loss was recent or years ago, this group will give you support through the grief process, the opportunity to connect with others experiencing a similar loss and a space to work through the pain of grief.

QUEER SPACE: Mondays 11:00 a.m.-12:00 p.m.
The group will serve as a safe space for students who identify as LGBTQ+ to come together to offer and receive support on common challenges facing members of our community. Topics include: micro-aggressions, the coming out process, family support or lack thereof, social difficulties related to gender or sexual identity, impact of political events, exploring one’s gender or sexual identity, and the challenges of being considered to be outside the societal “norm.”

FREE BRIEF SKILLS GROUP
All groups are located at the IU Health Center. Students need to already be a client of CAPS or have completed the CAPSNow appointment before starting group.

MAPS (Meaning, Acceptance, Progress): TBD
MAPS will help you better be able to recognize your concerns, identify what is keeping you stuck, and give you a clearer picture of your values and what you’re wanting to change in your life. This experiential three-week group is FREE. It focuses on the overall themes of: meaning, acceptance, and progress, what we believe to be the best tools in creating your own personal roadmap. The group is designed to answer three important questions: 1) Where are you now? 2) What got you here, and what keeps you stuck here? and 3) Where do you want to go? It is our hope that once you have developed your roadmap toward a more valued and meaningful life, that you will have a better understanding of what needs to change.

ANXIETY TOOLBOX: TBD
Anxiety Toolbox is a fast-paced three-session group specifically designed to help people who struggle with a variety of anxiety-related concerns (e.g., panic attacks, Generalized Anxiety, test anxiety). The goal of this group is to provide education on anxiety and to teach coping skills for managing anxiety symptoms.

GETTING UNSTUCK: TBD
Getting Unstuck is a fast-paced, three-session (50 minutes each) group specifically designed to help people who struggle with a variety of depression-related concerns. The goal is to provide education on depression and to teach coping skills for managing symptoms. The three sessions are divided into content that builds upon itself. The first session is devoted to understanding the experience of depression. The second session will explore how thoughts and behaviors impact depression. The third session will address how we can begin to make changes to our thoughts and behaviors in order to better manage depression.