

Group Counseling Program

Spring 2016 Schedule

Drop-In Groups

(No appointment needed unless you are experiencing suicidal ideation - if so, please schedule a group screening appointment prior to attending group to determine if it will be a good fit for you.)

Accountability - Mondays, 2 - 3 pm

This group provides a safe space for students to hold each other accountable. Students will create a goal for the following session about something to accomplish or a change they wish to make. Past goals have included completing a thesis or drinking 8 cups of water on at least four days. Students can either work toward one goal for the entire semester, such as passing a course, that is broken down into smaller steps or focus on different goals as often as they wish. Come and find support in your successes!

Dog Breath - Mondays, 3 - 4 pm, Chestnut Hall, Room 324

Practice meditation with our furry friend, Buddy the therapy dog! Learn meditation skills that can be used to help relieve stress and manage anxiety while also spending time with a loveable pet.

Stronger You: Building Emotional Resilience - Tuesdays, 11:30 am - 1 pm

How do you bounce back from unexpected disappointments? How do you let go of past hurts? This group will focus on healing from life's hurts, identifying your life purpose, and cultivating strength to move forward with gratitude, compassion, and acceptance. This group will provide information regarding emotional resilience and strive to increase your ability to utilize what you learn. This is a safe space to process reactions and experiences.

Mindfulness Based Stress Reduction - Tuesdays, 3:30 - 5 pm, Chestnut Hall, Room 324

Discover ways to improve your concentration and enhance your overall performance. Learn how to achieve your full potential with this mental workout. Mindfulness activities will be practiced weekly.

Vets Connect - Wednesdays, 3 - 4:30 pm, Sage Hall, Suite 123

The transition from the demands of military life to university life is sometimes confusing and can create a significant amount of stress. This group will be held at Student Veteran Services (Sage Hall 123) and offers Veterans a safe space to genuinely connect with and support one another.

Healing Arts - Wednesdays, 3:30 - 4:30 pm, Chestnut Hall, Room 324

This group will provide a safe space for students to use art as a means of coping with stress and emotions. Students will receive the tools necessary to heal themselves. Art activities will be completed weekly. No art experience is necessary, so come let your creativity, emotions, and energy flow!

Dancing Mindfulness - Thursdays, 11 am - 12 pm, Chestnut Hall, Room 324

Tried meditation and had trouble staying focused or sitting still? Looking for a fun way to manage stress better? Join us for Dancing Mindfulness where students of all shapes, sizes, and physical abilities can learn how to use simple movement without judgement, and dance to manage stress and be fully present in the moment.

Tea and Tiaras - Fridays, 11 am - 12 pm

Struggling with low self-esteem? Is your life lacking joy or riddled with anxiety? Students looking to find their inner powerful royalty and learn new strategies for success and leading a life of joy are welcome to join for tea!

Therapy Groups (please schedule an appointment!)

Grief Support - Mondays, 3:30 - 5 pm

A support group for students who want to explore and process feelings regarding the death of someone in their life. We will explore the impact of the loss and explore healthy ways of coping with and processing grief. Potential topics the group will explore include common grief reactions, the difference between depression and grief, physical/emotional/mental/spiritual reactions to grief, and coping skills.

Women's Body Wellness - Mondays, 4 - 5:30 pm

This group will offer a safe space for women to explore issues related to body image, self-esteem, and food. We will strive to increase understanding of the reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviors while developing new ones. Self-compassion and self-kindness will be woven throughout the group.

Let's Get Happy: Positive Psychology for Depression - Tuesdays, 2 - 3:30 pm

This group is for students experiencing mild to moderate depression. Positive psychology exercises will be used to help find out what you are best at, experience more gratitude, improve relationships with loved ones, get more enjoyment out of life, and feel optimistic about the future. Practicing these skills can increase the amount of positive emotions and meaning in everyday life.

Understanding Self & Others: Jogging Therapy - Tuesdays & Thursdays, 3 - 4 pm

Exercise has therapeutic effects that can help alleviate symptoms of depression and anxiety. This group is about a therapy experience, not running, training, or exercise. Students will explore and discuss patterns of relating to self and others by discussing acceptance and understanding. Topics vary from depression, anxiety, relationships, family, substance abuse, and personal growth. The group thrives on diversity as members discover the common bonds formed through emotional experiences.

Of a Feather: LGBTQ Support - Wednesdays, 2 - 3:30 pm

This is an informal, unstructured, support group for students looking for a safe and confidential space to discuss issues related to being LGBTQIA. The group will focus on establishing positive connections with others and exploring the process of integrating one's sexual and gender identities in authentic, self-affirming ways.

Body Wellness for All - Thursdays, 1 - 2:30 pm

This group will offer a safe space for students of all genders to explore issues related to body image, self-esteem, and food. We will strive to increase understanding of reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviors while developing new ones. The theme of gender roles and their expectations impact on body image and self-esteem will be woven through the group.

Soon to Graduate - Thursdays, 3:30 - 5 pm

The approach to college graduation can stimulate many reactions, as much change is on the horizon for the graduate. In this co-ed support group, graduating seniors will have the opportunity to connect in a supportive environment to discuss concerns associated with the approach of graduation. Possible discussion topics may include family, career concerns, financial independence, and the uncertainty of the future.