

# Have You Considered Group?

## I. RIO Group (Recognition, Insight, and Openness Group)

- You will need to have completed an initial consultation or be a client at the Counseling Center in order to participate
- This Acceptance and Commitment based group is psychoeducational and designed to help clients become aware of themselves and their coping skills, gain new skills and ways to think, feel, and behave, and develop the ability to experience the full-range of emotions to foster resiliency. This group complements individual therapy by setting the groundwork on what change looks like. This group is also appropriate for students looking for a learning experience on developing coping skills as opposed to traditional talk therapy. Students are encouraged to share in these groups, but it is not required.
- Days and Times: **Mondays 3:00 - 4:00 p.m.; Thursdays 5:30 p.m. - 6:30 p.m.**

## II. Brief Groups (each 4-6 week group is offered twice per semester)

- **Understanding Self and Others through Expressive Arts** -This 4-week group will offer participants a non-judgmental space to incorporate art-making into their personal growth and healing processes. We will use a variety of arts modalities to explore how our creativity can help us cope. Issues and concerns addressed will vary. No artistic experience required! **Wednesdays 2:00 p.m. - 3:30 p.m.**
- **An Introduction to Mindfulness Group**- Mindfulness involves stepping out of "auto-pilot" reactions and learning to pay more attention to our present experiences. Activities in this 4-week group will help participants cultivate a mindful approach to their lives, which can decrease stress, create emotional balance, deepen self-knowledge, and help a person to take actions more in line with their values. **Thursdays 1:30 - 2:45 p.m.**
- **Skills Group**- This 4-week skills group provides a blend of structured skill-building, experiential activities, and out-of-group practice to help students cope with emotional distress, relationship conflict, and behaviors that interfere with well-being. Members will learn techniques to improve mindfulness, emotion regulation, distress tolerance, and relationship effectiveness skills. **Wednesdays 1:00 - 2:30 p.m.**
- **Understanding Self and Others**- Issues commonly addressed vary from depression, anxiety, relationship concerns, self-esteem, issues of family conflict or abuse, etc. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This group will begin around the mid-point of the semester. **Day and time TBD; offered second half of semester only. Please contact Heidi (campbellha@appstate.edu)**

## III. Semester-Long Groups

- **Understanding Self and Others**- Issues commonly addressed vary from depression, anxiety, relationship concerns, self-esteem, issues of family conflict or abuse, etc. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This can be a good time to get peers' perspectives on various issues, and to recognize that you are not alone. **Mondays 1:00 - 2:30 p.m.; Tuesdays 10:00 - 11:30 a.m.; Tuesdays 1:00 - 2:30 p.m.; Wednesdays 3:00 - 4:30 p.m.; Thursdays 1:15 - 2:45 p.m.**
- **Painful Pasts, Promising Futures Group** - This group is designed for those who have experienced traumatic events in their lives or who come from backgrounds in which they did not feel safe. Members will learn how their past experiences and their biology are affecting their lives now. More importantly, they will learn what to do about it! Members will learn important insights about their patterns in relationships and skills to better manage their emotions and relationships. **Mondays 3:00 - 4:30 p.m.**
- **Food/Mood Group** -This group is designed for students who use food and/or exercise to cope in ways that would be considered "unhealthy". Through support and exploration of our personal selves, we will focus on the development of more positive coping skills and learn to better manage the underlying issues that often trigger such negative behaviors. **Tuesdays 5:00 - 6:30 p.m.**
- **Lesbian/Gay /Bisexual Therapy Group**- This group will present an opportunity for lesbian, gay and bisexual individuals to explore life challenges. It will provide a safe environment in which to address a variety of issues (e.g., coming out, spirituality, family relationships, depression, self-esteem, etc.). Goals of the group include reducing isolation, finding support and making changes. **Tuesdays 2:00 - 3:30 p.m.**
- **Transgender Therapy Group**- A variety of issues will be explored in a safe and supportive environment. Some of the issues will be unique to gender-variant students. Goals of the group include: reducing isolation, finding support and making changes. **Time TBD, please email James at [arnettje@appstate.edu](mailto:arnettje@appstate.edu) for more information about this group's time.**
- **Connections: Students of Color Group**- This group will offer an opportunity for students of color to come together to explore the personal impact of salient issues including being a person of color on a predominately white campus, national events, how cultural identity may impact other issues, etc. The goals of the group include reducing isolation, finding support, and making changes. **Time TBD, please email Ally at [mattar@appstate.edu](mailto:mattar@appstate.edu) for more information about this group's time.**

To get started, come to the Counseling Center during Initial Interview times, call 828-262-3180, or visit our website [www.counseling.appstate.edu](http://www.counseling.appstate.edu) If you are interested in group but these times do not work for you, please get in touch with Stephanie Langston, [langstonsc@appstate.edu](mailto:langstonsc@appstate.edu)



# Groups at a Glance, Fall 2016

	Monday	Tuesday	Wednesday	Thursday
10:00		Understanding Self & Others 10-11:30am		
11:00				
12:00				
1:00	Understanding Self & Others 1-2:30pm	Understanding Self & Others 1-2:30pm	Skills 1-2:30pm	Understanding Self & Others 1:15-2:45pm
2:00		Lesbian, Gay & Bisexual 2-3:30pm	Expressive Arts USO 2-3:30pm	Mindfulness 1:30—2:45pm
3:00	Painful Pasts, Promising Futures 3-4:30pm	RIO 3-4pm	Understanding Self & Others 3-4:30pm	
4:00				
5:00		Food-Mood 5-6:30pm		
6:00				RIO 5:30-6:30pm

Key:



Semester-long group



Brief group



Drop-In group

**Additional Groups, time/day TBD: Transgender Group, Connections: Students of Color group, Mid-Semester Understanding Self and Others Group**

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