

# 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 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. RIO complements individual therapy by setting the groundwork for what change looks like. RIO is also appropriate for students who want to develop coping skills as opposed to traditional talk therapy. Students are encouraged to share, but it is not required. **Mondays 5:30 - 6:30 p.m., starting mid-semester; Thursdays 5:30 - 6:30 p.m. all semester.**
- II. Mindfulness Group (this 4-week group is offered twice per semester)**
  - **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. **Tuesdays 3:30 - 5:00 p.m.**
- III. Mid-Semester Start Groups**
  - **Mid-semester ACT for Trauma Group** - An Acceptance and Commitment Therapy (ACT) based group for student survivors of trauma. This empirically-supported therapy uses a combination of psychoeducational, mindfulness, and experiential approaches to help students take the steering wheel back from trauma and commit to the things that matter most in their lives. **Wednesdays 1:00 - 2:30 p.m.; offered second half of semester only.**
  - **Understanding Self and Others** - A wide variety of issues are addressed, and 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.; offered second half of semester only.**
- IV. 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 1:30 - 3:00 p.m.; Tuesdays 1:30 - 3:00 p.m.; Wednesdays 1:30 - 3:00 p.m.; Thursdays 1:00 - 2:30 p.m.; Thursdays 3:30 - 5:00 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, and 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. **Tuesdays 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.; Thursdays 2:00 - 3:30 p.m.**
  - **LEMUR Group** - *Learning about Emotions, Mindfulness, and Understanding Relationships (LEMUR)* – This group is designed for students who are interested in changing behavior patterns that are no longer helpful. This DBT-informed group will target the causes of distress and promote coping skills to replace self-defeating behaviors. Members will learn mindfulness, emotion regulation, distress tolerance, and relationship skills in an environment that balances self-acceptance and change. This group will provide a blend of structured skills training, experiential activities, and between session practice. **Thursdays 3:30 - 5:00 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. **Wednesdays 3:00 - 4:30 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 students who are transgender or gender-nonconforming. Goals of the group include: reducing isolation, finding support and making changes. **Wednesdays 3:30 - 5:00 p.m.**
  - **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. **Thursdays 5:00 - 6:30 p.m.**

*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, Spring 2017

	Monday	Tuesday	Wednesday	Thursday
1:00				
2:00	<div data-bbox="184 321 415 565"> <p><b>Under- standing Self &amp; Others</b> 1:30-3:00pm</p> </div> <div data-bbox="415 245 653 516"> <p><b>Mid-semester Understanding Self &amp; Others</b> 1:00-2:30pm</p> </div>	<div data-bbox="747 321 1020 565"> <p><b>Understanding Self &amp; Others</b> 1:30-3:00pm</p> </div>	<div data-bbox="1125 321 1367 565"> <p><b>Under- standing Self &amp; Others</b> 1:30-3:00pm</p> </div> <div data-bbox="1367 245 1598 483"> <p><b>Mid-semester ACT for Trauma</b> 1:00-2:30pm</p> </div>	<div data-bbox="1598 240 1850 500"> <p><b>Understanding Self &amp; Others</b> 1:00-2:30pm</p> </div>
3:00		<div data-bbox="659 574 890 824"> <p><b>Painful Pasts, Promising Futures</b> 3:00-4:30pm</p> </div>	<div data-bbox="1125 574 1356 824"> <p><b>Lesbian, Gay &amp; Bisexual</b> 3:00-4:30pm</p> </div>	<div data-bbox="1860 407 2070 634"> <p><b>Food-Mood</b> 2:00- 3:30pm</p> </div>
4:00		<div data-bbox="898 651 1121 894"> <p><b>Mindfulness</b> 3:30— 5:00pm</p> </div>	<div data-bbox="1367 651 1591 894"> <p><b>Trans</b> 3:30-5:00pm</p> </div>	<div data-bbox="1598 639 1850 894"> <p><b>Understanding Self &amp; Others</b> 3:30-5:00pm</p> </div> <div data-bbox="1860 646 2070 894"> <p><b>LEMUR</b> 3:30- 5:00pm</p> </div>
5:00	<div data-bbox="247 971 485 1138"> <p><b>RIO</b> 5:30-6:30pm Mid-semester start</p> </div>	<div data-bbox="747 899 999 1154"> <p><b>Food-Mood</b> 5:00-6:30pm</p> </div>		<div data-bbox="1608 971 1850 1138"> <p><b>RIO</b> 5:30-6:30pm</p> </div> <div data-bbox="1860 899 2070 1138"> <p><b>Connections</b> 5:00- 6:30pm</p> </div>
6:00				

Key:



General Process group



Brief/Drop-In group



Topic-focused group

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