

Have You Considered Group?

Appalachian State University Counseling Center Group Offerings for Fall 2017

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.

Tuesdays 4:00 - 5:00 p.m., starting mid-semester; Wednesdays 5:30 p.m. - 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 - 4:30 p.m.

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 1:00 - 2:30 p.m., Tuesdays 5:15 - 6:45 p.m.; Wednesdays 3:00 - 4:30 p.m.; Thursdays 3:00 - 4:30 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.

Thursdays 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.

- **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.

Mondays 3:00 - 4:30 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.

Thursdays 1:00 - 2:30 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 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 If you are interested in group but these times do not work for you, please get in touch with Sara Klčo, klcose@appstate.edu



Groups at a Glance, Fall 2017

	Monday	Tuesday	Wednesday	Thursday
1:00	Understanding Self & Others 1:00-2:30 p.m.	Understanding Self & Others 1:00-2:30 p.m.		Lesbian, Gay & Bisexual 1:00-2:30 p.m.
2:00				
3:00	LEMUR 3:00-4:30 p.m.	Mindfulness 3:00-4:30 p.m.	Understanding Self & Others 3:00-4:30 p.m.	Understanding Self & Others 3:00-4:30 p.m.
4:00		RIO 4:00-5:00 pm Mid-semester start		Painful Pasts, Promising Futures 3:00-4:30pm
5:00		Understanding Self & Others 5:15-6:45 p.m.	Food-Mood 5:00-6:30 p.m.	Trans 5:00-6:30 p.m.
6:00			RIO 5:30 - 6:30 p.m.	

Key:



General Process group



Brief/Drop-In group



Topic-focused group

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