

Have You Considered Group?

Counseling & Psychological Services Center

Spring 2018 Offerings

I. Quick Access Groups

- **RIO Group** - This two-session Acceptance and Commitment-based group is designed to help clients become aware of themselves and their coping skills, gain new skills and flexible 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.; Wednesdays 5:30 - 6:30 p.m.**
- **Anxiety & Stress Management Workshop** - We can't eliminate all stressors, but we can balance stressors with coping skills! This experiential and psychoeducational group will provide students who experience anxiety and stress-related issues with simple and effective coping skills they can incorporate into their lives in order to reduce distress and increase positive coping and self-care. Offered weekly. **Fridays 1:00 – 2:00 p.m.**

II. Half Semester Groups

- **Mindfulness for Mental Health** - Learn to cultivate your own meditation practice to help work through a wide variety of mental health concerns while building self-knowledge and resiliency. Mindfulness involves stepping out of "auto-pilot" reactions and learning to pay more attention to our present experiences. Activities in this four-week group will help participants cultivate a mindful approach to their lives, which can decrease stress, create emotional balance, and help a person to take action more in line with their values. Mindfulness is offered twice per semester. **Wednesdays 1:00 - 2:30 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. Using a DBT-informed approach, this group will target the causes of distress and promote effective coping skills. Members will learn mindfulness, emotion regulation, distress tolerance, and relationship skills in a supportive environment that balances self-acceptance and change. This group will provide a blend of structured skills training, experiential activities, and between-session practice. It will run in five-week sessions, twice per semester. **Wednesdays 5:00 - 6:30 p.m.**
- **Yoga for Eating Concerns & Body Image** – This six-week group focuses on addressing body image and eating concerns using a mind-body approach, making it unique in comparison to traditional group therapy. It combines yoga postures, breath work, meditation, and group discussion to provide tools and experiences to facilitate connection to your inner wisdom within an open and supportive environment. No prior yoga experience necessary; offered twice per semester. **Thursdays 1:00 – 2:30 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 you are not alone. **Mondays 2:00 - 3:30 p.m.; Mondays 3:00 - 4:30 p.m.; Tuesdays 4:00 - 5:30 p.m., Wednesdays 2:00 - 3:30 p.m.; Thursdays 3:30 – 5:00 p.m.; and a mid-semester start group Tuesdays 2:00 - 3:30 p.m.**
- **Lesbian/Gay/Bisexual Therapy Group** - This group will present an opportunity for students with diverse sexual orientation identities 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 include reducing isolation, finding support and making positive changes. **Thursdays 3:30 – 5:00 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 welcomes students who want to address personal challenges related to aspects of their identity, background, or cultural differences from the dominant cultures on campus. This will be a supportive space to explore issues such as being a person of color on a predominately white campus, the personal impact of national events and legislation, and caring for one's mental health. The goals of the group will include reducing isolation, finding support, and making changes. **Tuesdays 5:30 – 6:30 p.m. 02/13 – 03/27** Contact group facilitator, Audrey Stone at stonea@appstate.edu for details
- **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. **Fridays 2:30 – 4:00 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.**

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, Spring 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00				Yoga for ED/Body Image 1:00-2:30 p.m.	Anxiety & Stress Mgmt. 1:00-2:00 p.m.
2:00	USO 2:00 - 3:30 p.m.	Mid-semester USO 2:00-3:30pm	USO 2:00 - 3:30 p.m.		
3:00	USO 3:00 - 4:30 p.m.		Trans 3:30-5:00 p.m.	USO 3:30 - 5:00 p.m.	Painful Pasts, Promising Futures 2:30-4:00 p.m.
4:00		USO 4:00 - 5:30 p.m.	RIO 4:00 - 5:00 p.m.		Lesbian, Gay & Bisexual 3:30 - 5:00 p.m.
5:00		Connections 5:30 - 6:30 p.m.*	Food-Mood 5:00 - 6:30 p.m.	LEMUR 5:00 - 6:30 p.m.	
6:00			RIO 5:30-6:30pm		

Key:



Understanding Self & Others



Brief/Drop-In group



Topic-focused group

To get started with a Counseling Center group, come to the Counseling Center during Initial Interview check-in times, call 828-262-3180 or visit our website for more information 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

* Group's complete title is: Connections: Students of Color. A diversity support group for students of color and cultures that do not identify themselves with the predominant cultures on campus.