



# FALL 2021 THERAPY GROUPS

## **ADHD SKILLS**

For those with ADHD symptoms (formal diagnosis not required), who want to learn practical skills to improve their emotional, social, and academic functioning.

## **ADHD SKILLS/PROCESS**

For students with ADHD symptoms (formal diagnosis not required) who are seeking support, connection, and a space to process experiences related to having ADHD.

## **ANXIETY/DEPRESSION SKILLS AND PROCESS**

For those experiencing both anxiety and depression. Teaches concrete skills to manage anxiety and depression.

## **CHRONIC PAIN**

For those with chronic illness/injury/pain contributing to mental health concerns. Formal diagnosis not required.

## **COHERENCE**

For those experiencing interpersonal concerns due to difficult past experiences. Goal of group is to make sense of our past in real time. Previous experience in therapy is helpful.

## **CREATIVE HEALING**

For those interested in promoting healing, growth, and connection with others through a variety of media such as drawing, music, writing, painting, and sculpting. Group promotes our natural human capacity to create, explore, and experience personal growth. We do not produce a “product”, rather, are focused on process.

## **DIALECTICAL BEHAVIOR THERAPY (DBT)**

For those experiencing mood concerns or difficulty regulating emotions. Group based upon Dialectical Behavior Therapy which teaches skills in Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.

## **GRIEF GROUP**

For those who have experienced the death of a loved one. Group provides psychoeducation on the grieving process and supportive discussion.

## **HEALTHY RELATIONSHIPS**

For those experiencing concerns with familial and romantic relationships. Goals include exploring healthy communication styles and boundaries, sharing painful emotions as part of the healing process, exploring how family dynamic impacts life, and making choices the most benefit you as a whole person.

## **INTUITIVE HEALING FOR TRAUMA**

For those who have chronic depression and/or anxiety to learn alternative approaches to self-care involving a holistic approach and including methods such as journaling prompts, mindfulness techniques, and intuitive arts/activities.

## **MOOSE GROUP**

For those who have experienced severe mental illness and/or hospitalization to receive support, feedback, and understanding of how mental illness affects their lives and relationships.

## **OCD**

For those who have repetitive worries or behaviors that get in the way of their daily life. This group focuses on systematically confronting worrying thoughts or compulsive thoughts/behaviors.

## **RACIAL HEALING**

For those seeking an introspective approach to coping with racism. Participants engage in dialogue of various topics surrounding race and race relations. Group will become more aware of the consequences in the United States, as well as learn strategies to recover while living in a racist society. This group is open to ALL students, white and students of color.

## **SELF-COMPASSION**

For those struggling with negative self-talk or self-criticism. Provides space to receive support and teaches strategies to improve relationship with self and others.

## **TRAUMA SURVIVORS**

For female identified survivors of sexual abuse/trauma.

## **UNDERSTANDING SELF AND OTHERS (USO)**

For those who wish to increase self-understanding, self-esteem, and intimacy in relationships, as well as address interpersonal style and relationship-building skills. Both undergraduate and graduate groups are available.





# FALL 2021 SUPPORT GROUPS

## **BEYOND BOUNDARIES DISABILITY SUPPORT GROUP**

For students who identify as disabled/having a disability.

## **ADDICTION FRIENDS AND FAMILY GROUP**

For students whose lives feel out of control due to someone else's drug or alcohol use to have space to share your experiences and receive support.

## **GLOBAL CONNECT**

For international students where members explore the challenges of living and studying in the U.S. and share their own cultural stories. Helpful skills and supportive resources to cope with adjustment are also provided.

## **OUR VOICE**

For students of marginalized racial or ethnic backgrounds to glean space to explore shared difficulties pertaining to their identities.

## **Q\*MMUNITY SUPPORT GROUP**

For students who identify as LGBTQ+ as well as those who are exploring their gender and/or sexual identity, to connect and share their experiences.

