MSU Sexual Assault Program

FALL 2019 GROUPS

COGNITIVE PROCESSING THERAPY GROUP
Learn skills to reduce trauma symptoms in an environment of social support. CPT is an evidence based treatment structured over 12 weeks.

Mondays 3–4:30pm
Starting 9/16
For info contact: Amanda Taylor
taylo642@msu.edu

HEALING THROUGH YOGA
A drop-in, trauma informed yoga practice to promote healing and wellness.

Tuesdays 3–4pm
Starting 9/10
For info contact: Caroline Silvia
nelsenca@msu.edu

RENEW AND CONNECT
Connect with others, discuss common reactions and move toward a renewed sense of self. Each week will focus on a specific topic and involve various activities.

Wednesdays 1–2pm
Starting 9/30
For info contact: Amanda Lorencz
saunde99@msu.edu

BUILDING RESILIENCE THROUGH DBT INFORMED SKILLS
A group for survivors who would benefit from an increased ability to tolerate distress, regulate emotions and engage effectively in relationships

Tuesdays 1–2pm
Starting 10/1
For info contact: Ikram Adawe
adaweikr@msu.edu

CPT GRADUATES GROUP
Maintain stability and review skills learned in individual or group CPT.

Thursdays 1–2pm
Biweekly
Starting 10/10
For info contact: Caroline Silvia
nelsenca@msu.edu

FOR MORE INFORMATION, PLEASE CALL:
517–355–3551
MSU Sexual Assault Program

SERVICES

INDIVIDUAL COUNSELING

EMDR
Cognitive Processing Therapy
Somatic Experiencing
Supportive Therapy

For MSU Students
For info contact: 517-355-3551

ADVOCACY

Legal, institutional, academic, medical & personal

For MSU & community members
For info contact: 517-355-3551

CRISIS SERVICES

Crisis Counseling
Walk in & appointment-based
For info contact: 517-355-3551

24-Hour Crisis Line
517-372-6666

Crisis Chat
10am-10pm
endrape.msu.edu

CONTACT INFORMATION

Student Services Building
207A
Website: endrape.msu.edu
Business Line: 517-355-3551
Fax: 517-353-8912
Hours: 8am-5pm
Monday-Friday

GROUPS

Support & process groups
For MSU Students
For info contact: 517-355-3551

ALL SERVICES ARE FREE AND CONFIDENTIAL
WE ARE NOT MANDATED TO REPORT TO THE UNIVERSITY OR THE POLICE