GROUP COUNSELING SERVICES
FALL 2021

A variety of counseling, support and educational groups are available each semester. Participants benefit from the mutual support, education and interaction with others who have similar concerns. Unless otherwise noted, all groups require a pre-group screening. To schedule your pre-group interview, visit caps.msu.edu/schedule. Fall 2021 group counseling services will be offered virtually and in-person as indicated below. Virtual groups will take place via HIPAA-compliant Zoom.

Occasionally, changes to the group counseling schedule will occur during the semester. For all up-to-date group counseling information, visit caps.msu.edu/services/groups. Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff.

Academic Stress Reduction for A/APIDA-Identified Women
Mondays, 2:30–3:30 p.m. (Virtual)
September 13–November 15

This support group aims to build a safe and comfortable space for undergraduate and graduate students, particularly Asian or Asian-American women. Group members will learn to reduce their stress and make peace with themselves and their families. Group discussion topics could include academic pressure, family-related anxiety, perfectionism and dealing with guilt and shame.

ACT: Make Your Experience ACT (Acceptance & Commitment Therapy) for Graduate Students
Mondays, 2:30–4 p.m. (Virtual); Fridays, 9:30–10 a.m. (In-Person)
September 13–November 19

Many grad students experience anxiety or depression. This group aims to help grad students learn mindfulness skills, connect to their values and strengthen psychological flexibility in their relationships with themselves and others. We offer a mixture of support, experiential learning and action-oriented work.

Group screening required.
**African American Women's Group**

**Wednesdays, 1–2 p.m. (Virtual)**  
September 15–November 17

We'll use a non-traditional group approach, which aims to incorporate essential elements of African American culture.

Our goal is to help undergraduate and graduate students to move toward self-healing through collective sharing around multi-media stimuli, particularly for African American women. Topics are determined by the group, but could include impostor syndrome, self-esteem, relationship concerns, academic stress, family conflict, being an African American woman at a PWI, life transitions, body image concerns, stereotypes and more.

Screening is required.

**Beyond the Binary**

**Thursdays, 3:30–5 p.m. (Virtual)**  
September 16–November 18

Looking for peer support in regard to gender identity, sexuality or relationships, or even supportive and affirming friendships?

This gender identity spectrum support group is a safe, supportive space for undergraduate and graduate students, particularly those who are exploring or identify as transgender, gender-fluid, non-binary or gender-nonconforming.

Potential topics of discussion include challenges of coming out to self and others, identity development, limitations of labels, negotiating gendered environments, identity-affirming relationships, coping with minority stress and gender binary norms, accessing supportive health and social services, aspects of transitioning process and adjustment to social identity, family dynamics and impacts on wellness, needs and impact of being closeted and being TGNB at MSU.

**Anxiety Workshop (Two Series Available)**

**Tuesdays, 10:30–11:30 a.m. (Virtual)**  
September 14–November 9

This four-part workshop focuses on normalizing anxiety, learning to recognize cognitive distortions, combating cognitive distortions, and coping with anxiety. Students will leave the workshop with skills they can implement to cope with anxiety.

The four-part series is available twice this fall, beginning September 14 and October 19. Each workshop will last four weeks, meeting every Tuesday at 10:30 a.m.

To join this workshop, please schedule a pre-screening appointment at caps.msu.edu/schedule.

**Bipolar Support Group**

**Mondays, 1–2 p.m. (In-Person)**  
September 13–November 15

Connect with other students who have a bipolar diagnosis and are facing similar challenges and questions. The group is a place to talk about difficult topics like stigma, medications and symptoms related to a mood disorder.

Open to both undergraduate and graduate students of all genders.
**Brave Space**  
**Mondays, 1–2:30 p.m. (In-Person)**  
**September 13–November 15**

This virtual group is intended to help you better understand who you are in relation to others and practice meaningful interpersonal changes in a brave and supportive space.

If you are interested in participating, please fill out the CAPS Phone Request form at [bit.ly/capsphonerequest](http://bit.ly/capsphonerequest) to set up a phone screening with a CAPS counselor and please state your interest in this group during that call. If you have questions, email Olivia at scottol1@msu.edu.

**Creatively Constrained: ADHD Support, Skills and Resources**  
**Wednesdays, 2–3:30 p.m. (In-Person)**  
**September 15–November 17**

This group was developed using the structure of cognitive behavioral therapy (CBT) to address the challenges that college students diagnosed with ADHD experience. As a group, we’ll work to develop skills and address behaviors related to inattention, forgetfulness, trouble sustaining attention, fidgeting, interrupting others, difficulties with organization and time management.

The group is open to undergraduate and graduate students who have been diagnosed with ADHD.

**Body Image and Eating Concerns Support Group**  
**Tuesdays, 4–5:30 p.m. (In-Person)**  
**September 14–November 16**

Concerned about your looks and food? Can’t find others to connect with? This is an excellent opportunity to share, hear others, be heard and receive validation and support on your journey to feeling good through cultivating self-compassion.

Group screening required. For more information and pre-screening, contact Basak Kacar-Khamush at kacarkha@msu.edu.

**Dialectical Behavior Therapy (DBT) Group**  
**Tuesdays, 3:30–5 p.m. (Virtual); Wednesdays, 3:30–5 p.m. (In-Person); Fridays 9:30–11 a.m. (In-Person)**  
**September 7–December 3**

Adults who want to improve their capacity to operate effectively in their environment can benefit from this skills-based, minimally process-oriented group.

The group is structured in an educational format for skill acquisition/application from a multicultural and collaborative lens. We’ll teach skills, discuss their application and practice skills between sessions.

This is a good group for students in need of emotion regulation, distress tolerance and interpersonal effectiveness skills.

We’ll start by discussing mindfulness skills for two weeks at the beginning of each module. Those skills are incorporated into others throughout the semester.
Empower U  
Fridays, 1–2 p.m. (Virtual)  
September 17–November 19

Empower U is a virtual space for LGBTQIA+ undergraduate and graduate students to support and empower one another, particularly LGBTQIA+ students of color. Some discussion themes include relationships, self and community care, values exploration, intersectionality, self-compassion, family dynamics, navigating cultural expectations and building resilience.

If you’re interested in participating, fill out the CAPS Phone Request form at bit.ly/capsphonerequest to set up a phone screening with a CAPS counselor. Let them know you’re interested in this group during the call.

If you have questions, email Olivia at scottol1@msu.edu.

Gender Identity And Attractionality (GIAA): Grad  
Wednesdays, 2–3:30 p.m. (Virtual)  
September 15–November 17

This support group for graduate students addresses life and relational issues related to romantic and sexual attraction, sexual orientation and gender identity, particularly for LGBTQ+ (including questioning) students.

Topics are based on student interests and could include exploring identity and identity development, trust and connections, dealing with heterosexism, cissexism, internalized homophobia or transphobia, dating and dating technology, attraction and romance; family dynamics, faith and identity, balancing academics with life, and intersectional identities.

Facilitator:
Ginny Blakely, LLMSW

Gender Identity And Attractionality (GIAA) Undergrad  
Tuesdays, 2–3 p.m. (In-person)  
September 21–November 16

This support group for undergrad students addresses life and relational issues related to romantic and sexual attraction, sexual orientation and gender identity, particularly for LGBTQ+ (including questioning).

Topics are based on student interests and could include exploring identity and identity development, trust and connections, dealing with heterosexism, cissexism, internalized homophobia or transphobia, dating and dating technology, attraction and romance; family dynamics, faith and identity, balancing academics with life, and intersectional identities.

Facilitators:
Victor Leon, LLMSW  
José E. Padilla Segarra, M.S.

Graduate Student Support Group  
Tuesdays 3–4 p.m. (Virtual); Fridays 10–11 a.m. (Virtual)  
September 14–November 19

This is a supportive space where graduate students can gather, share and empower one another through shared experiences. Themes for this group explore key stressors as they relate to graduate studies, purpose, sense of belonging, “creative differences” with your advisor, juggling multiple roles and responsibilities, challenges with completing dissertation or thesis and impacts related to diet, sleep and emotional well-being. Whatever your concerns, we can listen, offer support or help you come up with strategies to make the most of your time in grad school.

Group screening is required to join. You can still join after the start date.

Tuesday Facilitators:
Kris Arnoš, MA & Kelly Schwarzkopf

Friday Facilitator:
Jessica Oyoque-Barron, LMSW
Grief Group
Tuesdays, 3–4 p.m. (in-Person); Wednesdays 9–10 a.m. (Virtual)
September 14–November 17

Have you experienced the loss of a loved one? Modern cultures usually do a poor job of preparing us for loss. Grief is messy and not a linear process. Few know how to think about grief or how we might be able to help ourselves and others.

Grief support groups are a helpful way to learn about the grieving process and how it affects all areas of our lives. Grief groups can also connect us with others who have experienced a similar loss, making us feel less lonely, and normalizing the experience of grief.

Pre-screening is required.

International Student Support Group
Fridays, 10–11 a.m. (Virtual)
September 17–November 19

The novel coronavirus outbreak has significantly affected many families and students on a global scale. With the “travel ban” or visa restriction that has been issued, some MSU students were unable to return to school or home, and are feeling isolated and unable to connect.

In response to instances of international students being the target of xenophobia on campus, we are providing a supportive space for students to connect, share and support each other, particularly international students.

Facilitator:
Zen Zhong, M.Phil.Ed, LLPC

Men Need to Talk Too
Thursdays 1–2 p.m. (In-Person)
September 16–November 18

This therapy group is a safe non-judgmental space for undergraduate and graduate students — particularly students who identify as male — to explore their thoughts and emotions.

Students will be provided space to freely express their emotion and connect with other students in a healthy way. Topics will include relationship concerns, family stress, academics stress, isolation, sadness, anxiety, men’s health, identity concerns, etc.

Facilitator:
Martez Burks, PhD

Living With Chronic Illness
Thursdays, 3–4 p.m. (Virtual)
September 16–November 18

Do you live with a chronic, physical illness like diabetes, asthma, Crohn’s, or fibromyalgia? Have you felt angry, frustrated or isolated because of your condition? These feelings are all common. You don’t have to navigate this journey alone.

This group is a safe, non-judgmental space to share about your individual experiences, symptom management and how to navigate challenges that you might encounter as a college student.

Facilitator:
Caitlin Riley, LMSW
Mental Health Mondays
Mondays 4–5 p.m. (Virtual)
September 13–November 15

Mental Health Mondays is a support group for both undergraduate and graduate students. Subjects will rotate based on student interest and natural flow, and facilitators will offer corresponding skills and techniques as applicable. Topics could include mindfulness, self-acceptance, motivation improvement, anxiety management, organizational skills, etc.

Facilitators:
- Courtney Brown, LMSW
- Sarah Fay-Simons, LMSW

Mindfulness-Based Anxiety Management
Thursdays, 2:30–4 p.m. (Virtual)
September 16–November 18

Mindfulness-Based Anxiety Management is a virtual cognitive-behavioral therapy group for undergraduate and graduate students to reduce their anxiety and other emotional distress. Group members will learn mindfulness techniques and cognitive strategies.

Members will also gain non-judgmental self-awareness and peer support. No religious background is required.

Facilitators:
- BaoChun Z. Hind, PhD, LPC & Jovany Avendano, MS

Thinking of Change: Substance Use Workshop
Thursdays, 9:30–10:30 a.m. (Virtual)
Workshop 1: September 16–October 14
Workshop 2: October 21–November 18

This six-week workshop will give you the opportunity to learn more about the neurobiology of substances and why we like to use them, the good and not-so-good things about use (like drinking, smoking and vaping) and how you can reduce risks that could get in the way of your personal goals.

Group members will learn fun facts, explore thoughts and feelings around substances and identify action steps if you decide you want to make a change. The group is open to all students who are interested in learning and engaging around substance use in a safe, supportive, and non-judgmental space.

Facilitators:
- Sarah De Young, LMSW
- Cara Ludlow, LMSW, CAADC

THIS IS TOUGH...Exploring the First Generation College Student Experience
Thursdays, 2–3 p.m. (In-Person)
September 23–November 18

This space is about supporting and empowering one another through shared experiences. Topics could include transition, family, relationship dynamics, exploring values and identity, navigating cultural expectations and building community.

A group screening is required to join. This group is for undergraduate students only.

Facilitators:
- Jessica Oyoque-Barron, LMSW
- José E. Padilla Segarra, M.S.
Understanding Self and Others (USO)
Mondays 10–11:30 a.m. (Virtual); Tuesdays 9:30–11 a.m. (In-Person); Wednesdays, 3–4:30 p.m. (In-Person); Thursdays 2–3:30 p.m. (Virtual)
September 13–November 18

This therapy group is for undergraduate and graduate students who would like to better understand their communication and interaction styles and receive feedback about their interpersonal style and interactions with others.

Discussion topics include family dynamics, how early experiences impact current relationships, coping with changing levels of intimacy, initiating conversations and relationship dynamics, with an emphasis on here-and-now exploration.

Pre-screening is required. Complete the CAPS Phone Request form at bit.ly/capsphonerequest and indicate you are interested in the group Understanding Yourself & Others to get started.