GROUP COUNSELING SERVICES
SPRING 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, complete the CAPS Phone Request form at bit.ly/capsphonerequest and indicate which group you are interested in attending.

All Spring 2021 group counseling services will take place virtually 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 Asian/Asian-American Women
Tuesdays, 2:30–3:30 p.m.
Feb. 2–April 20

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.

Facilitator:
BaoChun Z. Hind, PhD, LPC

ACT: Make your experience ACT (Acceptance & Commitment Therapy) for Graduate Students
Mondays, 3:30–4:45 p.m.; Fridays, 10:15–11:30 a.m.
Jan. 25–April 23

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. For more information or to sign up, contact Sarah DeYoung at deyoung80@msu.edu.

African American Graduate Support Group
Wednesdays, 3–4 p.m.
Jan. 20–April 21

A safe, non-judgmental space to share and process your individual experiences while navigating graduate school.

For more information, contact Martez Burks, Ph.D., LLP at burksma1@msu.edu.
**African American Women’s Group**  
**Wednesdays, 1–2 p.m.; Fridays 10–11 a.m.**  
Jan. 20–April 23  

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 multimedia 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.**  
Jan. 28–April 22  

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.

**Bipolar Support Group**  
**Tuesdays, 3–4 p.m.**  
Feb. 2–April 20  

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.

**Body Image and Eating Concerns Support Group**  
**Tuesdays, 4–5:15 p.m.**  
Jan. 19–April 20  

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.
**Brave Space**  
**Tuesdays, 1–2:30 p.m.**  
Jan. 19–April 27

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](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 scottoll@msu.edu.

**Facilitators:**  
Olivia Scott, PhD  
Zen Zhong, M.Phil.Ed, LLPC

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**Consciously Coupling**  
**Thursdays, 2:30–4 p.m.**  
Jan. 28–Feb. 18

Many people experience dissatisfaction in their relationships at one point or another. You and your partner(s) can join us for support and a workshop, where we’ll talk about aspects of healthy relationships like communication and conflict styles, love languages and sexual relationships. We’ll strategize with you to strengthen your relationship(s), and help you develop collaboration, equity, and longevity.

To sign up, speak with your existing CAPS provider or complete the CAPS Phone Request form at [bit.ly/capsphonerequest](bit.ly/capsphonerequest) and specify “Consciously Coupling” in the “Other” fillable field. A CAPS representative will contact you to discuss your request.

**Note:** Only one of the people in the relationship must be an MSU student to qualify for this free service, but all members of the relationship dynamic in attendance must be physically located in Michigan.

**Facilitators:**  
Jessica Mitchell-Corsino, PsyD, LP  
Gail M. Anderson, PsyD, LP

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**Coping Through COVID**  
**Tuesdays, 1–2 p.m.**  
Jan. 26 – April 20

Have you been feeling more anxious since COVID-19 began? Sad or down? Decreased motivation? More isolated from others? This support group is a safe, non-judgmental space for students to share and connect with others about concerns related to COVID-19. Students will also learn coping skills to help better manage stress.

**Facilitator:**  
Martez Burks, PhD

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**Creatively Constrained: ADHD Support, Skills and Resources**  
**Wednesdays, 2–3:15 p.m.**  
Feb. 3–April 21

ADHD can be a double-edged sword. You can use it creatively to add spice to yours and others’ lives. It’s your authenticity. But you can use it in a constraining or frustrating way that limits or blocks your progress. This group is here to help you understand that the problem is not you, the problem is that society doesn’t understand you and isn’t geared toward your strengths. Society sucks! Not you! Learn ways to make society work for you.

**Screening required.**

**Facilitators:**  
Jimmy Bruce, PhD, LP  
Abby Baerman, LMSW
College of Veterinary Medicine Wellness Support

Tuesdays, 4–5 p.m.
Jan. 12–May 4

Graduate and undergraduate students in the College of Veterinary Medicine are welcome. This support group is a safe, non-judgmental space to connect with others and identify ways to balance the demands of school and personal life while maintaining wellness. The group will cover different topics each week, including self-care, impostor syndrome, stress/anxiety management, benefits of meditation, and more.

Dialectical Behavior Therapy (DBT) Group

Tuesdays, 3:30–5 p.m.; Wednesdays, 3:30–5 p.m.; Fridays 9:30–11 a.m.
Begins Jan. 11

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.
Jan. 22–April 30

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 Attractonality (GIAA) Grad

Wednesdays, 2–3:30 p.m.
Jan. 27–April 21

This support group for graduate students addresses life and relational issues related to romantic and sexual attraction, sexual orientation, gender identity, particularly for LGBTQ+ 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.
Gender Identity And Attractionality (GIAA) Undergrad  
**Tuesdays, 2–3 p.m.**  
Jan. 26–April 30

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.

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Graduate Student Support Group  
**Fridays 9–10 a.m.**  
Jan. 22–May 7

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.

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Grief Group  
**Tuesdays, 3–4 p.m.; Wednesdays 1–2 p.m.**  
Jan. 19–April 27

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.

To learn more or to schedule a pre-screen, contact Abigail Waller at wallera@msu.edu.

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International Students Support Group  
**Fridays, 10:30–11:30 a.m.**  
Feb. 5–April 23

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.
**Living With Chronic Illness**  
**Fridays, 3–4 p.m.**  
Jan. 22–April 30

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.

*Facilitators:*
- Caitlin Riley, LMSW
- Kris Amos, MA, LLPC

**Mental Health Mondays**  
**Mondays 4–5 p.m.**  
Jan. 25–April 19

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, 2–3:30 p.m.**  
Feb. 4–April 22

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
- Anel Arias, MA

**Racial Stress**  
**Fridays, 3–4 p.m.**  
Feb. 5–April 23

A psychotherapy group for undergraduate students to gain insight and power, while providing and receiving support in regards to racial stress, particularly for students of color. Examples topics include racial and generational trauma, oppression, biases, discrimination, and institutional racism.

The purpose of this group is to normalize experiences, build community, increase knowledge of self and one’s own experiences, and gain new perspectives on racial experiences of others.

Treatment goals for this group include empowerment, minimizing distress due to racial experiences and increasing comfort and confidence in voicing your experience.

*Facilitators:*
- Jimmy Bruce, PhD, LP
- Jessica Mitchell-Corsino, PsyD, LP
Understanding Self and Others (USO)
Mondays 3–4:30 p.m.; Wednesdays 3–4:30 p.m.; Thursdays 3–4:30 p.m.
Jan. 25–April 22

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.

THIS IS TOUGH...Exploring the First Generation College Student Experience
Fridays, 1:30–2:30 p.m.
Jan. 22–May 7

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.

Facilitator:
Jessica Oyoque-Barron, LMSW

Monday Facilitators:
Josh Turchan, PhD, LP
Silvia Leija MS, LMFT

Wednesday Facilitator:
Maddy Lepore, MIP Graduate Clinician

Thursday Facilitators:
Markie Silverman, PhD, LLP
Yvonne L. Connelly, PhD, LPLMFT