Counseling & Psychiatric Services (CAPS)
Student Health & Wellness

GROUP COUNSELING SERVICES
SUMMER 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/capphonerequest and indicate which group you are interested in attending. All Summer 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 A/APIA-Identified Women**
Mondays, 3–4 p.m.
May 24–Aug. 9

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, 3:30–5 p.m.; Fridays, 10–11:30 a.m.
May 24–Aug. 13

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.

**Facilitators:**
- BaoChun Z. Hind, PhD, LPC
- Duk-Hae Sung, PhD, LP

**Monday Facilitators:**
- Paige Erickson, MiP Graduate Clinician & Jeff Baker, MA, LLP

**Friday Facilitators:**
- Dukhae Sung, PhD, LP & Jonathan Ritz, LLPC
African American Women’s Group

**Wednesdays, 1–2 p.m.**
May 26–Aug. 11

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.**

Anxiety Workshop (Three Series Available)

**Tuesdays, 10:30–11:30 a.m.**
May 25–Aug. 10

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 three times this summer, beginning May 25, June 22, and July 20. Each workshop will last four weeks, meeting every Tuesday at 10:30 a.m.

For more information, email Jessica Mitchell-Corsino at mitch921@msu.edu.

Beyond the Binary

**Thursdays, 3:30–5 p.m.**
July 1–Aug. 12

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

**Mondays, 1–2 p.m.**
May 24–Aug. 9

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.
May 24–Aug. 9

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 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.
June 2–Aug. 4

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.

College of Veterinary Medicine Wellness Support
Tuesdays, 12–1 p.m.
May 25–Aug. 10

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.*  
May 18–Sept. 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.*  
May 28–Aug. 13

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](http://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.*  
May 26–Aug. 11

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.
**Graduate Student Support Group**  
*Fridays 9–10 a.m.*  
May 28–Aug. 13

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 9–10 a.m.*  
May 25–Aug. 11

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.**

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**International Student Support Group**  
*Fridays, 11 a.m.–12 p.m.*  
May 28–Aug. 13

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.*
May 28–Aug. 13

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.

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**Men Need to Talk Too**
*Thursdays 1–2 p.m.*
May 27–Aug. 12

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.

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**Mental Health Mondays**
*Mondays 4–5 p.m.*
May 24–Aug. 9

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.

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**Mindfulness-Based Anxiety Management**
*Thursdays, 2:30–4 p.m.*
May 27–Aug. 12

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.

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**Thinking of Change: Substance Use Workshop**
*Thursdays, 9:30–10:30 a.m.*
Workshop 1: May 27–July 1
Workshop 2: July 8–Aug. 12

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.
Understanding Self and Others (USO)

Tuesdays 9-10:30 a.m.; Wednesdays 3-4:30 p.m.; Thursdays 3-4:30 p.m.
May 24–Aug. 12

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.

Facilitators:

Tuesday Facilitator:
Yvonne L. Connelly, PhD, LP
& Zen Zhong, LLPC

Wednesday Facilitators:

Josh Turchan, PhD, LP
& Dan Murphy, MA, Doctoral Intern

Thursday Facilitator:

Markie Silverman, PhD, LLP

THIS IS TOUGH...Exploring the First Generation College Student Experience

Fridays, 1-2 p.m.
May 28–Aug. 13

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.