GROUP COUNSELING SERVICES
SPRING 2022

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. Spring 2022 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, 1:30–2:30 p.m. (Virtual)
January 17–April 25

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
Tuesdays, 3:15–4:30 p.m. (Grad students only, virtual);
Fridays, 9:30–11 a.m. (For graduate and undergraduate students, in person)
January 18–April 29

Many students experience anxiety or depression. This group aims to help 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.
African American Women’s Group
Wednesdays, 1–2 p.m. (Virtual)
January 19–April 27

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.

Best Stressed Workshop
(Three Series Available)
Wednesdays, 9–10 a.m. (Virtual)
September 14–November 9

This four-part workshop focuses on learning skills to better manage stress and burnout.

The workshop is available three times this spring, beginning January 19, February 23 and March 30. Each workshop will last four weeks, meeting every Wednesday at 9 a.m.

Beyond the Binary
Thursdays, 3:30–5 p.m. (Virtual)
January 20–April 28

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, impacts on wellness, needs, and impacts of being closeted and being TGNB at MSU.

Bipolar Support Group
Mondays, 1–2 p.m. (In Person)
January 17–April 25

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, 4–5:30 p.m. (In Person)
January 18–April 26

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 by cultivating self-compassion.

Facilitators:
Basak Khamush, PhD, LP & Jacki Fritts, M.S., M.A.

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 have questions about this group, email Olivia at scottol1@msu.edu.

Facilitators:
Olivia Scott, PhD & José E. Padilla Segarra, M.S.

Cinematic World of Anxiety Workshop

Fridays, 11 a.m.–12 p.m. (Virtual)
January 21–April 28

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.

Facilitator:
Caitlin Riley, LMSW

Cognitive Behavioral Therapy (CBT) Skills for ADHD

Wednesdays, 2–3:30 p.m. (In Person)
January 19–April 27

This group was developed using the structure of cognitive 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.

Facilitators:
Jimmy Bruce, PhD, LP & Abby Baerman, LMSW
Combating Anxiety Workshop  
(Three Series Available)  
Tuesdays, 11 a.m.–12 p.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 workshop is available three times this spring, beginning January 18, February 22 and March 9. Each workshop will last four weeks, meeting every Tuesday at 11 a.m.

Facilitators:  
Jovany Avendano, M.S. & Nick Holland, BA

Cultivating Concentration Workshop  
(Three Series Available)  
Thursday and Wednesday Series, 9–10 a.m. (Virtual)  
January 20–April 20

This four-part workshop focuses on improving concentration, attention and motivation to complete academic and work demands.

The workshop is available three times this spring, beginning January 20, March 2 and March 30. Each workshop will last four weeks.

Facilitators:  
Ana Hill, M.A. & Jayda Thomas

Dialectical Behavior Therapy (DBT) Group  
Tuesdays, 3:30–5 p.m. (Virtual); Wednesdays, 3:30–5 p.m. (Virtual); Fridays 9:30–11 a.m. (Virtual)  
January 11–April 26

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.

Tuesday Facilitator:  
Lauren Enty, LMSW

Wednesday Facilitator:  
Mike Alnarshi, LMSW, TF-CBT

Friday Facilitators:  
David Gates, MA, LPC & Kelly Schwarzkopf, BS

Empower U  
Fridays, 1–2 p.m. (Virtual)  
January 17–April 29

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

Facilitator:  
Olivia Scott, PhD & Victor Leon, LLMSW
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.

Facilitators:
Ginny Blakely, LMSW & Jovany Avendano, M.S.

Gender Identity And Attractionality (GIAA) Undergrad
Tuesdays, 2–3 p.m. (In Person)
January 18–April 26

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.

Facilitator:
Victor Leon, LLMSW

Graduate Student Support Group
Tuesdays 3–4 p.m. (Virtual); Fridays 10–11 a.m. (Virtual)
January 18–April 29

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 Facilitator:
Kris Amos, M.A.

Friday Facilitator:
Jessica Oyoque-Barron, LMSW
International Student Support Group
Fridays, 10–11 a.m. (Virtual)
January 21–April 29

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

Grief Support
Tuesdays, 10–11 a.m. (Virtual); Wednesdays 3–4 p.m. (In Person)
January 18–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.

Facilitators:
Abigail Waller, LMSW & Nick Holland, BA

Latinx Womxn Support Group
Tuesdays, 4–5 p.m. (In Person)
January 18–April 26

Navigating life, relationships and school can be overwhelming. This group offers a supportive space for Latinx, female-identified undergraduate and graduate students.

This group will address experiences as it relates to stress, intersectionality, boundaries, connections, impostorism, navigating a PWI, family dynamics, transitional challenges and overall balance of mental wellness. Students are encouraged to freely express their emotions and connect with each other as a means of support. This space is about supporting and empowering one another through shared experiences.

Facilitator:
Jessica Oyoque-Barron, LMSW

Living With Chronic Illness
Thursdays, 3–4 p.m. (Virtual)
January 20–April 28

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
Men Need to Talk Too
Thursdays 1–2 p.m. (In Person)
January 20–April 28

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.

Mental Health Mondays
Mondays 4–5 p.m. (Virtual)
January 17–April 25

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.

Mindfulness-Based Anxiety Management
Thursdays, 2:30–4 p.m. (Virtual)
January 20–April 28

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.

Monday Mood Workshop
Mondays 11 a.m.–12 p.m. (Virtual)
January 17–April 18

This four-part workshop focuses on learning skills to better regulate emotion and improve mood.

The workshop is available three times this spring, beginning January 17, February 21 and March 28. Each workshop will last four weeks.

Racial Stress
Fridays, 2–3 p.m. (In Person)
January 21–April 29

This group is intended for all MSU students who have experienced race-related stress. Racism, microaggressions, and implicit/explicit biases may lead to race-related stress. At times, people question their experience and subsequent emotions — a common reaction because modern-day racism tends to be either overt or covert in nature. Experiencing racism can cause social and economic issues and have a negative impact on physical and psychological health.

Race-related stress refers to the psychological distress associated with experiences of racism, and only requires that a person believes that they were the victim of racism. This racial stress group will afford all students an opportunity to express freely and openly without fear of consequences or judgment.
Thinking of Change: Substance Use Workshop
Thursday, 9:30–10:30 a.m. (Virtual)

This four-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 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.

The workshop is available three times this spring, beginning January 20, February 24 and March 31. Each workshop will last four weeks.

THIS IS TOUGH...Exploring the First Generation College Student Experience
Thursday, 2–3 p.m. (In Person)
January 20–April 28

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.

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)
January 17–April 28

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.

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.

Call (517) 355-8270
Visit caps.msu.edu
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