GROUP COUNSELING SERVICES
SUMMER 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. Summer 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.

Acceptance & Commitment Therapy (ACT)
Thursdays, 1:30–3 p.m. (For graduate and undergraduate students, in person)
June 9–August 18

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.

Facilitator:
Jeff Baker, MA, LLP

African American Women’s Group
Wednesdays, 1–2 p.m. (Virtual)
June 8–August 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.

Facilitator:
Markie Silverman, PhD, LP
Body Image and Eating Concerns Support Group
Tuesdays, 4–5:30 p.m. (In Person)
June 7–August 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 by cultivating self-compassion.

Facilitators:
Basak Khamush, PhD, LP & Emma Westra, MA

Brave Space
Tuesdays, 1–2:30 p.m. (In Person)
June 6–August 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 & Dom Roberts, MA

Cognitive Behavioral Therapy (CBT) Skills for ADHD
Tuesdays, 3–4:30 p.m. (In Person)
June 8–August 17

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

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. (Virtual)
May 17–August 19

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 & Alexandra Ballinger
Empower U  
**Fridays, 1–2:30 p.m. (Virtual)**  
May 20–August 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 have questions, email Olivia at scottol1@msu.edu.

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**Gender Identity And Attractionality (GIAA): Grad and Undergrad**  
**Tuesdays, 2–3:30 p.m. (Virtual)**  
June 7–August 16

This support group for graduate and undergraduate 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.

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**Graduate Student Support Group**  
**Fridays 10–11 a.m. (Virtual)**  
June 10–August 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.

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**Let’s Take a Breath: Meditation Corner**  
**Tuesdays 11 a.m.–12 p.m. (In Person, Drop In)**  
June 7–28

Navigating life’s stressors and worries can be hard. Being a college student can be stressful. When was the last time you took an intentional moment to breathe and feel connected with the present moment?

This group aims to help students learn mindfulness skills, understand what meditation is, learn the differences between formal and informal meditative practices, and cultivate a practice of meditation in your everyday life. The group will consist of learning how to meditate followed by allotted time spent practicing these skills.
Facilitators:

Mental Health Mondays
Mondays 2–3 p.m. (Virtual)
June 6–August 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.

Mindfulness-Based Anxiety Management
Thursdays, 2:30–4 p.m. (In Person)
June 9–August 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.

Understanding Self and Others (USO)
Wednesdays, 3–4:30 p.m. (In Person); Thursdays 2–3:30 p.m. (Virtual)
June 8–August 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.

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