

MSU Sexual Assault Program

FALL 2019 GROUPS

COGNITIVE PROCESSING THERAPY GROUP

Learn skills to reduce trauma symptoms in an environment of social support. CPT is an evidence based treatment structured over 12 weeks.

**Mondays 3-4:30pm
Starting 9/16**

For info contact:
Amanda Taylor
taylo642@msu.edu

HEALING THROUGH YOGA

A drop-in, trauma informed yoga practice to promote healing and wellness.

**Tuesdays 3-4pm
Starting 9/10**

For info contact:
Caroline Silvia
nelsenca@msu.edu

BUILDING RESILIENCE THROUGH DBT INFORMED SKILLS

A group for survivors who would benefit from an increased ability to tolerate distress, regulate emotions and engage effectively in relationships

**Tuesdays 1-2pm
Starting 10/1**

For info contact:
Ikram Adawe
adaweikr@msu.edu

RENEW AND CONNECT

Connect with others, discuss common reactions and move toward a renewed sense of self. Each week will focus on a specific topic and involve various activities.

**Wednesdays 1-2pm
Starting 9/30**

For info contact:
Amanda Lorencz
saunde99@msu.edu

CPT GRADUATES GROUP

Maintain stability and review skills learned in individual or group CPT.

**Thursdays 1-2pm
Biweekly
Starting 10/10**

For info contact:
Caroline Silvia
nelsenca@msu.edu

FOR MORE INFORMATION, PLEASE CALL:

517-355-3551

MSU Sexual Assault Program **SERVICES**

INDIVIDUAL COUNSELING

EMDR
Cognitive Processing Therapy
Somatic Experiencing
Supportive Therapy

For MSU Students

For info contact:
517-355-3551

ADVOCACY

Legal, institutional, academic,
medical & personal

For MSU & community members

For info contact:
517-355-3551

CRISIS SERVICES

Crisis Counseling

Walk in & appointment-based

For info contact:
517-355-3551

24-Hour Crisis Line

517-372-6666

Crisis Chat

10am-10pm
endrape.msu.edu

CONTACT INFORMATION

Student Services Building
207A

Website: endrape.msu.edu

Business Line: 517-355-3551

Fax: 517-353-8912

Hours: 8am-5pm
Monday-Friday

GROUPS

Support & process groups
For MSU Students

For info contact:
517-355-3551

ALL SERVICES ARE FREE AND CONFIDENTIAL

WE ARE NOT MANDATED TO REPORT TO THE UNIVERSITY OR THE POLICE