GROUP COUNSELING SERVICES
FALL 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. Fall 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/APIIDA-Identified Women
Mondays, 1:30–2:30 p.m. (Virtual)
Group Begins September 12

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.

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Acceptance & Commitment Therapy (ACT) for Graduate Students
Fridays, 10–11:30 a.m. (in person)
Group Begins September 16

This group aims to help graduate students who experience anxiety and depression to learn mindfulness skills, connect with 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:
Dukhae Sung, PhD, LP

Facilitator:
Jeff Baker, MA, LLP
African American Women’s Group  
**Wednesdays, 1–2 p.m. (Virtual)**  
Group Begins September 14

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.

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**Beyond the Binary**  
**Thursdays, 3:30–5 p.m. (Virtual)**  
Group Begins September 15

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.

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**Bipolar Support Group**  
**Mondays, 1–2:30 p.m. (In Person)**  
Group Begins September 12

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.

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**Body Image and Eating Concerns Support Group**  
**Tuesdays, 4–5 p.m. (In Person)**  
Group Begins September 13

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.
**Brave Space**  
**Mondays, 1–2:30 p.m. (In Person)**  
Group Begins September 12

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.

**Combating Anxiety Workshop**  
*(Three Series Available)*  
**Mondays, 11 a.m.–12 p.m. (Virtual)**  
Workshops Begin September 12

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 fall, beginning September 12, October 10 and November 7. Each workshop will last four weeks, meeting every Monday at 11 a.m.

**Facilitators:**  
Kiera Kunkle, MA & Ciera Lewis, MA

**Cognitive Behavioral Therapy (CBT) Skills for ADHD**  
**Fridays, 2–3:30 p.m. (In Person)**  
Group Begins September 16

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 & Chasma Mathis, PsyD, LP

**Cultivating Concentration Workshop**  
*(Three Series Available)*  
**Tuesdays, 11 a.m.–12 p.m. (Virtual)**  
Workshops Begin September 13

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

The workshop is available three times this fall, beginning September 13, October 11 and November 8. Each workshop will last four weeks.

**Facilitators:**  
Ashley Craft, MA & Jody Zhong, M.Ed.
**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)*  
*Groups Begin September 6*

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, 1–2:30 p.m. (Virtual)*  
*Group Begins September 16*

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.

**Gender Identity And Attractionality (GIAA): Grad**  
*Wednesdays, 2–3:30 p.m. (Virtual)*  
*Group Begins September 14*

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.
Gender Identity And Attractionality (GIAA): Undergrad  
**Tuesdays, 2:30–4 p.m. (In Person)**  
Group Begins September 13

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.

Graduate Student Support Group  
**Tuesdays, 3–4 p.m. (Virtual) and Fridays, 10–11 a.m. (Virtual)**  
Groups Begin September 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. You can still join after the start date.

Grief Support  
**Tuesdays, 10–11 a.m. (Virtual); Wednesdays 3–4 p.m. (In Person)**  
Groups Begin September 13

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.

International Student Support Group  
**Fridays, 10–11 a.m. (Virtual)**  
Group Begins September 16

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.
**Latinx Womxn Support Group**  
**Tuesdays, 4–5 p.m. (In Person)**  
**Group Begins September 13**

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, imposterism, 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.

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**Facilitator:** Jessica Oyoque-Barron, LMSW

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**Living With Chronic Illness**  
**Thursdays, 3–4 p.m. (In Person)**  
**Group Begins September 15**

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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**Facilitator:** Caitlin Riley, LMSW

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**Mindfulness-Based Anxiety Management**  
**Thursdays, 2:30–4 p.m. (In Person)**  
**Group Begins September 15**

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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**Facilitators:** Mollie Delzeith, MA, LPC & Kiera Kunkle, MA

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**Racial Stress**  
**Fridays, 2–3 p.m. (In Person)**  
**Group Begins September 16**

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.

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**Facilitator:** Troy L. Strother, M.Ed
Thinking of Change: Substance Use Therapy Group  
**Thursdays, 3:30–4:30 p.m. (Virtual)**  
Group Begins September 15

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.

This IS TOUGH...Exploring the First Generation College Student Experience  
**Thursdays, 2–3 p.m. (In Person)**  
Group Begins September 15

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. This group is for undergraduate students only.

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)**  
Groups Begin September 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.
Wellness Wednesdays
Wednesdays 4–5 p.m. (In Person, East Neighborhood)
Group Begins September 14

This skills-based support group is designed for students who are new to the university, having difficulty adjusting to their new campus life, looking for peers interested in improving their overall well-being and discussing mental health topics, and new students looking to gain concrete skills for managing some of the challenges we face in daily life in relation to our general outlook on life.

Facilitators:
Courtney Brown, LMSW & Sarah Fay-Koutz, LMSW