



COUNSELING AND PSYCHIATRIC SERVICES

GROUP COUNSELING SERVICES SPRING 2023

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 2023 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

Fridays, 10-11 a.m. (Virtual)

Group Begins September January 27

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.

Facilitator:



Dukhae Sung, PhD, LP

Acceptance & Commitment Therapy (ACT) for Graduate Students

Thursdays, 3-4 p.m. (in person)

Group Begins January 26

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.

Facilitators:



Jeff Baker, MA, LLP & Monica Hicks-Jackson

African American Women's Group

Wednesdays, 1-2 p.m. (In Person)

Group Begins January 25

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, LLP

Beyond the Binary

Thursdays, 3:30-5 p.m. (Virtual)

Group Begins January 26

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.

Facilitators:



Ginny Blakely, LMSW & Jacki Fritts, PsyD

Bipolar Support Group

Fridays, 3-4:30 p.m. (In Person)

Group Begins January 27

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.

Facilitator:



Sarah De Young, LMSW

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.

Facilitators:



Basak Khamush, PhD, LP & Ciera Lewis, MA

Brave Space

Mondays, 1–2:30 p.m. (In Person)

Group Begins January 23

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.

Facilitator:



Olivia Scott, PhD

Combating Anxiety Workshop

(Three Series Available)

Mondays, 11 a.m.–12 p.m. (Virtual)

Workshops Begin January 23

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 spring, beginning January 23, February 20 and March 27. Each workshop will last four weeks, meeting every Monday at 11 a.m.

Facilitators:



Kiera Kunkle, MA & Ciera Lewis, MA

Creatively Constrained: ADHD Support, Skills and Resources

Fridays, 2–3:30 p.m. (In Person)

Group Begins January 27

Being a college student in today's world can be challenging. If you're also managing attention-deficit hyperactivity disorder (ADHD) symptoms, it can be even more difficult!

This group uses the structure of cognitive behavioral therapy 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.

The group is open to undergraduate and graduate students who have been diagnosed with ADHD.

Facilitators:



Jimmy Bruce, PhD, LP & Chasma Mathis, PsyD, LP

Creative Expression Workshop

Mondays, 10:30 a.m.–12 p.m. (In Person)

Workshops Begin January 23

Everyone receives and relays information in their own unique way. Some of us we may understand what is going on through metaphors, music, writing and artistic expression. Tapping into your creative side may allow you to find a way to express what you're thinking and feeling. In this six-week workshop, we will use writing and drawing prompts to artistically capture how we are feeling and express it in a way that honors our unique experience. No prior artistic experience is required.

This workshop is open to both undergrad and graduate students.

Facilitators:



Jovany Avendano, PsyD & Kris Amos, MA, LLPC

Cultivating Concentration Workshop

(Three Series Available)

Tuesdays, 11 a.m.-12 p.m. (Virtual)

Workshops Begin January 24

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 24, February 21 and March 28. 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. (In Person)

Groups Begin January 10

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 Facilitators:



Jackie Fritts, PsyD & Tabriana Wilkins

Wednesday Facilitators:



Mike Alnarshi, LMSW, TF-CBT & Ashley Craft

Friday Facilitators:



David Gates, MA, LPC & Ciera Lewis, MA

Empower U

Fridays, 1-2:30 p.m. (Virtual)

Group Begins January 27

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.

Facilitators:



Olivia Scott, PhD, LP & Jovany Avendano, PsyD

Gender Identity And Attractionality

(GIAA): Grad

Wednesdays, 2-3:30 p.m. (Virtual)

Group Begins January 25

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.

Facilitator:



Ginny Blakely, LMSW

Gender Identity And Attractionality (GIAA): Undergrad

Tuesdays, 2:30–4 p.m. (In Person)

Group Begins January 24

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.

Facilitator:



Victor Leon, LMSW

Graduate Student Support Group

Fridays, 10–11 a.m. (Virtual)

Groups Begin January 27

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.

Facilitators:



Jessica Oyoque-Barron, LMSW & Gabby Henriksen

Grief Support

Wednesdays 3–4 p.m. (In Person)

Groups Begin January 25

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.

Facilitator:



Abigail Waller, LMSW

International Student Support Group

Mondays, 4–5 p.m. (Virtual)

Group Begins January 23

The International Student Support Group is a safe space in which to share your experiences and concerns, connect with others, find support, and learn skills and strategies to help manage stress. Topics may include adjustment concerns, difficulties being away from your home country, stress management, relationship (friends, families and romantic) concerns and more.

Facilitator:



Zen Zhong, M.Phil.Ed, LLPC

Latine Support Group

Tuesdays, 4–5 p.m. (In Person)

Group Begins January 24

Navigating life, relationships and school can be overwhelming. This group offers a supportive space for Latine 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.

Facilitator:



Jessica Oyoque-Barron, LMSW

Lifeline: Cognitive Behavioral Skills for Suicide Prevention

Mondays, 2–3:30 p.m. (In Person)

Group Begins January 23

The primary goal of Lifeline is to address suicide. Lifeline focuses on teaching you how to solve problems, manage crises, and think about yourself and your life differently. As you learn these new skills, you will find that you are better able to manage crises in your life. To do this, you, other group members and the group co-facilitators will talk about stressful situations in life and practice new skills to handle these situations differently.

Facilitators:



Karen Stanley-Kime, PhD, LP & Jimmy Bruce, PhD, LP

Living With Chronic Illness

Thursdays, 3–4 p.m. (In Person)

Group Begins January 26

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

Mindfulness-Based Anxiety Management

Thursdays, 2:30–4 p.m. (In Person)

Group Begins January 26

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.

Facilitators:



Mollie Delzeith, MA, LPC & Donovan Bennett

Resident Assistant (RA) Support Group

Fridays, 1-2 p.m. (In Person)

Group Begins February 27

This support group is open to any RA looking to connect with their peers with the facilitation of a CAPS counselor.

Discussion topics could include general stress, balancing the RA role with academics and other activities, and debriefing about individual experiences.

Facilitator:



Sarah Fay-Koutz, LMSW

Stable Mind Space: Healing With Horses

Wednesdays, 3-4:30 p.m. (In Person)

Group Begins February 22

Horses can have a positive impact on mental health outcomes for people diagnosed with a variety of concerns (such as mood disorders, PTSD, anxiety and depression). This workshop partners with Animal Science Department students and is co-facilitated by equine expert Dr. Karen Waite. Students will have the opportunity to interact with horses in a structured, intentional and supervised environment to facilitate a positive impact on mental health. During this six-session workshop, students will aim to increase confidence in themselves, increase their knowledge on equine-assisted activities, better regulate emotions and increase connectedness to their peers.

Facilitators:



Lauren Enty, LMSW & Karen Waite, Ph.D.

Students must be able to transport themselves to the Horse Teaching and Research Center.

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

Thursdays, 2-3 p.m. (In Person)

Group Begins January 26

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.

Facilitators:



Chasma Mathis, Psy.D., LP & Jody Zhong, M.Ed.

This group is for undergraduate students only.

Understanding Self and Others

Tuesdays 9:30–11 a.m. (In Person); Wednesdays, 3–4:30 p.m. (In Person); Thursdays 2–3:30 p.m. (In Person)

Groups Begin January 24

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.

Tuesday Facilitator:



Yvonne Connelly, PhD, LP

Wednesday Facilitators:



Josh Turchan, PhD, LP & Ciera Lewis, MA

Thursday Facilitators:



Markie Silverman, PhD, LP & Kiera Kunkle, MA

Wellness Mondays

Mondays, 4–5 p.m. (In Person, East Neighborhood)

Group Begins January 23

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