GROUP COUNSELING SERVICES
SUMMER 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. Group counseling services are available 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) for Graduate Students
Thursdays, 3–4 p.m. (in person)
Group Begins June 1

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:
Jeff Baker, MA, LLP

Black Women’s Group
Tuesdays, 1–2:30 p.m. (Virtual)
Group Begins May 30

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:
Chasma Mathis, PsyD, LP & Ciera Lewis, MA
Body Image and Eating Concerns Support Group

**Tuesdays, 4–5 p.m. (In Person)**
Group Begins May 30

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 & Kiera Kunkle, MA

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Brave Space

**Tuesdays, 3–4:30 p.m. (In Person)**
Group Begins May 30

This 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 scottoll@msu.edu.

**Facilitators:**
Olivia Scott, PhD & Jody Zhong, M.Ed

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Creatively Constrained: ADHD Support, Skills and Resources

**Thursdays, 2–3:30 p.m. (In Person)**
Group Begins June 1

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.

**Facilitators:**
Jimmy Bruce, PhD, LP & Chasma Mathis, PsyD, LP

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Creative Expression Workshop

Two Series Available
**Mondays, 10:30 a.m.–12 p.m. (In Person)**
Workshops Begin June 5 and July 17

Everyone receives and relays information in their own unique way. Some of us 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.

**Facilitator:**
Kris Amos, MA, LLPC
**Dialectical Behavior Therapy (DBT) Group**  
**Mondays, 2:30–4 p.m. (Virtual); Wednesdays, 3:30–5 p.m. (In Person);**  
Groups Begin May 15

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.

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**Empower U**  
**Fridays, 1–2:30 p.m. (Virtual)**  
Group Begins June 2

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 scottoll@msu.edu.

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**Gender Identity and Attractionality (GIAA): Undergrad and Grad**  
**Wednesdays, 2:30–4 p.m. (Virtual)**  
Group Begins May 31

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)**  
Groups Begin June 2

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.
Mindfulness-Based Anxiety Management
Thursdays, 2:30–4 p.m. (In Person)
Group Begins June 1

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 & Ciera Lewis, MA

THIS IS TOUGH...Exploring the First Generation College Student Experience
Wednesdays, 1–2 p.m. (Virtual)
Group Begins May 31

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.

Facilitator:
Chasma Mathis, Psy.D., LP

Understanding Self and Others
Tuesdays 9:30–11 a.m. (In Person); Wednesdays, 3–4:30 p.m. (In Person);
Groups Begin May 30

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 Facilitators:
Yvonne Connelly, PhD, LP & Jovany Avendano, PsyD

Wednesday Facilitators:
Josh Turchan, PhD, LP & Ashley Craft, MA

“We Get You, We Got You” Neuro-Niconformist Dialectical Behavior Therapy (DBT)
Tuesdays, 3–4 p.m. (Virtual); Fridays 12–1 p.m. (Virtual)
Group Begins May 16

This skills-based support group is designed for students who are new This therapy group is for students who identify as neurodivergent and are struggling with the unique emotional and social challenges of being neurodivergent. We’ll provide strategies for regulating emotions, managing a crisis or meltdowns, and social situations. The group is adapted from dialectical behavior therapy, an evidence-based treatment used to help people manage intense emotions and navigate relationships. The group facilitator also identifies as neurodivergent, and the presentation of group materials is intentionally accessible to neurodivergent people.

This is a good group for people who struggle with emotional overwhelm, thoughts of suicide or self-harm, relationship boundaries, anxiety/panic attacks, intrusive thoughts and compulsions, or attention/sensory challenges. Together, we’ll work toward supporting daily well-being and building a life worth living!

Facilitators:
Jacki Fritts, Psy.D., ASDCS, DLP & Karen Stanley-Kime, Ph.D., LP, ABPP
Wellness Mondays
Mondays, 4–5 p.m. (In Person)
Group Begins June 5

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

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

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