## Spring 2019 Groups @ CAPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Description</th>
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<tr>
<td><strong>African American Undergraduate Women</strong></td>
<td>Mon 3:30-5:30 pm (Olin) &lt;br&gt; A non-traditional therapy group approach incorporating essential elements of African American Culture. The group is offered to assist individual members with moving toward self-healing through collective sharing around multi-media stimuli. The group is geared towards junior and senior undergraduate African American women, and remains open throughout the semester.</td>
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<td><strong>Bipolar Support</strong></td>
<td>Fri 1:30-3 pm (Olin) &lt;br&gt; This support group for students with a diagnosis of Bipolar Disorder integrates building community and developing skills to help students thrive while managing their mood disorder.</td>
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<td><strong>Crafting Wellness</strong></td>
<td>Thurs 2:30-4 pm (132B N. Hubbard Hall) &lt;br&gt; Do you want understand yourself better? Not too sure about counseling? Do you like being creative? In this drop-in workshop, we will use a combination of psychology education and craft projects to build lifelong insight into what makes you...you! No previous crafting skills required; materials and inspiration will be supplied.</td>
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<td><strong>DBT Skills Training (3)</strong></td>
<td>Mon 1:2-3 pm (Union) &lt;br&gt; Tues 3:4-30 pm (Olin) &lt;br&gt; Wed 3:4-30 pm (Olin) &lt;br&gt; DBT Skills Group is an evidence-based, skills-based, therapy group for students who want to operate more effectively in their environment. This group has a structured, educational format, and operates from a multicultural and collaborative lens. Sessions focus on skill development and learning how to apply and practice these skills between sessions.</td>
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<td><strong>Doin' Me (2) – A Group for Students of African Descent</strong></td>
<td>Undergrad males: Mon 3-4:30 pm (Union) &lt;br&gt; Grad (all genders): Wed 3-4:30 pm (Olin) &lt;br&gt; This support group is for students of African descent to create a safe space for authentically sharing their stories and voices in a culturally-affirming way, and supporting each other as students on MSU’s campus. The Monday group is for undergraduate males of African descent, and the Wednesday group is for graduate students of African descent, and welcomes all genders and non-binary individuals.</td>
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<td><strong>Eating-Body Image Recovery</strong></td>
<td>Tues 4:30-5:30 pm (Union) &lt;br&gt; Concerned about your looks and food? Can’t find others to connect with? This therapy group is an excellent opportunity to share, hear others, be heard, and receive validation and support on your journey to recovery.</td>
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<td><strong>Grad Student Support [Closed]</strong></td>
<td>Fri 9-10 am (Olin) &lt;br&gt; Grad school can take a lot out of you. At times, you may feel overwhelmed – anxious or depressed, even yet you feel you must keep pushing on. How much is too much? At what point is your mental health or well-being at risk? If you resonate with these thoughts, let’s talk. This confidential support group can help you identify and address key points of stress in your life, whether it be “creative differences” with your advisor, juggling your many roles and responsibilities, getting your dissertation or thesis done, or missing out on sleep because you have too much to do. Whatever your concerns, we can listen, offer support, or help you come up with strategies to to make the most of your time in grad school.</td>
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<td><strong>Grief Recovery (2) (Olin)</strong></td>
<td>Thurs 1-2 pm &lt;br&gt; Fri 11 am-12:30 pm – closed &lt;br&gt; This semi-structured and supportive therapy group is for students who are dealing with the loss of a loved one.</td>
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<td><strong>Healing Through Self-Compassion</strong></td>
<td>Thurs 3-4:30 pm (Union) &lt;br&gt; This 8-week drop-in group is about how to cultivate self-compassion. Self-compassion is a self-attitude that involves treating oneself with warmth and understanding before, during, and after difficult times.</td>
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<td><strong>Healing Through Yoga</strong></td>
<td>Thurs 3-4 pm (Broad Art Lab – on Grand River across from museum) &lt;br&gt; This drop-in group uses trauma-informed yoga practice to promote healing and wellness. Yoga mats are available at class for students to borrow.</td>
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<td><strong>Heartbroken / Blindsided</strong></td>
<td>Mon 4-5 pm (Union) &lt;br&gt; Has your romantic relationship recently ended? Do you feel blindsided by the loss, or like your heart is broken? This mixed-gender drop-in group is a supportive place where you can talk through your feelings and learn strategies for helping you adjust to your “new normal.” Topics may include: the perils of watching your ex on social media; whether or not to keep in touch; rebound relationships; and how to start to move forward even when it feels like you just can’t. Members of all genders and sexual/romantic orientations are welcome.</td>
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<td><strong>Living with Chronic Illness</strong></td>
<td>Thurs 11 am – noon (Olin) &lt;br&gt; Have you been diagnosed with a chronic physical illness, such as (but not limited to) Diabetes, Asthma, Crohn’s, or Fibromyalgia? Have you felt angry, frustrated or isolated because of your condition? These feelings are all very common. You don’t have to navigate this journey alone. This support group provides a safe, non-judgmental space to share your individual experiences, discuss symptom management, and figure out how to navigate challenges that you may encounter as a college student with a chronic illness.</td>
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<td><strong>Make your experience ACT (Acceptance &amp; Commitment Therapy) (2)</strong></td>
<td>Undergrad: &lt;br&gt; This therapy group aims to help students who experience anxiety and depression learn mindfulness skills, connect to their values, and strengthen psychological flexibility in their relationship with self and others. The group offers a mixture of support, experiential learning, and action-oriented work.</td>
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### Mind-Body Connection: Healing from Trauma
(Tues 4:15-5:30 pm (Olin))

This therapy group is designed to help students who present with long-standing complex trauma such as childhood trauma or complex PTSD. Our group is a good mixture of process-oriented work and skills-based intervention. Members will learn to relate to self and others, connect their emotional experiences to their body, develop adaptive coping mechanisms, and learn how to develop an integrated sense of self.

### Sleep 101 Workshop**
(Thurs 3-4 pm (Olin))

Do you have problems with sleep? Can’t shut your mind off at night? Sleep too little or too much? Sleep 101 is a 3-session drop-in workshop that provides information and tools you can use right now to improve or optimize your sleep. Topics we’ll cover include: how much sleep you need; how sleep makes you more likeable; calculating your sleep debt; strategies for shutting your mind off; nap your way to better grades; and many more. The workshop rotates continuously throughout the semester, so you can attend any three consecutive sessions to get full workshop content. No registration required - join anytime.

### SOGI (Sexual Orientation & Gender Identity) (2)
(Undergrad: Weds 4-5 pm (Olin) Grad: Tues 3:30-4:30 pm (Union))

This support group will address life and relational issues related to romantic and sexual attraction, sexual orientation, and gender identity. Topics are based on student interests and may include: exploring identity & identity development; trust and connections; dealing with heterosexism, cissexism, internalized homophobia and/or transphobia; dating and dating technology; attraction and romance; family dynamics; faith and identity; balancing academics with life; and intersectional identities.

### Strength Through Transition**
(Weds 2-3 pm (Union))

Is this your first time away from home? Have you transferred from another university? Or are you about to graduate? Transitions can be both exciting and stressful, and they often have a big impact on our studies, relationships, and overall health. This drop-in workshop can help you identify what may have helped you succeed during challenging times in the past, and learn new coping skills and ways of thinking. This workshop is aimed toward helping you to effectively and successfully navigate current and future life challenges.

### Stress Management**
(Weds 3:30-5 pm (Olin))

This drop-in workshop is an opportunity for students to develop strategies to manage their stress related to academics, family, depression, anxiety, and other concerns. This group allows students to share their concerns with others, and provides opportunity for dialogue on how to better manage their stress.

### Taming the Anxious Mind**
(Fri 3-4 pm (Union))

This drop-in workshop can help you learn to quiet your mind using techniques such as mindfulness meditation. The strategies presented in this workshop will help you feel more relaxed and focused on the present moment.

### Test Anxiety Workshop**
(Weds 1-2:30 pm (Olin) 1/23 - 2/27)

A 6-week drop-in workshop series that features information on what test/performance anxiety is, methods to identify its presence, tips and strategies to manage stress, and discussion about group members’ experiences. This series uses several approaches to anxiety management, including cognitive-behavioral, sport psychology, mindfulness, and psychophysiological approaches.

### Understanding Yourself & Others [Closed]
(Weds 3-4:20 pm (Olin))

This therapy group is for students (undergraduate & graduate) who would like to better understand their communication and interaction styles, and receive feedback regarding their interpersonal style and interactions with others. Various topics may be discussed, such as family dynamics, how early experiences impact current relationships, coping with changing levels of intimacy, initiating conversations, relationship dynamics, with an emphasis on here-and-now exploration.

### Voices of Color
(Thurs 2-3:30 pm (Olin))

This is a 6-week support group for students of color (undergraduate & graduate). This group provides an opportunity to collectively explore topics such as self-awareness, relationships, cultural identities/expectations, and mental health issues.

**Drop-in groups (no registration or screening required)

Groups listed in blue are now closed.

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**Interested in joining?**

**Drop-in groups require no advance screening or registration.

For all other groups, start by coming to CAPS’s main location in the Olin Building for a screening with a counselor - no appointment necessary.

Main location: Olin Building, 3rd floor

Last updated 1/24/19
Satellite location: Union, 3rd floor
For more information, call CAPS at 517-355-8270