CAPS Workshops and Groups Available Through End of Spring 2018 Semester

**Drop-In Groups**

**Mindfulness Meditation Noon Workshops**

Mindfulness meditation helps us to manage stress and to develop a caring, compassionate, non-judgmental awareness of our own experience. Workshops are free and open to students, faculty, and staff. Running through May 10th.

Tuesdays Busch Student Center, Room 122

Wednesdays, Student Activities Center, George Street, CAC

Thursdays Douglass Student Center, Room C

**Group Placements (Require an Initial Meeting/Evaluation with a CAPS Counselor)**

For more information, contact CAPS at 848-932-7884.

**Mindfulness Yoga**

Thursday evenings

This is a slow paced, gentle class that combines seated and moving meditation to explore our thoughts, emotions and physical sensations while developing kindness towards the body. Each class includes gentle yoga postures with seated body and breath awareness practices.

**Acceptance and Commitment Therapy (ACT) Group**

Four 1-hour sessions, Friday mornings, beginning April 13

The group will focus on values-based behavioral activation supported by acceptance and mindfulness experiential practices. Students will learn strategies to change behaviors and deal with challenging feelings rather than avoid them. This group is best suited to students with anxiety and/or depression.

**Radically Open Dialectical Behavior Therapy (RO DBT)**

Groups are available throughout the semester on Tuesday and Wednesday afternoons.

RO DBT is a group for students who experience intense emotion, but have difficulty recognizing the emotion, and respond to situations by trying to create control or by withdrawing socially. This group focuses on developing openness, flexibility and communication.
Cultivating Calm
Four 1-hour sessions

Groups are available in April on Monday afternoons, Tuesday, Wednesday, and Thursday evenings, and Friday mornings.

Cultivating Calm teaches students how to better understand and manager their stress by teaching them relaxation techniques and how to change the way they think about stress and anxiety.

Commit to You
Groups are available in April on Tuesday and Thursday evenings.

In this two-session workshop students will be taught how to accept failures as valuable aspects of the human experience as well as to develop a mindful and kind presence with their internal experience when they do fail. The purpose of this experiential workshop is to help college students seize academic and other opportunities by becoming resilient in the face of their challenges.

Text Anxiety
Groups are available in April on Tuesday and Thursday evenings.

This one-hour workshop is designed to help students understand the causes of performance/test anxiety and to learn coping skills specific to test taking.

Overcoming Procrastination
Groups are available in April on Tuesday and Thursday evenings.

This one-hour workshop examines problematic procrastination and includes a discussion of skills to help improve and overcome procrastination.

Distress Tolerance
Groups are available in April and May on Monday and Friday afternoons.

This one-hour workshop helps students develop skills to tolerate distressing emotions such as anxiety and feeling overwhelmed.

SOAR: Skills Optimizing Access to Resilience
This four-session workshop helps students develop skills to be more resilient in the face of life’s challenges.

Learn how to: Develop self-compassion, gain some distance from difficult thoughts that interfere with your success, identify what is important to you in life, and act in ways that reflect your values.