

Fall 2018 CAPS Workshops and Groups

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 December 20th.

- Tuesdays Busch Student Center, Room 122A
- Wednesdays, Student Activities Center, George Street, CAC
- Thursdays, Douglass Student Center, Room C
- Monday, Business School, Livingston Campus (Every other week through November 26th. Check website for room locations and other information.)

health.rutgers.edu/noon-meditation-workshops

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

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

Most groups will start the week of September 24th.

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.

Radically Open Dialectical Behavior Therapy (RO DBT)

Groups are available throughout the semester on Wednesday and Thursday 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.

DBT Skills

Groups are available on Monday, Tuesday, Wednesday, and Friday.

Students will learn skills related to mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

Cultivating Calm

Groups are available on, Tuesday, Wednesday, and Thursday evenings, and Thursday and Friday mornings.

Cultivating Calm consists of four 1-hour sessions and teaches students how to better understand and manage 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 on Tuesday, Wednesday and Thursday evenings.

In this 2-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.

SOAR: Skills Optimizing Access to Resilience

This 4-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.

Body Positive

This group is a semi-structured activity-based experience for students whose thoughts related to negative body image are creating distress in the college setting. Group will include components focusing on development of supportive relationships among members; psychoeducation to challenge thin-ideal that impacts negatively on body image; and activities that encourage students to challenge feelings, thoughts and behaviors about body shape and weight that could be undermining their success.

Success in Social Situation (SISS):

This group is geared toward students who have current significant anxiety specifically related to functioning in social situations. The group will use a structured CBT model that includes psychoeducation about social anxiety and cognitive triad, mindfulness practice, introduction to cognitive distortion and restructuring, development and use of fear and avoidance hierarchy and planned exposure practices in a supportive group format.

Stopping ANTs (Automatic Negative Thoughts):

Nine Session group to improve self-esteem and build confidence based on the self-esteem curriculum from the Centre for Clinical Interventions. In addition to the curriculum, in-session activities will provide opportunities for exposure to and practice of positive thinking strategies.

Black W.O.M.E.N. Sistahood Workshop

This is a series of 5 workshops addressing the unique needs of students identifying as female and black (including: African-American, Caribbean, Afro-Latina). The workshops will cover topics such as intersecting identities, self-care, defining beauty, and creating a support network on campus.

Recovering From Depression

This group will combine classic CBT concepts (such as cognitive restructuring and behavioral experiments) with behavioral activation.

Undergraduate or Graduate Process Group:

Groups available Monday, Tuesday, Wednesday and Friday.

An unstructured group where students are provided a safe space and opportunity to discuss and explore everyday issues. This group is where you can safely try out different ways of interacting with others, such as initiating conversations or improving your listening skills.

Gender Identity

This is a private and confidential group for students who are questioning or exploring their gender identity and for students who identify as transgender, non-binary, non-conforming, genderqueer, or those on the gender diverse spectrum. The goal of the group is to provide a safe and supportive space to talk about identity, coming out, relationships with family and friends, dating, transitioning, transphobia/cissexism, and other issues of relevance to members. Given the complexity of gender identity, each week will have a specific focus. You are welcome to attend every meeting but can also choose which weeks interest you.

LGBQQ Support

This private and confidential group is for students who identify as lesbian, gay, bisexual, queer, or questioning. The group offers a safe and supportive place to talk about issues that may be affecting you including coming out, identity, intimate relationships, family issues, homophobia/biphobia and sexism, community issues, building support systems, accessing resources, and other issues of interest to members. The group will meet weekly in the Fall and Spring semesters.

Grief and Loss

This is a 6-week evidence-based group. It is a mixture of psycho-education, cognitive behavioral, and process group, focused on assisting students create adaptive ways to grieve as well as normalize and reinforce the notion that there is no right way to grieve.

Relationship Skills 1 or 2

These are psych-education and support groups that are generally, but not exclusively, targeted for students with Autism Spectrum Disorder. They will provide instruction, guidance, and practice in developing, maintaining, and understanding relationships: friendships, roommates, romantic/dating, academic, and work.