

CAPS Workshops and Groups Available Through End of Fall 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 December 20th.

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.

Got Stress

This one-hour workshop will assist students with understand their own stress level and will address ways of coping with stress.

Commit to You

Groups are available in November in the 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.

Distress Tolerance

Groups are available in December.

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 three-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.

RU-Over Controlled (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.