

Fall 2019 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. Starts the week of 9/23/19.

- Tuesdays, Busch Student Center, Room 122
- Wednesdays, CAC Student Center
- Thursdays, Douglass Student Center, Room C
- Monday, Business School – every other Monday starting 9/9/19

Group Placements (Require an Initial Meeting and/or intake with a CAPS Counselor)

For more information, contact CAPS at 848-932-7884. Most groups are offered at CAPS, some are located within one of our campus partners' spaces.

Most groups will start the week of September 23rd.

Body Positive: Claiming Acceptance & Respect for Your Bodies

A therapeutic activity-based group aimed at discovering new ways of relating to our bodies. Examine the effects of body shaming and break free of physical expectations around identified gender, ethnicity, age, body size, and ability. Connect with others and collaborate to create an affirming approach to beauty and identity. Learn to identify, challenge and accept emotional experiences related to body and eating.

Commit to You

Groups are available on Tuesday, Wednesday, and Thursday evenings. In this three-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.

Cope Now

Series of four one-hour skills groups to assist students with coping strategies. Students can enter the group throughout the semester, and are encouraged to stay for at least four sessions.

Cultivating Calm

Four one-hour sessions

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

Dissertation Support

This group is a one-hour support group specifically for graduate students who are ABD (have completed all their coursework and qualifying exams/papers) and are in the dissertation process. This group is not structured as a psychotherapy group.

DBT Skills

Groups are available on Tuesday, Wednesday, and Friday. Students will learn skills related to mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

FamiLGBTQ+

FamiLGBTQ+ is a group for students who identify within the LGBTQ+ community and would like support navigating family concerns of acceptance and rejection in relation to sexuality and/or gender identity. The group will provide a safe space to discuss these concerns, brainstorm ways to manage family difficulties, and tools to cope if it is not safe to come out to family at this time.

Gender Identity Support Group

The Gender Identity Support Group is specifically for students who identify as trans or questioning and includes being transgender, genderqueer, gender expansive, gender fluid, nonbinary, agender, etc. Our goal is to provide a safer space to discuss various challenges related to coming out as trans, how relationships with friends, family and others may be affected, managing emotional and physical changes related to transitioning, dealing with bias and discrimination, navigating name and gender pronoun changes, sexuality concerns, and anything else that may be impacting the wellbeing and functioning of our trans students.

Grief and Loss

This is a support/process group, specifically for students that are struggling with grief and bereavement related to the recent loss of a loved one. Students are encouraged to join irrelevant of their stage of grief. The goal of the group is to help the students reflect on how grieving is an individual process and a natural part of life. We hope to help students transform their loss and face a difficult life transition through acceptance and adaptive coping mechanisms.

Healthy Achieving

Students will develop shame resilience skills and move away from perfectionism and towards healthy striving. Students will do this through psychoeducation, group discussions, and group activities. A great fit for students who are experiencing anxiety and depression due to perfectionism and/or fear of failure.

Mindfulness Yoga

This group meets on Thursday evenings. It 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 Friday 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.

Relationship Skills

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.

RUWORTHIT

Weekly support group for black, female-identified students and the women of color (WOC) that support them. The purpose of the group is to empower each other to show up in the world in all of your excellence! Some topics include: I Am Not My Hair: Beauty and Body Image Challenges, Me, Myself, and I: Intersectionality of Identities, Crabs in a Barrel: Fighting the History of Not Supporting Each Other, Relationships; and much more!

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.

Social Anxiety & 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 cognitive behavioral therapy (CBT) model that includes psycho-education 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)

This nine-session group aims 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.

Undergraduate or Graduate Process Group

Groups are 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.