Counseling & Psychological Services/Sexual Assault Crisis Service
Group Offerings, Fall 2016

Most groups require an initial individual meeting. For more information call (812) 855-5711.

HEALTHY CONNECTIONS GROUPS

GRADUATE AND RETURNING STUDENTS: Thursdays, 2:30-4:00pm
These groups focus on students learning to improve their relationships with others and deepen their understanding of themselves in relationships. These groups offer a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting.

UNDERGRADUATE: Tuesdays, 10:30-12:00 p.m.
Often the personal issues that bring us to counseling (e.g., stress, anxiety, depression) have more to do with how we relate to others than we think. These groups will help members explore the relationship between their interpersonal style and their emotional well-being. Members will be encouraged to experiment with new behaviors, which can foster more meaningful connections with others and enhance emotional health.

MEN’S GRADUATE AND RETURNING STUDENTS: Fridays, 9:00-10:00 a.m.
This group focuses on men learning to improve their relationships with others and deepen their understanding of themselves in relationships. The group offers a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting and expressing themselves.

WOMEN’S GRADUATE AND RETURNING STUDENTS: Wednesdays, 10:00 – 11:30 a.m. This group will focus on women learning to improve their relationships with others and deepen their understanding of themselves in relationships. The group offers a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting and expressing themselves.

SPECIAL POPULATION, SUPPORT & SKILLS GROUPS

HEALTHY RELATIONSHIPS SUPPORT GROUP: Wednesdays, 1:30-3:00 p.m.
A confidential, all gender support group for individuals who are questioning the health of their relationships and/or recognizing patterns of power and control within their relationship. This group is free.

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: TBD
This group is open to undergraduate and graduate students who are survivors of childhood sexual abuse. The purpose of this group is to provide a safe and therapeutic environment to explore common issues associated with childhood sexual trauma, including exploration of family dynamics and impact on current relationships and academics. Group members have the opportunity to share their experiences at their own pace, connect with other students, and offer and receive support. This group is free.

SURVIVORS OF SEXUAL ASSAULT: Fridays, 1:00-2:30 p.m.
This group is open to undergraduate and graduate students who are survivors of sexual assault, defined as any unwanted and nonconsensual sexual contact. The purpose of this group is to provide a safe and therapeutic environment to explore common issues associated with experiencing a sexual assault, including the impact on relationships with family and friends, academics, impact on physical and mental health, and how to handle issues related to reporting (for those who decide to report). Group participants have the opportunity share their experiences at their own pace, connect with other students, understand the current impact of this experience, begin to work through and resolve feelings associated with trauma, and to offer and receive support. This group is free.

DISSERTATION SUPPORT: Tuesdays, 1:30-3:00 p.m.
This group will focus on peer and emotional support, goal setting, and anxiety/stress management.

STAYING OUT OF TROUBLE: Fridays, 2:30-3:30 p.m. & 3:30-4:30 p.m.
Drug and alcohol use can have a number of unintended consequences. Sometimes students are aware of them, sometimes not. If you are interested in exploring your drug and alcohol use in this non-judgmental atmosphere so you can better make up your own mind about the risks and benefits, please consider attending this group.

SOBRIETY: Wednesdays, 2:30-3:30 p.m.
Are you sick and tired of how drinking and using drugs are affecting you? Are you ready to stop? Sobriety is here to help you succeed. This is an open ended therapy group that you can join any time. It’s all about learning what works for you in a non-judgmental way.

ANGER MANAGEMENT: Thursdays, 2:30-3:30 p.m.
Have you gotten in trouble due to anger? Would you liked to utilize counseling? Come to the Anger Management group. Talk about what happened. Figure out what to do next time. Try to see it from the other
MANAGING YOUR EMOTIONS:  (Three skills training modules of 6-8 sessions each)

- **Emotion Regulation:** Mondays: 3:00 – 4:30 p.m.
- **Distress Tolerance:** Tuesdays 1:30-3:00 p.m.

These groups are based on Dialectical Behavioral Therapy skills. The goal of these groups is to help participants feel more balanced and in control of their lives. The skills focus on decreasing interpersonal chaos, labile emotions, impulsiveness, and cognitive dysregulation while increasing interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness. The groups are broken into 3 skills training modules of 6-8 sessions each. In the Fall, we are offering both Emotion Regulation and Distress Tolerance. Emotion Regulation Skills will assist you to decrease vulnerability to negative emotions, increase positive emotions, changing emotions, and tolerating emotions. Distress Tolerance Skills teach new coping skills to help people get through crisis without making things worse. The Distress Tolerance Skills target problem coping behaviors such as self-injury, binging, purging, over-exercise, substance use, addictive behaviors, suicide, and angry outbursts. Talk to your counselor to determine if these groups will be helpful for you!

MINDFUL COMPASSION TRAINING: Fridays 2:00 – 3:00 p.m., October 21 – November 11.

Four sessions on developing mindful compassion skills. Compassion for self and others will be examined with an emphasis on self-compassion. Learn skills to be kinder with yourself. It can help you feel more relaxed, productive, and less stressed with the effects of being “hard on yourself.” Session 1 – introduction to compassion and its benefits, assessment of self-compassion, and mindfulness training review. Session 2 – self-compassion mindfulness practice, compassion discussion, introduction to gratitude work. Session 3 – compassion mindfulness practice, review compassion and gratitude practice. Session 4 – compassion mindfulness practice, review of compassion and gratitude practice, final assessment and review.

FREE WORKSHOPS & SUPPORT GROUPS

MINDFULNESS-BASED STRESS MANAGEMENT: Mondays and Tuesdays, 10:00-11:00 a.m. & Wednesdays and Thursdays, 2:00-3:00 p.m. (Thursdays are practice only, no introduction to mindfulness; practices will be longer (about 25 minutes of mindful focusing) than on the other days; some prior experience-preferred.)

Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are FREE and we encourage you to attend as many as you wish.

MONDAY MOTIVATORS: Mondays, 4:00-5:00 p.m.

**Location:** Wells Library, Hazelbaker Hall (HH) or IQ Wall

**August 29, 2016:** “Get Appy- Apps for Wellness” (HH)

You can use apps to track your sleep, improve your mood, increase gratitude, lead you through guided mediations and Mindfulness practices, and so much more! Chris Meno, Ph.D., will demonstrate apps for Android and IOS.

**September 12, 2016:** “Self-Compassion and Resilience” (IQ)

Research suggests that self-compassion decreases emotional suffering and supports people to thrive. In this workshop participants will learn about the elements of self-compassion, the benefits of self-compassion, and practice experiencing self-compassion.

**September 19, 2016:** “Adjusting to IU: Homesickness” (IQ)

Having a hard time adjusting to IU? Are you missing family and friends from home? You are not alone. Many students who come to IU experience homesickness. Come and join us to learn ways of adapting during this period of transition.

**September 26, 2016:** “Love Myths and Realities” (IQ)

In this workshop, we will explore commonly held beliefs about signs and indicators of love. Sometimes what looks like behaviors of love are behaviors of control. Laurie Rushlow, PsyD will help you to learn more about healthy and unhealthy behaviors within relationships.

Check [http://healthcenter.indiana.edu/counseling/](http://healthcenter.indiana.edu/counseling/) and @IUHealthCenter for the most up-to-date information about our groups and workshops. Follow us on Facebook (IU Counseling and Psychological Services or Indiana University Sexual Assault Crisis Service) and Twitter (@IUHealthCenter).