

### Men's Identity Group

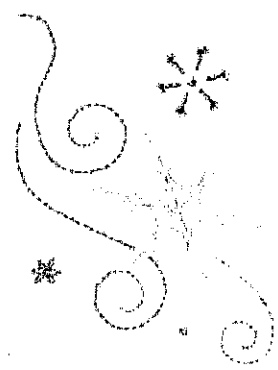
This group is designed to explore the concept of masculinity. Constructive and destructive assumptions will be examined. Of importance will be a focus on real intimacy. Roadblocks to healthy male/male and male/female relationships will be addressed. Common issues include: compulsive behaviors (pornography/Internet use), patterns of sexual attraction, communication strengths and weaknesses, gender role/identity, and stereotypes. Group members will be encouraged to maintain journals, read works by Patrick Carnes and consider workbook exercises along with in-group experience.

Leaders: Dave Bush and Matt Reiser  
Time: **Tuesdays, 2:30 p.m.-4:00 p.m.**  
Starts: January 10th

### Women's Identity Group

This group will examine beliefs and assumptions that pertain to women, and address various women's issues/difficulties. Common topics may include gender role concerns, communication difficulties, questions about sexual intimacy, prioritizing multiple responsibilities, negative relational experiences, relationship conflicts, traumatic experiences, and so on. This group will include a therapy dog to help reduce anxiety and facilitate a comfortable environment in which to share and explore.

Leaders: Eri Bentley and Courtney Henry  
And Lucky the dog  
Time: **Thursdays, 3:30 p.m. to 5:00 p.m.**  
Starts: Starts January 19th



### How to join

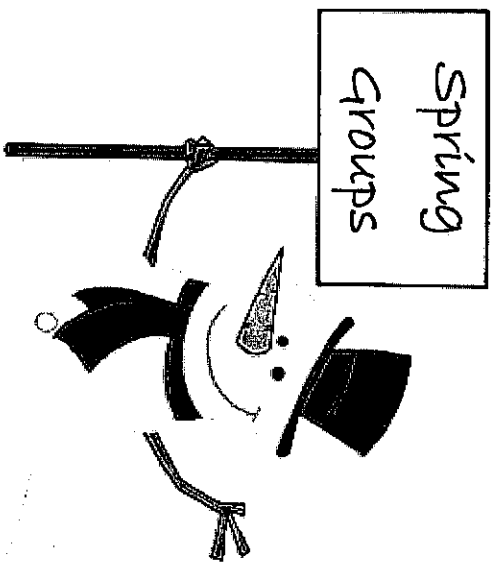
If you are interested in any of these groups, please come to TSC 306 or call 435-797-1012. Ask to have your name put on the group list. You will be contacted with more information.

## Counseling and Psychological Services

0115 Old Main Hill  
TSC 306  
Logan UT 84322-0115  
435-797-1012  
<http://www.usu.edu/counseling>



**UtahStateUniversity**  
COUNSELING AND PSYCHOLOGICAL SERVICES



Spring 2012  
Therapy Groups

## Skills Training Group

Educational in nature, the skills training group consists of mini lectures followed by class discussions, and requires active participation, including completion of simple homework assignments. Group members must concurrently participate in individual therapy. The group is divided into 5 modules of various lengths. Following is a brief description of each module:

**Core Mindfulness Skills** – Participants learn skills that enhance their ability to be in the moment and use their mind effectively.

**Chain Analysis of Behavior** – This practical tool is used throughout the group to decrease impulsivity, emotional distress and cognitive dysregulation

**Emotion Regulation Skills** – Participants learn skills to decrease emotional reactivity to life situations and events. They learn to identify emotions, reduce vulnerability to negative emotions, and increase frequency of positive emotions in daily life.

**Distress Tolerance Skills** – Participants learn to increase their ability to handle mental distress when faced with situations they cannot change.

**Interpersonal Effectiveness** – This module is similar to an assertiveness course. It gives participants tools to meet their needs in social interactions, including when to increase the intensity of requests and when to back off.

**Group 1:** Leaders: Chris Chapman and Merly Mathew    **Group 2:** LuAnn Helms and Eric Everson

Time: **Mondays**, 10:30 a.m. to 12:00 p.m.

Starts: Jan 23rd

Time: **Wednesdays**, 3:00 p.m. to 4:30

Starts: January 25th

## Stress & Anxiety Management Group

This experiential group will meet weekly for six, 90-minute sessions. These sessions will focus on helping students learn and practice a variety of skills that will help them to decrease stress and manage their anxiety.

Leaders: LuAnn Helms and Ana Kemple

Time: **Mondays**, 3:00 – 4:30 p.m.

Starts: 1st session starts January 23rd

2nd session starts March 26th

## Diversity Support/Discussion Groups

These groups will meet weekly and provide a confidential and supportive place for members to discuss issues that they feel are having an impact on their lives. These groups will be held depending on student interest and therapist availability.

- Multicultural Students Group
- International Students Group
- GLBT Support Group
- Students with Disabilities Group
- Returning Veterans Group

## Understanding Self and Others Group

There are two primary areas of focus for this group, depending on the needs of the group and the style of group leadership. Personal growth is often addressed with individual group members bringing their concerns to the group for feedback and support. Balancing personal needs with the needs of others is an important aspect of the group. Relationship development is the other dimension of group process and provides firsthand experience with effective communication and emotional intimacy. Group members often address setting boundaries, listening, appropriate disclosure and problem solving. Group members will give and receive feedback about initial impressions, positive and negative patterns of interaction and stages of personal and group growth/development.

### Group 1

Leaders: Dave Bush and Merly Mathew

Time: **Mondays** 3:30 pm - 5:00 pm

Starts: Starts January 9th

### Group 2

Leaders: Eri Bentley and Eric Everson

Time: **Tuesdays** 3:30 pm - 5:00 pm

Starts: Jan 17th

### Group 3

Leaders: Eri Bentley and Tom Roskos

Time: **Wednesdays** 3:30 pm - 5:00

Starts: Jan 18th

### Group 4

Leaders: Chris Chapman and

Spencer Richards

Time: **Thursdays** 3:00 pm - 4:30 pm

Starts: Jan 19th

### Group 5

Leader: Tom Berry and John Dehlin

Time: **Mondays** 5:00 - 6:30 pm

Starts: this group is closed



**Group times are subject to change. If the existing groups do not work with your schedule please let us know and make sure we have a copy of your schedule.**