

Workshop Dates and Times

All Workshops will be held in the TSC Rm 310 unless otherwise noted

February

- Effective Coping – Wed, Feb 1st and 8th - 1:30 to 2:30
Mindfulness – Thurs, Feb 2nd, 16th, 23rd, Mar 1st - 4:30 to 5:30
The Art of Happiness – Fri, Feb 3rd, 10th, 17th, 24th - 11:30 to 12:30
Stress Mgmt and Self Care – Tues, Feb 7th and 14th - 11:00 to 12:30
Intro to Effective Coping – Tues, Feb 7th - 5:00 to 6:00
Healthy and Happy – Mon, Feb 13th - 11:00 to 12:30
Sleep – Mon, Feb 13th - 1:00 to 2:00
Making it Through Hard Times – Wed, Feb 15th - 11:00 to 12:30
The Joy of Depression – Wed, Feb 15th and 22nd - 1:30 to 2:30
Social Skills – Thurs, Feb 16th - 10:30 to 12:00
Lasting Relationships – Tues, Feb 21st - 5:00 to 6:30
Stress Mgmt and Self Care – Wed, Feb 22nd and 29th - 5:00 to 6:30
Interpersonal Effectiveness – Thurs, Feb 23rd - 10:00 to 11:30
Lasting Relationships 1 – Mon, Feb 27th - 1:30 to 3:00
Better Living Through Nature – Tues, Feb 28th - 5:00 to 6:30
Effective Coping 1 – Wed, Feb 29th - 1:30 to 2:30

March

- The Art of Happiness – Fri, Mar 2nd, 9th, 23rd, 30th, 11:30 to 12:30
Understanding Emotions – Mon, Mar 5th - 11:00 to 12:30
Lasting Relationships 2 – Mon, Mar 5th - 1:30 to 3:00
Intro to The Joy of Depression – Tues, Mar 6th - 5:00 to 6:00
Effective Coping 2 – Wed, Mar 7th - 1:30 to 2:30
Sleep – Thurs, Mar 8th - 11:00 to 12:00
Making it Through Hard Times – Tues, Mar 20th - 9:30 to 11:00
Stress Mgmt and Self Care – Tues, Mar 20th and 27th - 5:00 to 6:30
Stress Mgmt and Self Care – Wed, Mar 21st and 28th - 11:00 to 12:30
The Joy of Depression – Wed, Mar 21st and 28th - 1:30 to 2:30
Mindfulness – Mon, Mar 26th, April 2nd, 9th, 16th - 4:30 to 5:30

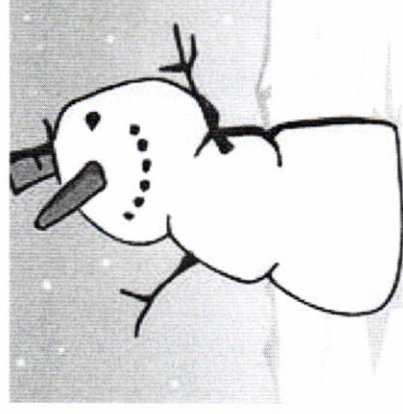
April

- Mindfulness – Mon, Mar 26th, April 2nd, 9th, 16th - 4:30 to 5:30
Intro to The Art of Happiness – Tues, Apr 3rd - 5:00 to 6:00
Effective Coping – Wed, Apr 4th and 11th - 1:30 – 2:30
Stress Mgmt and Self Care – Thurs, Apr 5th and 12th - 9:00 to 10:30
The Art of Happiness – Fri, Apr 6th, 20th, 27th - 11:30 to 12:30



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

Spring Workshops



CAPS – Spring 2012 Workshops

By attending CAPS workshops you will be exposed to a variety of skills to help improve your quality of life and relationships. You are welcome to attend all the workshops or pick and choose the ones that you are most interested in. Workshops are FREE and will be held in the Taggart Student Center room 310 or 310B. Seating is limited. Contact us at 797-1012 or stop by TSC 306 to reserve your seat.

Current Workshop Descriptions

Stress Management and Self Care – This two-part workshop is designed to help participants understand and manage their stress better, learn and practice a variety of stress management skills, and set self-care goals. Participants will benefit most by attending both parts of the workshop.



Healthy and Happy - This workshop will focus on helping to understand how to make and stick to lifestyle changes like healthy eating and exercise. Explore the problems with short-term fixes and why lifestyle changes are so tricky to maintain. This workshop will help connect with **why** we want to make changes, explore barriers and past challenges, and develop skills to support a healthy mind and healthy body.

Getting the Most Out of Your Sleep – Learn how to deal with sleep problems as well as manage your sleep to get the most rest from the time you have.

Social Skills – Learn communication, assertiveness, and social skills and ways to increase your support system.

Lasting Relationships: Guidelines for Building Better Connections With the Ones You Love - This two-part workshop is for individuals and couples who are interested in learning new ways to build more satisfying relationships and strengthen communication skills. We will cover the following topics: personal rights in relationships; parameters of healthy relationships; principles for maintaining long-lasting relationships; effective communication; and tips on fighting fair. Participants will benefit most from attending both parts of the workshop.



Understanding Emotions – Learn skills for understanding your emotions better and being able to use your emotions as a resource instead of being controlled by them.

Making it Through Hard Times – Learn skills to cope better with painful situations and overwhelming emotions.

Interpersonal Effectiveness – Increase your ability to set boundaries with others, to make requests, and to be more effective in getting your objectives met in interpersonal interactions while maintaining your self-respect.



Mindfulness – This four session experiential workshop will help participants learn mindfulness skills for managing stress and living more fully in the present moment. Participants will be introduced to the concept of mindfulness, and a variety of activities related to mindfulness meditation, including the body scan, sitting meditation, and walking meditation. Participants’ experiences with mindful awareness and mindfulness activities will be discussed, and suggestions for daily practice will be provided.

Better Living Through Nature – Improving mental health and well being through experiences with nature.

The Art of Happiness - Promoting well being is an alternate version of helping. Focusing on happiness rather than depression shifts the energy in one’s life toward growth. This four week workshop teaches the principles associated with personal improvement so students can evolve from a pleasant life to a meaningful life. Through group discussion, film illustration, workshop exercises and between session homework, students discover the art of possibility.

Intro to The Art of Happiness is a onetime workshop that will give you an overview of sessions one and two.

Effective Coping - This two part workshop is designed to help students cope more effectively with the challenges of college life while they prepare for counseling. Open to all students and staff, the first part surveys common concerns and presenting issues, as well as a model for reviewing thoughts, feelings and needs. The second part introduces and provides practice for value clarification and basic behavior change to help students cope. Participants will be encouraged to read brief articles and keep a one page journal of change.

Intro to Effective Coping is a onetime workshop that will give you an overview of sessions one and two.



The Joy of Depression - This two part workshop is designed to understand the role of pain in signaling the need for change and encourages students to shift their focus from limitations to possibilities. The five dimensions of well being will be explored in concert with the value of mood states, even sadness. Participants will engage in “three good things” exercises and will explore the benefits of promoting well being. **Intro to The Joy of Depression** is a onetime workshop that will give you an overview of sessions one and two.

