Revised 1/21/15

CAPS Workshops - Spring 2015

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.

Reserve your seat by contacting us at 797-1012 or stop by Taggart Student Center (TSC) 306

http://www.usu.edu/counseling

Revised 1/21/15
Spring Workshop Descriptions

Stress Management and Wellness – This workshop is designed to help participants understand and manage their stress better, learn and practice a variety of stress management and relaxation skills, and develop a wellness plan.

Wednesday – February 11th – 10:30am to 12:00pm – TSC310
Wednesday – March 18th – 10:30am to 12:00pm – TSC310
Wednesday – April 15th – 5:00pm to 6:30pm – TSC310B

The Joy of Depression – Exploring the benefits of mood and the essential role of sadness in the human experience. Understanding depression is more important than just alleviating depression and students will examine the experience of depression from several models (biological, sociological and psychological).

Thursday – March 26th – 11:30am to 12:30pm – TSC310B
Thursday – April 23rd – 11:30am to 12:30pm – TSC310B

Lasting Relationships: Guidelines for Building Better Connections with the Ones You Love – This 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.

Monday – March 2nd – 10:00am to 11:30am – TSC310B
Monday – April 20th – 10:00am to 11:30am – TSC310B

Mindfulness – This 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.

Wednesday – March 4th – 3:00pm to 4:30pm – TSC310

Effective Communication – This workshop is an opportunity to learn effective communication, assertiveness, and other helpful interpersonal skills.

Thursday – February 19th – 1:30pm to 2:30pm – TSC310
Thursday – April 9th – 1:30pm to 2:30pm – TSC310

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

Tuesday – February 24th – 10:30am to 11:30am – TSC310
Wednesday – April 1st – 2:00pm to 3:00pm – TSC310B

Thoughts-Feelings-Behaviors – This workshop will help participants increase their awareness of how thoughts, feelings, and behaviors influence each other and impact wellbeing. Skills related to effectively modifying thoughts, utilizing emotions, and choosing behaviors will be discussed and practiced.

Thursday – February 26th – 1:30pm to 2:45pm – TSC310
Thursday – April 16th – 1:30pm to 2:45pm – TSC310

Mindful Breathing and Outside Healing – This workshop is geared towards individuals who would like to increase their ability to handle stress by increasing present-moment awareness. We will engage in breath work (yogic breathing), static and seated postures, mindful goal-setting, and embracing a flexible mind. Wear comfortable clothing and bring a journal/paper and something to write with.

Tuesday – March 24th – 10:30am to 11:30am – TSC310
Wednesday – April 22nd – 2:00pm to 3:00pm – TSC310B

Shared Accountability – This workshop will focus on living “above the line”, moving from a victim orientation toward a success orientation, taking responsibility for thoughts, feelings and actions. Participants will explore the tendency to blame and shift toward the tendency to achieve.

Monday – April 6th – 2:00pm to 3:00pm – TSC310

CAPS workshops are open to all USU students, staff and faculty.