CAPS Groups - Spring 2016

Participation in group may require meeting with a group leader to discuss what you can expect from group and what is expected of you in group. Most groups start the 2nd or 3rd week of the semester. Exact start dates are yet to be determined unless otherwise noted.

Please Reserve your seat by contacting us at 797-1012 or stop by Taggart Student Center (TSC) 306
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 4 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 minds effectively.

**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, to better cope with intense emotions, and to decrease impulsivity.

**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:** Mondays 1:30—3:00 TSC 310B  
Leaders: Steve and Dayna Start Date: TBD

**Group 2:** Thursdays, 3:00—4:30 TSC 310B  
Leaders: LuAnn and Kayla Start Date: 02/11

Stress & Anxiety Management Group - This experiential group will meet weekly for five, 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.

**Session 1:** Thursdays, 1:00—2:30pm, beginning February 4th.  
**Session 2:** Thursdays, 1:00—2:30pm, beginning March 24th.  
Leader: LuAnn Location: TSC 310B
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: Mondays, 3:30—5:00 TSC 310
Leaders: Dave and Lindsey  Start Date: 01/25

Group 2: Tuesdays, 1:30—3:00 TSC310B
Leaders: Justin and Lindsey  Start Date: 01/19

Group 3: Tuesdays, 2:00—3:30 TSC310
Leaders: Dave and Alie

Group 4: Wednesdays, 3:00—4:30 TSC310B
Leaders: Charley and Kayla

Group 5: Thursdays, 10:30—12:00 TSC310
Leaders: Charley and Chelsey

Group 6: Thursdays, 2:00—3:30 TSC 310 (Graduate and Non Traditional Students)
Leaders: Eri and Dayna  Start Date: 01/21
**Mindfulness** - Attendance is required at first session to be able to continue. 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.

Mondays, 4:00– 5:00  
Leader:  Mark and Ron  
Start Date: 02/01

**Women’s 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.

Wednesdays, 3:30—5:00  
Leaders: Eri and Chelsey  
Start Date: 01/20