CAPS Workshops - Spring 2016

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.

Please Reserve your seat by contacting us at 797-1012 or stop by Taggart Student Center (TSC) 306
QPR Training/Helping Students Find Hope – Training in suicide awareness has become a priority on campus as we strive to identify and serve students who have lost the will to live. QPR (Question, Persuade, Refer) has been designed for any individual to notice those in need and direct them to help. With video presentation, power point slides, handouts and role play, participants will practice the skill of asking sensitive questions and responding with confidence to those experiencing emotional distress. Ideas for fostering hope will be shared and resource materials will be provided.

- **Thursday – February 18**th – 4:00pm to 5:00pm – TSC310
- **Wednesday – April 6**th – 12:00pm to 1:00pm – 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 23**rd – 12:00pm to 1:00pm – TSC310
- **Tuesday –March 22**nd – 4:00pm to 5:00pm – TSC310

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).

- **Wednesday – March 23**rd – 11:30am to 12:30pm – TSC310

Stress Management and Wellness 1010 – College can be a very stressful time for many reasons. This workshop is designed to help participants understand and manage their stress better, increase stress management skills, and develop a wellness plan.

- **Tuesday –February 9**th – 4:00pm to 5:30pm – TSC310
- **Tuesday –March 29**th – 4:00pm to 5:30pm – TSC310

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.

- **Tuesday –February 16**th – 4:00pm to 5:30pm – TSC310
- **Tuesday –April 5**th – 4:00pm to 5:30pm – TSC310
Relaxation and Stress Management Skills – This workshop is designed to help participants learn and practice a variety of stress management and relaxation skills.

- **Tuesday – February 23rd** – 4:00pm to 5:30pm – TSC310
- **Tuesday – April 12th** – 4:00pm to 5:30pm – TSC310

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.

- **Tuesday – March 1st** – 4:00pm to 5:30pm – TSC310
- **Tuesday – April 19th** – 4:00pm to 5:30pm – TSC310

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

- **Thursday – February 25th** – 11:30am to 12:30pm – TSC310B
- **Wednesday – April 13th** – 1:30pm to 2:30pm – TSC310B

Better Relationships Series – You can attend all three or just come to the one or two that fit for you.

**Relationships 1010: Basic Rights and Responsibilities that Build Healthy Connections**
This workshop is for individuals and couples who are interested in learning new ways to strengthen their connections with significant others. We will cover basic rights and responsibilities in healthy relationships as well as learn basic building blocks to creating relationships that last.

- **Wednesday – February 10th** – 12:00pm to 1:30pm – TSC310B

**Fair Fighting: Improving Communication During Conflict**
In this workshop we will explore how to improve communication skills during conflict, including learning specific steps involved in fair fighting. Participants are encouraged to embrace the healthy aspects of conflict and improve their ability to work through conflict in a productive way.

- **Wednesday – March 2nd** – 12:30pm to 1:30pm – TSC310B
Avoiding Relationship Pitfalls
In this workshop we will explore some of the common risk factors in long-term relationships and discuss strategies for avoiding these pitfalls. Specifically, we will learn about Gottman’s Four Horsemen of the Apocalypse and the Five Love Languages.

- Wednesday – March 30th – 12:30pm to 1:30pm – TSC310B

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