

FALL, 2008 GROUP and WORKSHOP OPPORTUNITIES
Counseling and Psychological Services (CAPS)
Division of Student Affairs
www.umich.edu/~caps

**Relaxation Training All sessions will be on Friday's from 12:15 – 1 pm
(Drop-in...no preregistration required and you do not have to be a CAPS client.)**

Learn stress reduction techniques including deep muscle relaxation, mental imagery and mindfulness, deep breathing and supportive "self-talk." Come once or many times. Wear comfortable clothes.

Alice Brunner, Ph.D.

Fridays, 12:15 – 1:00 pm, beginning October 10th

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Building Connections: An Undergraduate Psychotherapy Group

Building Connections is a psychotherapy group for undergraduates seeking to gain insight into themselves and their relationships with people. Examples of appropriate issues include (but are not limited to) family struggles, concerns regarding friendships or relating with professors, low self-esteem, and anxiousness, depression, or loneliness associated with difficulty connecting with others. **A brief individual meeting with the counselor must occur prior to joining the group.**

Ed Huebner, MSW
Nyssa Wittliff, Psychology Intern

Thursdays 3:00 – 4:30 pm beginning October 2nd

Coping with Emotional Distress

Do you worry too much? Do your emotions feel out of control? In this 8-week supportive, Mindfulness-based, educational group you will learn practical, empowering skills to better manage intense, painful emotions such as anger, anxiety, stress, sadness, fear and hurt. Though no one can make painful emotions disappear, you can learn to greatly reduce their intensity and their negative power over you, thus reducing suffering and improving your quality of life. Please contact the facilitator at: 764-8312. **Pre-group interview required.**

Rachel Crutchfield, LMSW
Liza Sagor, Social Work Intern

Tuesdays 3:30 – 5 pm beginning October 7th
(or when there is an adequate number of members)

Gay, Bisexual, and Questioning Men's Discussion and Support

This confidential group is for men who are oriented towards other men, regardless of identities or labels. Gay, bisexual, queer, or questioning men are welcome. It is designed as a safe place to discuss identity, community, coming out, self-esteem, relationships, homophobia/biphobia and other issues of relevance. **Pre-group interview required.**

Mark Sampson, Ph.D.

Tuesdays, 5:30 - 7 pm, beginning September 30th

Graduate Women

Feeling stressed, worried, lonely, sad, isolated, overwhelmed...? You are not alone. The Graduate Women's Group is an interpersonal psychotherapy group for female graduate students seeking deeper understanding of themselves and their relationships with others. This group provides a safe environment for graduate women to explore and share personal and interpersonal concerns related to (but not limited to) self-esteem, family dynamics, balancing various responsibilities in graduate school, interpersonal relationships, romantic concerns, depression, anxiousness, self-care, identity development, etc. This group is a 7 to 8-week program. **A brief pre-group interview is required.**

Hsiu-Lan Cheng, Ph.D.
Erin Henshaw, Psychology Intern

Tuesdays 3:30 – 5:00 pm, beginning October 7th

I Love My Body

This is an 8-week semi-structured group that focuses on body image and eating concerns. The group is intended as an addition to individual treatment or as support for individuals who have addressed issues with a therapist and would like to maintain treatment gains. The group includes a psycho-educational component that focuses on topics such as healthy eating, body image ideals, perfectionism, self-esteem, managing triggers, relationships, social and cultural influences, stress management, self-care, and identity. The group also includes a process component in which members process feelings and experiences. **A brief pre-group interview is required.**

Kelly Blasko, Ph.D., Post-Doctoral Fellow

Mondays, 5:30 – 7 pm, beginning October 6th

Lesbian, Bisexual, Queer and/or Questioning Women's Support Group

This supportive and therapeutic group is designed for women who love women, regardless of identities or labels. Lesbian, bisexual, queer, or questioning women are all welcome. We will work together to create a safe and confidential place to discuss identities, communities, coming out, self-esteem, relationships, sexuality, the "isms" and other topics of interest to group members. **Pre-group interview required;** contact Vicki (vhays@umich.edu)

Vicki Hays, Ph.D.

Thursday, 5:30 - 7 pm, beginning October 2nd

Non-Traditional Women Students

This group will be a place to talk about the experiences of being a non-traditional female student (over 25 years of age, may be partnered and/or have children, have had a break in your education, or work full-time and attend school part-time) on the UM campus. This is a process-oriented group developed to provide support as well as to enhance coping strategies and balance academic and personal life demands. **Pre-group interview required.**

Laura Monschau, Ph.D.

Wednesdays, 11:30 am – 1 pm, beginning October 1st

Nourish YourSELF 2008! A Lunch Series for Women of Color

This is a lunch series for women of color by women of color!

Invited speakers facilitate rousing, animated discussions on topics that impact us as women of color. Topics include but are not limited to issues of identity, sexuality, relationships, career demands etc.

Sept 25	Integrating Identities: Women, Color, and more...
Oct 16	Loving Your Gucci: Brand Naming Ourselves
Nov 13	Stress Management
Dec 4	I am so...she's so...: Body Image Among Women of Color

Counseling and Psychological Services
Multi-Ethnic Student Affairs

Thursdays, 11:30 am – 1 pm
MSA Chambers, 3rd floor Michigan Union.

Overcoming Barriers to Academic Success (Graduate Students)

An eight-week structured group aimed at helping graduate students develop skills for coping with procrastination, perfectionism, and other blocks to performing well in school. **If you are interested in this workshop, please contact the facilitator at: 764-8312.**

Jerry Dowis, Ed.D.

Wednesdays, 5:30 - 7 pm, beginning October 1st

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Personal Empowerment by Managing Anger

This group is open to undergraduate and graduate men and women. Members will discuss their anger, difficulties they have managing their anger (when appropriate), learn why they can't manage their anger, why they have difficulties expressing their anger (when appropriate), anger expression skills, and anger management skills. **Pre-group interview required.**

LaReese Collins, Ph.D., LMSW, ACSW, BCD
David Hammersmith, Social Work Intern

Tuesdays, 5:30– 7:00 pm, beginning October 7th
(or when there is an adequate number of members)

Personal Growth Group for Undergraduates

Building Connections is a psychotherapy group for undergraduates seeking to gain insight into themselves and their relationships with people. Examples of appropriate issues include (but are not limited to) family struggles, concerns regarding friendships or relating with professors, low self-esteem, and anxiousness, depression, or loneliness associated with difficulty connecting with others. **A brief individual meeting with the counselor must occur prior to joining the group.**

Aaron Brink, Psy.D., Post-Doctoral Fellow

Wednesdays 3:30 – 5:00 pm beginning October 1st

SisterFriends

This group will provide a sensitive, supportive and therapeutic environment for African American women in graduate school. The group deals with issues like being African-American on a predominantly White campus, self-esteem, relationships issues, depression, and family of origin concerns. It will be an excellent opportunity to support and be supported as members share their unique experiences in the campus community and society. **Pre-group interview required.**

Stacey Pearson, Ph.D.

Wednesdays, 3:30 – 5 pm, beginning September 24th

Success NOT Excess

This is a semi structured support group for students interested in decreasing and/or eliminating substance use and/or sobriety maintenance. The format combines guidance, therapeutic framework and tools from a trained therapist with peer support and feedback. **Brief pre-group interview required;** for more information contact the facilitator at: ilonaphi@umich.edu

Ilona Phillips, M.S.W.

Day and Time to be determined

S.U.R.E.: A Discussion and Support Group for Graduate Students of Color

This group will serve as a safe and supportive environment where students of color can address issues related to academic, personal, and professional life. Group members, along with facilitators, will help guide the focus of the group so as to address the needs of the members. The goal of this group is to promote well-being through Strength, Understanding, Respect, and Empowerment (SURE). Group membership and content is confidential. **A brief individual meeting with the counselor(s) must occur prior to joining the group.**

Sandra Piedrahíta-Córdoba, Ph.D.
Susan Han, Psychology Intern

Thursdays, 3:30 – 5 pm, beginning October 2nd