

FALL 2009 GROUP and WORKSHOP OPPORTUNITIES

Counseling and Psychological Services (CAPS)

Division of Student Affairs

www.umich.edu/~caps

www.mitalk.org

734-764-8312

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 9th

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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.** E-mail edwanike@umich.edu or fixtr@umich.edu to schedule the meeting.

Edwanike Harbour, PhD & Travis Fox, PhD

Thursdays 3:00 – 4:30 pm, beginning October 1st

Coping Skills for Emotional Distress

In this 8-week supportive, Mindfulness-based, educational group you will learn practical, empowering skills to better manage intense, painful emotions such as anxiety, frustration, sadness, fear, anger and hurt. Though no one can make painful emotions disappear, you can learn to greatly reduce their intensity and their power to make you suffer. Learn to get a handle on your emotions, and improve your quality of life! **Pre-group interview required.** Please contact the facilitator by e-mail at racrutch@umich.edu to schedule the interview.

Rachel Crutchfield, LMSW & Celeste VanPoppelen

Mondays 3:15-4:45 pm, beginning October 5th

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.** E-mail marksamp@umich.edu to schedule the interview.

Mark Sampson, Ph.D.

Tuesdays, 5:30 - 7 pm, beginning October 6th

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 an 8-week program. **A brief pre-group interview is required.** Please e-mail hlcheng@umich.edu to schedule the interview.

Hsiu-Lan Cheng, Ph.D. & Lauren Earls

Wednesday 3:15-4:45 pm, beginning October 21st

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**, please contact Vicki at vhays@umich.edu.

Vicki Hays, Ph.D.

Thursday, 5:30 - 7 pm, beginning October 22nd

Don't Just Survive-THRIVE! Creating Balance and Well-Being as UM Student

Student Wellness is a combination of mental, physical, and emotional health. This group is designed for students to come together to learn strategies for maximizing each of these areas of personal wellness. Topics will include stress management, finding a balance between academic demands and personal life, how to engage in effective relationships, and other life strategies to more fully promote health and well-being. Group participants will utilize a range of experiential exercises, including meditation and guided imagery, as a means to facilitate awareness and growth around personal wellness.

Laura Monschau, PhD

Tuesdays, 3:30 - 5 pm, Beginning October 27th

Nourish YourSELF 2009! 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 24 Vitamin C: Nourishing Ourselves by Telling Stories
Oct 15 The R Factor: When Spiritual & Religious Symbols Prompt Stereotyping
Nov 12 P3: Power, Privilege, & Politics with Guest E. Royston Harper, VP Student Affairs
Dec 3 The L Factor: Dual Career Lesbian Couples

TBD Topics: January 14th, February 11th, April 8th

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. There will be an informational meeting on October 8th at 5:30 pm for those who are interested. Please sign up with the facilitator if planning to attend the informational meeting as there will be limited enrollment. **If you are interested in this workshop, please contact the facilitator at jdowis@umich.edu.**

Jerry Dowis, Ed.D.

Thursdays, 5:30 - 7 pm, informational meeting
October 8th

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.** Please e-mail lareesec@umich.edu to schedule the interview.

LaReese Collins, Ph.D., LMSW, ACSW, BCD

Tuesdays, 5:30- 7:00 pm, beginning October 6th

Success NOT Excess

This is a semi structured 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, LMSW & Stephanie Hite

Thursdays, 2-3:30 pm beginning October 8th

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.** Please e-mail sandrap@umich.edu to schedule the meeting.

Sandra Piedrahíta-Córdoba, Ph.D.

Tuesdays, 3:30 – 5 pm, beginning October 6th

GRAD Group (Graduate students relating, accepting, and discovering)

Are you a graduate student who sometimes feels stressed, worried, isolated or overwhelmed? This group may be for you! Male and female students in this group will come together and connect over common themes in a supportive environment to improve the quality of their lives and relationships. Topics include balancing various responsibilities of graduate school, relationships, anxiety, self-care, and issues of identity. If you are interested in being part of this experience, please e-mail the group leaders at dscampbl@umich.edu to schedule a brief meeting. **Pre-group meeting required before beginning the group.**

Dwaine Campbell, PhD & Brooke Dean

Wednesdays, 3:30 – 5 pm, beginning October 7th

The Men's Group

This is a confidential group where guys can let their guard down and work on improving their relationships and becoming more of the men they're meant to be. The group is open to male graduate students and will meet on Monday's, from 5:15 – 6:45 PM. Please contact dagold@umich.edu or huebner@umich.edu to become part of the group.

Ed Huebner, LMSW & Daniel Goldstein, MSW

Mondays, 5:15-6:45 pm, beginning in October

Dropping Into Being: Fostering Personal Well-Being Through Mindfulness Meditation

This group is designed to help students explore the ways that mindfulness meditation can help quiet the mind, improve attention, and enhance overall wellness by cultivating present moment awareness. No meditation experience necessary. Group participants will learn a variety of meditative techniques with the goal of establishing a daily individual meditation practice. **If you are interested in this group, please contact the facilitator at lauralm@umich.edu.**

Laura Monschau, Ph.D.

Mondays, 3:30 – 5 pm, Beginning October 27th