

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

Academic Success Workshops (12:15 – 1 pm, no pre-registration required)

➤ ***Tackling Test Anxiety***

Learn and experience proven strategies for managing stress, with a focus on reducing test-taking anxiety.

Multiple staff members

Tues. 1/29, Wed. 2/13, Thurs. 3/20. & Wed. 4/2

➤ ***Overcoming Procrastination***

When is it "laziness" and when it is something more? Learn strategies to overcome academic procrastination.

Multiple staff members

Tues. 2/5, Wed. 3/12, and Thursday 3/27

Relaxation Training (Drop-in; no pre-registration required)

Learn stress reduction techniques including deep muscle relaxation, mental imagery and diaphragmatic breathing. Come once or many times. Wear comfortable clothes.

Alice Brunner, Ph.D.

Fridays, 12:15 – 1:00 pm, beginning January 18th

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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.

Sandra Piedrahita, Ph.D.

Tuesdays, 3:30 – 5:00 pm, beginning January 29th

Coping Skills for Improving Relationships

This is an 8-week educational group based on Mindfulness—being fully aware of your feelings and how they affect you. You will learn practical, empowering skills to better manage intense, painful emotions such as anger, anxiety, stress, fear and hurt. Though no one can make painful emotions disappear, you can learn to greatly reduce their intensity, and to balance emotion with rational thinking. You will learn skills to improve how you react to and interact with others, thus improving both the quality of your relationships and your self-esteem.

Rachel Crutchfield, LMSW

Julie Whitehead, Psychology Intern

Thursdays 3:00 – 4:30 pm, beginning February 7th

Empowerment by Managing Anger

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

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

Tuesdays, 6:00 – 7:30 pm, beginning January 15th

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.

Thursdays, 4:45 - 6 pm, beginning January 24th

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. **Pre-group interview required.**

Hsiu-Lan Cheng, Ph.D.

Wednesdays 4:15 – 5:45 pm, beginning February 6th

Anne Simkin, Social Work Intern

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.**

Dina Glaser, Psy.D., Post-Doctoral Fellow
Kate Hagadone, Psychology Intern

Wednesdays, 3:30 - 5 pm, beginning January 23rd

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.**

Vicki Hays, Ph.D.

Day / time TBD; contact Vicki (vhays@umich.edu)

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.

Wednesday, 9:30 – 11 am, beginning February 6th

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. More information to be available through MESA. Thursdays, 11:30 am – 1:00 pm.

Counseling and Psychological Services
Multi-Ethnic Student Affairs

January 17th, February 14th, March 20th, April 3rd
MSA Chambers, 3rd floor Michigan Union.

Overcoming Barriers to Academic Success (Graduate Students)

A n 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 facilitators at: 764-8312.**

Jerry Dowis, Ed.D.
Ilona Phillips, MSW

Thursdays 4:45 - 6:15 pm, beginning February 12th

Shared Experiences: A Support Group for Women of Color

This group is intended for undergraduate women of color wanting to explore the role of culture and family in their educational achievement, address the diversity of women of color, and learn strategies for life long success. The types of issues that are appropriate for discussion include relationships, culture, family, academics, adjustment between traditional values and university culture, identity, stereotypes, and other issues that are meaningful to the experience of women of color. Take this opportunity to meet and connect with other women like yourself. Come to listen, discuss, and share your experiences. Women of color who wish to explore the possibility of participating in the group are encouraged to schedule an appointment with the facilitator, Veronica Orozco, Ph.D. (764-8312).

Veronica Orozco, Ph.D.

Mondays, 3:30 – 5 pm, beginning January 28th

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 group combines guidance, therapeutic form, framework and tools from a trained therapist with peer support and feedback. To set up a brief pre-group interview, please discuss a referral with your individual therapist and/ or contact the group facilitator.

Ilona Phillips, M.S.W.

Day/Time TBD; contact Ilona at ilonaphi@umich.edu