



## **CAPS Groups – Spring 2017**

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**

**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.

**Group 1: Tuesdays, 4:30 p.m. – 5:30 p.m.**

**Room: TSC 310**

**Leaders: Mark**

**Start Date: February 7**

**Men's Identity Group** - This group is designed to explore the concept of masculinity. Constructive and destructive assumptions will be examined. Of importance will be a focus on real intimacy. Roadblocks to healthy male/male and male/female relationships will be addressed. Common issues include: compulsive behaviors (pornography/internet use), patterns of sexual attraction, communication strengths and weaknesses, gender role/identity, and stereotypes. Group members will be encouraged to maintain journals, read works by Patrick Carnes and consider workbook exercises along with in-group experience.

**Not Offered Spring Semester**

**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:** Mondays, 4:00 p.m.—5:30 p.m. TSC 310 B  
**Leaders:** LuAnn & Zhen  
**Start Date:** January 23

**Group:** Tuesdays, 3:30 p.m.—5:00 p.m. TSC 310 B  
**Leaders:** Steve & Lisa  
**Start Date:** January 31

**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.

**Group 1:** Thursdays, 11:00 a.m.- 12:30 p.m. TSC 310 B  
**Leaders:** LuAnn and Amanda  
**Start Date:** First Session – February 2  
Second Session – March 23

**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.

**Group:** Wednesdays, 3:30 p.m.—5:00 p.m. TSC 310  
**Leaders:** Eri and Lisa  
**Start Date:** January 18

**Group 2:** Tuesdays, 1:30 p.m. – 3:00 p.m. TSC 310B  
**Leaders:** Eri  
**Start Date:** January 24

**FULL**

**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, 1:30 p.m.—3:00 p.m. TSC 310  
**Leaders:** Steve & Lyneia  
**Start Date:** January 30

**FULL**

**Group 2:** Mondays, 3:30 p.m. – 5:00 p.m. TSC 310  
**Leaders:** Dave & Jeisianne  
**Start Date:** January 9

**FULL**

**Group 3:** Tuesdays, 2:30 p.m.—4:00 p.m. TSC 310  
**Leaders:** Dave & Jack  
**Start Date:** January 10

**FULL**

**Group 4:** Wednesdays, 2:30 p.m.—4:00 p.m. TSC 310B  
**Leaders:** Justin & Dayne  
**Start Date:** January 25

**FULL**

**Group 5:** Thursdays, 11:30 a.m.—1:00 p.m. TSC 310  
(Age 18 and/or over 25 years old)  
**Leaders:** Eri and Zhen  
**Start Date:** January 19

**FULL**

**Group 5:** Thursdays, 3:30 p.m.—5:00 p.m. TSC 310  
**Charley**  
Start Date: January 26

**Group 7:** Thursdays, 3:30 p.m.—5:00 p.m. TSC 310B  
**Mark**  
Start Date: February 2