



CAPS Groups – Spring 2018

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.

**Please Reserve your seat by contacting us at
797-1012 or stop by
Taggart Student Center (TSC) 306**

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 1: Mondays, 4:00 p.m.—5:30 p.m.

FULL
TSC 310 B
LuAnn & Samantha

Start Date: January 29

Group 2: Tuesdays, 3:30 p.m.—5:00 p.m.

Room: TSC 310 B

Leaders: Jonathan & Jordan

Start Date: January 16

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

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: Wednesdays, 2:30 p.m. – 4:00 p.m.
Room: TSC 310 B
Leader: LuAnn
Start Date: First Session – January 31
Second Session – March 14

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: Wednesdays, 4:30 p.m. – 5:30 p.m.
Room: TSC 310 B
Leader: Mark
Start Date: January 24

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, 2:00 p.m.—3:30 p.m.
Room: TSC 310
Leader: Eri and Amanda
Start Date: January 17

FULL

Sexual Concerns Group - The purpose of this group is to help individuals begin to bring their sexual behaviors (e.g., pornography, masturbation, etc.) in harmony with their values through a combination of evidenced-based psychological principles and support from others working to address similar concerns. Participants will be introduced to concepts of mindfulness, compulsive behavioral patterns, and emotional awareness to develop more effective responses to sexual concerns.

Group: Thursdays, 1:30 p.m. – 3:00 p.m.

Room: TSC 310

Leader: Cameron and Mike

Start Date: January 18

Dual Systems Therapy Group - This is a skills-based group which focuses on teaching methods for living a positive life. Skills include understanding why symptoms occur, finding more joy in each day, strengthening self-worth and learning to manage negative thoughts and emotions. The manual for the group will be available electronically (How to Train an Elephant.) This manual contains 12 chapters and each one provides specific information on how to implement a targeted skill. These skills will be taught in a context of working with the dual process mind. The emotional system, system 1, is associated with emotions, desires and conditioned behavior. The logical system, system 2, is our conscious mind, the director. Learning to integrate these two systems helps individuals to be more proactive in their goals, more in touch with their feelings and better able to live a balanced and meaningful life.

Group: Tuesdays, 1:30 p.m. – 3:00 p.m.

Room: TSC 310 B

Leaders: Russ & Mark

Start Date: February 6

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, 3:00 p.m. – 4:30 p.m.
FULL
TSC 310
Cameron & Ben
Start Date: January 22

Group 2: Tuesdays, 1:30 p.m.—3:00 p.m.
FULL
TSC 310
Eri & Alberto
Start Date: January 16

Group 3: Tuesdays, 3:30 p.m. – 5:00 p.m.
Room: TSC 310
Leader: Clint & Mike
Start Date: January 16

Group 4: Wednesdays, 4:00 p.m.—5:30 p.m.
FULL
TSC 310
Charley & Kayte
Start Date: January 17

Group 5: Thursdays, 10:30 a.m. – 12:00 p.m. (Graduate)
Room: TSC 310
Leader: Eri & Jonathan
Start Date: January 18

Group 6: Thursdays, 1:30 p.m.—3:00 p.m.
Room: TSC 310 B
Leaders: Chris
Start Date: January 18

Group 7: Thursdays, 3:30 p.m. – 5:00 p.m.
FULL
TSC 310
Charley & Jill
Start Date: January 18