

## SPRING GROUP AND WORKSHOPS 2021

Learn more about the groups offered by SCS this Spring as well as the schedule.

*Note: All groups and workshops will be offered via telehealth.*

**UNDERSTANDING SELF AND OTHER GROUPS:** General process-oriented groups for students dealing with a variety of concerns (depression, anxiety, stress, relationship struggles, etc). Members explore patterns of how they relate to themselves and others to help change current behaviors and develop greater insight and acceptance. *Current times: Mondays 1:10-2:30, Tuesdays 3:10-4:30 pm & 5:10-6:30 pm, Wednesdays 1:10-2:30 pm & 3:10-4:30 pm, Thursdays (Anxiety Themed) 1:10-2:30 pm*

**ACT GROUP:** The Acceptance and Commitment Therapy (ACT) Group is for students who want to encounter depression and anxiety differently as well as pursue a full and meaningful life. ACT helps people relate differently to their anxious feelings, depressed moods, worrying mind, self-defeating behaviors and/or anything causing problems. Members explore patterns how they related to themselves and others to help change current behaviors and develop greater insight and acceptance. *Current time: Thursdays 3:10-4:30 pm*

**GENDER IDENTITY AND EXPRESSION GROUP:** For students navigating the joys and challenges related to gender identity and expression. Open to students at any point on the gender identity and expression spectrum. *Current time: Wednesdays 1:10-2:30 pm*

**GRADUATE/NON-TRADITIONAL STUDENT GROUP:** This is a process-oriented group for students dealing with a variety of issues of personal concern (depression, anxiety, stress, relationships, and academic pressures, among other issues). This group also specifically offers this counseling opportunity in a context of students who are graduate students and older non-traditional students, who share and understand issues related to age, family, transitions, and many outside responsibilities. *Current time: Wednesdays 1:10-2:30 pm*

**GRIEF AND LOSS GROUP:** For students who have experienced a significant loss in their life, such as the death of a family member, close friend, or significant other. This group invites students to connect and receive support from others who have experienced the pain of a loss. This group offers a chance for students to engage in the healing process, understand their unique way of grieving, and find meaning moving forward in life. *Current time: Mondays 3:10-4:30 pm*

**HEALING THE HEART:** This is a process group for students who have experienced interpersonal trauma or a relational pattern in which trust was broken (emotion/verbal, physical, sexual, stalking, FOO, bullying, partner violence). The group will provide a safe and affirming space for students to focus on building a sense of self and exploring how to integrate past traumatic experiences with present day life. *Current time: Mondays 3:10-4:30 pm*

**MEN'S GROUP:** For students identifying as men. "Be a man!" "Man up!" Men receive messages and pressures throughout their lives around what it means to be a man. As a result, men may hide their challenges from others and keep their stressors to

themselves. This can interfere with emotional health and healthy relationships. Focus will be on how to infuse courage, integrity, and vulnerability into our lives as men. Group will cover many topics, including: relationships, intimacy, anxiety, depression, communication skills, and identifying the kind of man you want to be in today's world. *Current time: Tuesdays 1:10-2:30 pm*

**MOOD, FOOD, & YOU GROUP:** Combination of support, skill, experiential activities and process for any person with body image, disordered eating, or eating disorder concerns. During the group orientation, you will be asked to sign releases of information to any members of your treatment team (individual therapist/RD/Dr.). *Current time: Thursdays 10:10-11:30 am*

**SELF-LOVE:** For students experiencing a variety of issues of personal concern with a thematic focus on self-compassion infused throughout group discussion and activities. *Current time: Mondays 3:10-4:30 pm*

**BIPOC GROUP:** This group is for Black, Indigeneous, and People of Color (BIPOC) to openly engage in dialogues related to what it means to be BIPOC on a predominantly white campus. The group will be a mixture of both support as well as process and will additionally address general mental health concerns (relationships, depression, anxiety, etc.). *Current time: Mondays 3:10-4:30 pm*

**WOMEN'S GROUP:** USO group for students identifying as women to engage in topics such as self-esteem, self-empowerment and self-care. Group will also explore concerns about stress, anxiety, depression, family relationships, communication skills and life transitions. *Current time: Thursdays 1:10-2:30 pm*

**SUBSTANCE USE & YOU:** Three week workshop where we will explore and understand substance use and its impact on your life. We will learn about self-assessment tools, recovery skills, community resources, and strategies for success regarding your relationship with alcohol and other substances. *Current time: Thursdays 3:10-4:30 pm*

**WORKSHOP-CREATE YOUR OWN CALM:** Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. *Current time: Tuesdays 3:10-4:30 pm*

**MOTIVATION & PROCRASTINATION:** Four-week workshop in which students will learn how to identify their procrastination and lack of motivation causes and effectively address them through practical and emotional regulation techniques. *Current time: Mondays 1:10 – 2:30 pm*

**WORKSHOP-EMOTION SKILLS:** Four-week, skills-based group focused on helping students increase emotional intelligence skills. Focusing on awareness and identifying emotions, emotion vocab, avoidance and suppression tendencies, constructive and effective emotional expression, and role of emotion in relationships. *Current Time: Wednesdays 3:10-4:30 pm*

## CRISIS RESOURCES

- For life-threatening emergencies, please call 911
- Campus police at (515) 294-4428
- Mary Greeley Medical Center Emergency Room 1111 Duff Avenue
- National Suicide Prevention Lifeline (800) 273-8255
- Text the 24 hours Crisis Text line  
Text ISU to 741741

## Student Counseling Services

2505 UNION DRIVE  
Student Services Building, 3rd Floor

515-294-5056

