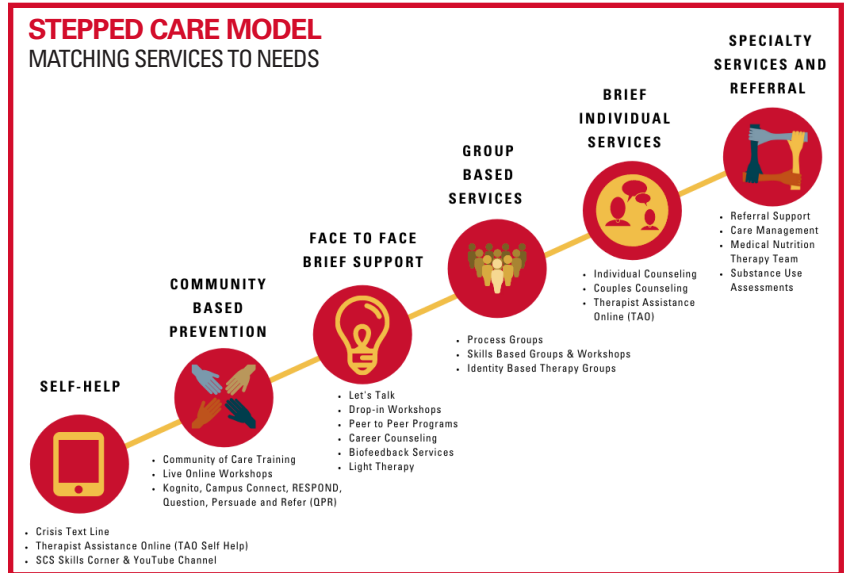


WHAT TO EXPECT DURING YOUR INITIAL MEETING

You will be meeting with a counselor for 15-20 minutes. We will ask you questions about your current situation and safety. Please understand that today's brief meeting is not a therapy session. The purpose is for us to understand your needs, so that we can refer you to appropriate resources such as groups and/or workshops, brief therapy here, or referral to an outside counseling agency. Because of the brief nature of today's meeting, the counselor will focus on your most urgent concerns.

Student Counseling Services (SCS) is committed to offering students the best possible service and will discuss those options that we believe will best meet your needs. Thank you!



WORKSHOPS

If you are interested in learning specific coping skills, one of our skills-focused workshops may best meet your needs. Our workshops meet weekly for 3-5 weeks and focus on helping students address anxiety or difficulties managing emotions. All of our workshops focus on helping students develop healthier, more effective coping skills.

GROUP COUNSELING

Working on issues within a group setting can be a highly supportive and productive way to address personal concerns. In fact, for some concerns, group counseling can be the most effective treatment. Students who share common concerns meet weekly throughout the semester. Groups are facilitated by one or more counselors who help students explore specific topics and examine life patterns that are interfering with personal growth or relationships. While waiting, please take a look at our available groups and workshops on the back of the sheet to see which one(s) might fit best for you.

INDIVIDUAL COUNSELING

We offer brief counseling focused on specific goals. Most brief therapy concerns can be addressed in 4 - 8 sessions and are typically scheduled every other week. Some of the concerns that are commonly addressed in brief counseling at SCS are:

- Coping effectively with immediate life stresses
- Mild to moderate anxiety and depression
- Interpersonal concerns (friends, family, roommates, romantic partnerships)
- Self-esteem concerns
- Concerns related to the transition to college
- Identity development related to various dimensions of identity (sexual, racial, ethnic, religious, gender)
- Career counseling
- Eating disorder assessment
- Recent trauma

COMMUNITY REFERRAL RESOURCES

In some circumstances, a student's needs may best be served by a referral to community resources. SCS provides referral options for community providers with expertise to address your specific concerns. We can help with the process and provide you with guidance on how to navigate insurance and transportation. Sometimes the benefits of referral become more apparent during the course of services. Some of the reasons a referral to services outside of SCS would be the best resource for a student include:

- Need for specialized or more intensive care
- The student is graduating or otherwise leaving the area soon
- A student would benefit from more frequent, longer-term and/or more flexible appointments
- A student may get an appointment in the community more quickly

FALL GROUP AND WORKSHOPS 2021

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

Note: Some groups and workshops will be offered in-person and some 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, & 3:10-4:30 pm (Anxiety Themed), Tuesdays 1:10-2:30 & 3:10-4:30 pm, Wednesdays 1:10-2:30 pm, Thursdays 3:10-4:30, 5:10-6:30 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: Tuesdays 3:10-4:30 pm*

BIPOC GROUP: This group is for Black, Indigenous, 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: Thursdays 5:10-6:30 pm*

DBT SKILLS GROUP: Semester-long skills based group made up of 4 modules-Core Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. DBT skills are designed to help students who wish to improve their ability to regulate emotions, tolerate distress and negative emotion, be mindful and present in the given moment and communicate and interact effectively with others. *Current time: Thursdays 1:10-2:30 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 1:10-2:30 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: Thursdays 1:10-2:30 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 10:10-11:30 am*

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: Wednesdays 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: Tuesdays 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*

CREATE YOUR OWN CALM: Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. *Current time: Mondays 1:10-2:30 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: Tuesdays 3:10-4:30 pm*

MANAGING MOOD WITH MINDFULNESS: Four-week workshop in which students will learn mindfulness skills to manage their mood. It is a guided self-discovery process aiming to identify negative thoughts and emotions that get in the way of being present and appreciate the things happening in the moment. Students will not learn about mindfulness, they will practice. *Current time: Mondays 10:10-11:30 am*

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

