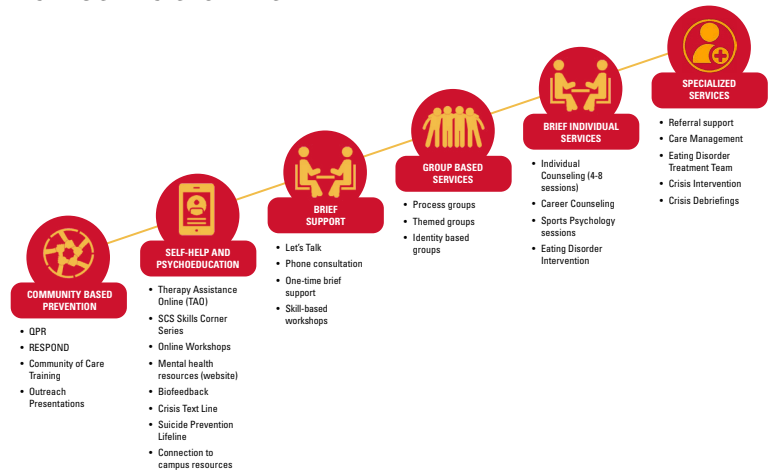


# WHAT TO EXPECT DURING YOUR INITIAL MEETING

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!**

## STEPPED CARE MODEL MATCHING SERVICES TO NEEDS



## 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 three weeks and help students learn strategies to address their concerns. All of our workshops focus on helping students develop healthier, more effective coping skills.

## 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

## SPRING GROUP AND WORKSHOPS 2023

**UNDERSTANDING SELF AND OTHERS GROUP:** 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. *Mondays, Tuesdays, Wednesdays 1-2:30 and Tuesdays and Thursdays 3-4:30 pm*

**UNDERSTANDING SELF AND OTHERS GROUP - ANXIETY THEME:** *Mondays 3-4:30 pm*

**UNDERSTANDING SELF AND OTHERS GROUP - GRADUATE/NON-TRADITIONAL STUDENTS:** *Wednesdays 3-4:30 pm*

**WHEN LIFE HURTS: NAVIGATING TURBULENT WATERS:** This group will focus on rebuilding our lives after a painful event turns our world upside down. Approaches to rebuilding one's life, and methods for learning to live a rich, meaningful life despite the turbulent waters will be shared. Losses come in all forms including, but are not limited to, loss of friendships, failing grades, relationship break-ups, chronic pain, death of loved ones, and loss of physical health. There is no "right" way to cope with loss, grief, and crisis. This group will provide strategies and tools to help us face the emotional storms of loss, as well as opportunity to process how to rebuild our lives, and transcend hard times and painful events. *Wednesdays 1-2:30 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. *Thursdays 3-4:30 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.). *Thursdays 1-2:30 pm*

**DIALECTICAL BEHAVIOR THERAPY FOR EATING DISORDERS GROUP:** Dialectical Behavior Therapy for Eating Disorders (DBT for EDs) is a semester-long skill-based group for students experiencing a range of body image, disordered eating, or eating disorder concerns. This group comprises five modules: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance, and Openness/Flexibility. DBT skills help students who wish to improve their ability to regulate emotions, tolerate distress, be mindful and present in the given moment, communicate and interact effectively with others, and become more open and flexible to new experiences. All of which are useful in healing your relationship with food and body. *Tuesdays 1-2:30 pm*

**MOTIVATION AND PROCRASTINATION:** Three-week, skills workshop in which students will learn to identify factors that contribute to procrastination and low motivation as well as strategies to effectively address these challenges. *Mondays 3-4 pm*

**RESET AND THRIVE:** Three-week, skills workshop that provides education and application on coping skills to reset and thrive. The series provides a basic understanding of coping skills to utilize in managing stress, adversity, and fostering growth. Topics include self-compassion, motivation, and resilience. *Tuesdays 3-4 pm*

**CREATE YOUR OWN CALM:** Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. *Wednesdays 3-4 pm (Virtual)*

**MOOD MANAGEMENT:** Three-week, skills workshop to help increase understanding of emotions and develop strategies to help cope when emotions become distressing and hard to tolerate. The goal is to provide skills to recognize and manage symptoms. *Fridays 11 am -12 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
- Suicide and Crisis Lifeline  
Call or text 988 or chat 988lifeline.org
- 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

