**Spring 2015 Counseling and Psychological Services (CPS) Group Therapy**

Please contact Dr. Angela L. Harris, Group Coordinator with group questions.  
(740) 593-1616, harrisa2@ohio.edu

You can be referred to any of the groups below by your drop-in counselor and/or individual therapist. *Please note that groups run based on the number of referrals and interest from students and that this schedule is subject to change.*

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**Personal Exploration (PE) Group**
This group is appropriate for students who would like to improve their interpersonal relationships, communication skills, and increase their self-awareness. The group also offers support for individuals struggling with relationships, loneliness, grief, low self-esteem, trust, anxiety or depression.

**Mondays, 1:00pm – 2:30pm**  
**Tuesdays, 1:00pm – 2:30pm**

**Wednesdays, 2:00pm – 3:30pm**  
**Thursdays, 3:00pm – 4:30pm**

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**Healing Connections: A Trauma Support Group**
This group is for anyone who has experienced a sexual assault. The goal is to create a safe, inclusive space for people who have experienced trauma to begin healing. Members can expect to gain support and guidance from peers while also learning coping skills to manage unsettling emotions related to their traumatic event.

**Day and time of group – Please discuss with your counselor.**

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**Sexual Assault Survivor Support (SAS) Group**
A safe environment for women survivors of sexual assault to receive support wherever they are in their process of healing.

**Day and time of group – Please discuss with your counselor.**

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**Attention Differences Group**
For any student experiencing difficulty with time management, organization, procrastination, staying focused, losing things, and being late.

*A diagnosis of ADHD is not a requirement to participate.*

**Tuesdays, 3:00pm – 4:30pm**

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**Graduate/Non-Traditional Student Group**
This group is appropriate for graduate students and non-traditional students from any program who wish to manage the stress of graduate/nontraditional study. The group also offers support for individual struggles with relationships, loneliness, trust, self-esteem, anxiety or depression.

**Mondays, 3:00pm – 4:30pm**
The benefits of group therapy often include:

- An increased sense of support and connectedness
- A decrease in self-criticism and negativity
- Renewed hope in one’s own abilities
- Increased resourcefulness in finding solutions
- Greater ease in identifying feelings and self-disclosure
- A deepened trust for oneself and one’s instincts
- More confidence in trying out possible solutions

**Spectrum Group**
A support group for transgender individuals or those questioning their gender identity. Members can find connections with others and help dealing with the practical issues associated with transitioning.

Day and Time of group – Please discuss with your counselor.

**Anxiety Management Group**
This group helps students develop effective skills for identifying patterns and triggers of anxiety, and to learn how to reduce negative thinking and behaviors that contribute to anxiety.

Thursdays, 3:00pm – 4:30pm

**Finding Balance Group**
This group helps students to develop skills in learning to cope with upsetting thoughts and feelings, manage difficult emotions, and have more effective relationships. The group is focused on skill building and emotional regulation.

Tuesdays, 3:00pm – 4:30pm

**Not the Perfect Family Group**
A psycho-educational and experiential therapy group for students struggling with family issues/concerns such as: abandonment/neglect, unhealthy communication, divorce, and parental/family control as their primary concern/s.

Mondays, 1:00pm – 2:30pm

**Better Than Surviving: Chronic Medical Illness and Pain Group**
This support and psycho-educational group is appropriate for students living with a chronic medical illness and/or pain. The group will help you discover a community of other students who have experienced similar challenges and to learn about advocacy and resources on campus.

Day and time of group – Please speak with your counselor.

**Adult Children of Alcoholics Support Group**
This group provides support to students with parents who have a problem with alcohol and/or how alcoholism is disrupting the family and impacting the student’s mood. Students will be able to discuss concerns and experiences with other students facing similar issues and receive support and feedback from others.

NOT OFFERED SPRING SEMESTER

**Grief and Loss Support Group**
The death of a loved one can be very difficult and painful. This group offers support to students who may experience a range of emotions during their grief and mourning. Students will be able to share their experiences, receive support and feedback while also learning more about the stages of grief.

Wednesdays, 2:00pm – 3:30pm