Group Therapy

WHY NOT GROUP?
Spring 2019

UNDERSTAND SELF & OTHERS
This group could be helpful for student wanting to improve their 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.

ACT YOUR MOOD
A group that incorporates principles from Acceptance and Commitment Therapy (ACT) to help folks manage depressive and anxious symptoms.

FINDING BALANCE
This group helps students to develop skills in learning to cope with upsetting thoughts and feelings, manage difficult emotions, and have more effective relationships.

EXPRESSIVE ARTS
This group helps students process their distress related to a variety of issues using Art as a medium to express themselves.

CREATIVE STRESS RELIEF
This group will be a space to use creative arts to manage and understand stress. Members will participate in various creative activities to destress and gain support and encouragement from others in the group.

GRADUATE/NON-TRADITIONAL STUDENT GROUP
This group is for graduate students and non-traditional students from any program who wish to manage the stress of graduate or nontraditional study. The group also offers support for individual struggles with relationships, loneliness, trust, self-esteem, anxiety or depression.

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.

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.

OUT, QUESTIONING, ALLIED (OQA)
This is a support group for members of the LGBTQ community. Members can discuss any concerns they have related to sexual orientation or mental health and feel safe and supported by others.