JOIN THE GROUP

UWL COUNSELING & TESTING CENTER: SPRING SEMESTER 2017

A pre-group meeting is required unless otherwise noted in the description.

To set up this meeting or to get more information: CALL: 608.785.8073 or VISIT: 2106 Centennial

PROCESS GROUP

RELATIONSHIP ISSUES THERAPY GROUP

DAY: TBD  TIME: TBD
This group is designed for students to explore and express their feelings and thoughts. It is not always easy to explain how we feel or what we think. This group will seek to provide a safe path for self-exploration and self-development. The group will focus on the theme of relationship issues, and group members will participate in semi-structured activities to learn more about their relationships. Members will discuss relationship problems in a supportive and healing environment. Set up a pre-group meeting with Kristen or Liz to learn more.

SKILLS GROUPS

MINDFUL WAY THROUGH DEPRESSION

WEDNESDAYS  12:00-1:00 PM
Most of us experience symptoms of depression at some point. In this group we will examine how the mind, body, and emotions work together and how to break out of the downward spiral that often accompanies depression. Each group meeting will consist of an educational component, time to process your experiences, and mindfulness activities that group members may incorporate into their daily lives. Set up a pre-group meeting with Amanda to learn more.

MINDFUL EATING

THURSDAYS  4:00-5:30 PM
This program utilizes an Acceptance and Commitment Therapy (ACT) framework to address disordered eating (e.g., restricting, bingeing, purging, over exercising), and teaches emotional and behavioral skills for effective coping. Set up a pre-group meeting with Liz to learn more.

PANIC AND WORRY: A STATE OF MIND AND BODY

THURSDAYS (MARCH 23-APRIL 27) 12:00-1:00 PM
We will learn what anxiety really is and how to recognize the relationship of anxiety to thoughts, feelings, and behaviors. We will then learn effective strategies to modify these patterns to improve functioning and move towards freedom and valued living. This will be accomplished within an atmosphere of support and understanding. Set up a pre-group meeting with Randy to learn more.

PERFECTLY IMPERFECT

WEDNESDAYS  3:00-4:30 PM
Perfectionism is many times considered a positive characteristic, yet is often linked to negative consequences like procrastination, anxiety, or depression, among others. This group will provide education on how perfectionism works and how to use different cognitive-behavioral strategies to manage it. Set up a pre-group meeting with Glorivette to learn more.

STRESS MANAGEMENT

FRIDAYS (STARTING MARCH 24)  12:00-1:15 PM
This is a skills based group that will assist students in understanding stress, and coping with and managing the stress in their academic and personal lives. Through this group, students will learn to define stress, identify sources of stress, as well as learn techniques to help reduce stress and improve self-care. This group will be offered towards the latter part of the semester as this tends to be a more stressful time for students. Set up a pre-group meeting with Tara to learn more.

FREE YOUR MIND FRIDAYS

FRIDAYS (STARTING FEB 3)  12:00-1:00 PM  3100 CENTENNIAL
This skill development group can help you discover freedom from stress and anxiety by integrating “Mindfulness” theory and practice. Expect to experience relaxation and mind expansion! This is a “drop-in” group: no pre-registration or pre-group meeting required. Floor mats are provided or bring your own.

SUPPORT GROUPS

WOMEN’S HEALING GROUP

DAY: TBD  TIME: 4:00-5:00 PM
This group is for female identified students who have experienced sexual trauma and are feeling alone, frustrated, confused, or disengaged. If this has been your experience and you are looking for assistance, join this group to receive support from others who are also healing and learn new skills for coping with your experiences. If you are interested or have questions, contact Francis (fbiananz@uwlax.edu).

GRIEF & LOSS SUPPORT GROUP

DAY: TBD  TIME: TBD
This group is for students who identify in a gender-expansive way, or are exploring/ questioning their gender identity, and are interested in peer support. This group will provide an opportunity to share experiences and unique perspectives in a therapeutic context. If you are interested or have questions, contact Crys (cchampion@uwlax.edu).

VETERAN’S SUPPORT GROUP

DAY: TBD  TIME: TBD
This group is for student military veterans interested in peer support and an opportunity to share experiences and perspectives unique to veterans on a college campus. If you are interested or have questions, contact counselor (and veteran) Randy (nkahn@uwlax.edu).

SUBSTANCE SUPPORT GROUP

DAY: TBD  TIME: TBD
This group is for students who are struggling with alcohol and/or other drug use, and who want to change this behavior. This group is a place where students can connect and be supported by other students who understand substance concerns. If you are interested or have questions, contact Kristen (kmarin@uwlax.edu).

ACADEMIC SKILLS WORKSHOPS

SPRING REBOOT

WEDNESDAY MARCH 22  3:30-4:30 PM  2106 CENTENNIAL
OR
FRIDAY MARCH 24  10:00-11:00 AM  2106 CENTENNIAL
OR
THURSDAY MARCH 30  11:00-12:00 NOON  2106 CENTENNIAL
If you feel your grades should be better for the time you put in studying, come to this workshop. You will learn proven strategies for effective study sessions. This is a great time to get suggestions on how to finish the semester on a high note.

TEST PREPARATION & TEST ANXIETY

THURSDAY APRIL 20  8:30-9:30 AM  2106 CENTENNIAL
OR
WEDNESDAY APRIL 26  3:00-4:00 PM  2106 CENTENNIAL
OR
WEDNESDAY MAY 3  2:00-3:00 PM  2106 CENTENNIAL
OR
FRIDAY MAY 5  11:00-12:00 NOON  2106 CENTENNIAL
Weeks of lecture notes, numerous test chapters, and scores of slides really add up. This workshop will offer tips on how to not only prepare for exams, but how to manage the stress on test day. Pre-registration is not required.

CHECK OUT OUR RELAXATION ROOM.

IT’S A QUIET, CALM, LOW-LIGHT SPACE FOR A TIMEOUT, A BREAK, OR EVEN A NAP. DROP-IN OR MAKE AN APPOINTMENT. #SELF CARE