JOIN THE GROUP
UW-L Counseling & Testing Center: FALL Semester 2015

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 Hall

PROCESS GROUPS
Understanding Self & Others
MONDAYS: 2:00-3:30 PM OR WEDNESDAYS: 10:00-11:30 AM
This group is for students who are interested in gaining greater understanding of themselves, their relationships, and learning ways of relating more comfortably to others. Examples of the concerns or issues this group may cover include assertiveness, intimacy, self-acceptance, trust, relationships, and expressing feelings. Set up a pre-group meeting to sign up or learn more.

SKILLS GROUPS
Panic and Worry: A State of Mind and Body
TUESDAYS: 3:00-4:00 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 to learn more.

Mindful Way Through Depression
THURSDAYS: 1:00-2:00 PM
Most of us experience symptoms of depression at some point during our lives. In this group we will examine how the mind, body, and emotions work together to compound and sustain depression and how to break out of the downward spiral that often accompanies depression. Each group meeting will consist of an educational component and time to practice the guided meditations that group members will be encouraged to incorporate into their daily lives. Set up a pre-group meeting to learn more.

Living Social
WEDNESDAYS: 4:00-5:30 PM
This group is for students who experience social anxiety that impacts relationships, academic performance, and overall well-being. Students will learn techniques and skills for managing and ultimately reducing the anxiety they experience in different social situations. Students can also connect with one another and provide support. Set up a pre-group meeting to learn more.

Freedom from Disordered Eating
TUESDAYS: 11:00 AM-12:30 PM
This group is for students who have engaged in disordered eating (e.g., restricting, bingeing, purging, over exercising). This program utilizes an Acceptance and Commitment Therapy (ACT) framework to address disordered eating, and teaches emotional and behavioral skills for effective coping. Set up a pre-group meeting to learn more.

STRESS MANAGEMENT
WEDNESDAYS: 2:00-3:00 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 to learn more.

Mindful Mondays or Free Your Mind Fridays
MONDAYS: 11:00-12:00 AM OR FRIDAYS: 12:00-1:00 PM
Learn what “Mindfulness” is and how it can help you discover freedom from the constructs and attachments that lead to feelings of stress and anxiety. This is a skill development experience that combines theory and practice. Expect to find it relaxing and mind expanding! Set up a pre-group meeting to learn more.

SUPPORT GROUPS
Women’s Healing Group
THURSDAYS: 2:30-5:00 PM
This is a group for women 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 and connection from others who are also healing. Set up a pre-group meeting to learn more.

Grief & Loss Support Group
MONDAY: 4:00-5:00 PM
This group is for students who have had a recent or past loss of a family member or friend and are finding the grief process a struggle. This 6-week group (not meeting during spring break) will explore the grief process and help members explore loss, find support, and identify coping skills. Set up a pre-group meeting to learn more.

Like, Comment, Share
TUESDAYS: 3:00-4:00 PM 1200 CENTENNIAL
This drop-in group is for students who wish to process current events from a culturally inclusive and socially just perspective. Each week, we will discuss a short piece of media (a video, article, or photo). Media pieces may be either things you LIKE or that make you want to COMMENT, so come and SHARE! This is a drop-in group: no pre-group meeting required.

RIO: Recognition/Insight/Openness
TUESDAYS: 10:00-10:50 AM OR TUESDAYS: 1:00-1:50 PM OR FRIDAYS: 11:00-11:50 AM
RIO is a 3-week psychoeducational workshop designed to help students set goals and make changes. Instead of traditional group psychotherapy, RIO is curriculum-driven with structure and specific learning objectives. This workshop is designed to respect students’ individual privacy while still providing ample space to begin building skills through experiential skills training opportunities. Set up a pre-group meeting to learn more.

ACADEMIC SKILLS GROUPS
How to Excel at Math and Science
WEDNESDAY: 3:30-4:30 PM  SEPTEMBER 23 OR TUESDAY: NOON-1:00 PM  SEPTEMBER 29
If you think there is only one way to solve a problem consider attending this workshop. Find how to use both analytical skills and creative thinking to grasp math and science concepts. This is a drop-in group: no pre-group meeting is required. For meeting location: call (608-785-8073), click (uwlax.edu/counseling), or visit (2106 Centennial).

Overcoming Procrastination
WEDNESDAY: 9:00-10:00 AM  SEPTEMBER 23 OR THURSDAY: 11:00-12:00 PM  SEPTEMBER 24
Imagery shows the brain’s pain center actually “lights up” when contemplating an uncomfortable task. But there are ways to overcome that discomfort and overcome procrastination. This workshop will explain how you can get past the pain for the pleasure of academic gain. This is a drop-in group: no pre-group meeting is required. For meeting location: call (608-785-8073), click (uwlax.edu/counseling), or visit (2106 Centennial).

Test Preparation
THURSDAY: 3:00-4:00 PM  OCTOBER 1 OR FRIDAY: 3:00-5:00 PM  OCTOBER 2 OR MONDAY: 3:00-5:00 PM  OCTOBER 12 OR FRIDAY: 9:00-10:00 AM  OCTOBER 16
Weeks of lecture notes, numerous test chapters, and scores of slides really add up. This workshop will offer tips on how to identify main concepts, organize study sessions, and focus on the most difficult material. This is a drop-in group: no pre-group meeting is required. For meeting location: call (608-785-8073), click (uwlax.edu/counseling), or visit (2106 Centennial).