JOIN THE GROUP

UW-L Counseling & Testing Center: Spring 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 12:30-2:00 PM
TUESDAYS 10:00-11:30 AM
THURSDAYS 12:30-2:00 PM

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.

Men’s Therapy Group
MONDAYS 4:30-5:30 PM

This group is for male identified students looking for a place to discuss campus life, relationships, family, or friendships from a guy’s perspective. Join this group for a confidential and respectful place to have these important conversations that don’t always have an outlet on campus. Email Dr. Ryan McKelvey (rmckelvey@uwlax.edu) for more details.

SKILLS GROUPS

Skills for a Life Worth Living
THURSDAYS 4:00-5:00 PM

This group is for students interested in learning coping skills to help with life problems that cause misery and distress. Students will learn specific skills to better manage emotions, control impulsive behavior in response to stress, maintain better boundaries and more stable relationships, and become more comfortable living with the present moment.

Breaking Free from Anxiety and Depression
WEDNESDAYS 2:00-3:00 PM

Students will learn how to recognize the relationship between their thoughts, feelings, and behaviors with anxiety and depression, and will learn effective strategies to modify these patterns to improve functioning and move towards valued-living. This will be accomplished within an atmosphere of support and understanding.

Living Social
WEDNESDAYS 4:00-5:00 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 and provide support with one another.

ACT on Anxiety
TUESDAYS NOON-1:30 PM

This is an 8-week program based on Acceptance and Commitment Therapy (ACT). ACT teaches emotional and behavioral skills for living more effectively with life’s ups and downs often associated with anxiety.

Freedom from Disordered Eating
TUESDAYS 4:30-6:00 PM

This group is for students who have engaged in disordered eating (e.g., restricting, bingeing, purging, other compensatory behaviors). This program utilizes an Acceptance and Commitment Therapy (ACT) framework to address disordered eating. This approach teaches emotional and behavioral skills for effective coping. In this group, we will focus on disordered eating behavior by:

• Learning how our thought process works and how to be less bound to unhelpful thinking.
• Learning how to respond effectively to our emotions, without being disconnected from them or entangled in them.
• Learning how to recognize and let go of ineffective patterns of behavior, and to develop more effective behavior.
• Exploring our life values and learn how to live more congruently with those values to experience greater meaning in life.
• Supporting each other as we learn these skills and work towards living a more meaningful life with less struggle.

UWLAX.EDUCOUNSELING

SUPPORT GROUPS

Women’s Healing Group
TUESDAYS 3:00-4:00 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 create connections with others who are also healing.

Maintaining Healthy Lifestyles: Exploring Substance Use
MONDAYS 3:00-4:00 PM

Problems with alcohol and/or drugs can negatively affect performance and progress in school as well as other areas in life. This 5-week group (not meeting during spring break) will explore basic information about substances, how the use of alcohol and drugs may be impacting your life, how substances influence your behavior, and ways to maintain a healthy lifestyle.

Veteran’s Support Group
THURSDAYS 2:30-3:30 PM

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 interested or have questions, contact counselor (and veteran) Randy Kahn at rakh@uwlax.edu.

Grief & Loss Support Group
THURSDAYS 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 will explore the grief process and help members explore loss, find support, and identify coping skills.

Multicultural Talking Circle
TUESDAYS 3:00-4:00 PM

This drop-in group (held in Campus Climate, 1120 Centennial Hall) is for students looking for a safe, supportive place to speak openly about stressors unique to their intersecting identities, such as experiencing intolerance, communicating cultural differences, and/or processing current events. This is a drop-in group: no pre-group meeting is required.

Mindfulness for Anxiety and Stress Management
WEDNESDAYS NOON-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!

ACADEMIC SKILLS GROUPS

How to Excel at Math and Science
THURSDAYS 3:30-4:30 PM
FRIDAY 9:00-10:00 AM
MONDAY 3:30-4:30 PM

You can excel at math and science even if you flunked algebra! If you think there is only one way to solve a problem you need this workshop. Come to find out 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
THURSDAYS 9:00-10:00 AM
FRIDAY 11:00-NOON
WEDNESDAY 3:30-4:30 PM

Overcoming procrastination may hurt, but only for a little while! Neural imaging shows the pain center in your brain actually “lights up” when contemplating math work. But there are ways to overcome that discomfort. This workshop will explain how you can get past the pain center in your brain. For more information, contact counselor (and veteran) Randy Kahn at rakh@uwlax.edu.

Test Preparation
WEDNESDAY 3:30-4:30 PM
FRIDAY 9:00-10:00 AM
WEDNESDAY 10:00-11:00 AM
TUESDAY 3:30-4:30 PM
WEDNESDAY 11:00-NOON
THURSDAY 2:00-3:00 PM

This group is for students who struggle with all there is to learn in a class. Weeks of lecture notes and numerous text chapters really add up. This workshop will give you some tips on how to organize your study sessions, and how to narrow the 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).