

UNIVERSITY COUNSELING CENTER GROUP THERAPY

General Therapy

This group helps students to address a variety of presenting concerns in a safe and supportive atmosphere.

Sexual Assault Survivor Support (SASS)

The SASS group provides a safe and supportive opportunity to connect and heal with other women who have experienced unwanted sexual contact and/or other forms of sexual trauma.

Graduate Support

The graduate support therapy group is a safe and confidential space for graduate students to gain perspective and insight into themselves, learn appropriate coping skills for stressors, and normalize their experiences of being a graduate student.

Bridging Across Cultures

This group for international students provides a safe place to discuss the challenges and excitement of being international students, offering an opportunity to consider how to make changes toward a better experience.

UNITAS

Unitas, which means 'as one', is a support group for students who identify as members of the LGBT community and provides a safe place to voice concerns, share struggles and triumphs, and gain support from peers and counselors.

Anxiety Tool Kit

For students who want to gain a better understanding of common triggers and symptoms associated with social anxiety and test anxiety. Students will learn to use coping skills to address symptoms in a safe and non-threatening environment with others who have similar experiences. This is a closed group.

Dealing with Distress

This is a skills-based group that focuses on teaching students how to manage chronic negative emotions and/or behaviors (suicidal thoughts, self-harm, etc.) through distress tolerance, emotion regulation, and mindfulness skills.

Intimate Partner Violence (IPV) Survivor Support

This group provides a safe and supportive opportunity to connect and heal with other women who have experienced IPV, which may include emotional, verbal, physical, sexual, technological, financial, and academic abuse. The goal of this group is to foster resilience, hope, strength, and unity.

Recovery Support

The Recovery Support Group is a group for individuals who are maintaining abstinence from all substances. Individuals will learn ways to enhance motivation, challenge faulty beliefs, enhance coping skills, and ultimately change behaviors related to alcohol and substance use. This group offers credit for the CRC.

Feeding Your Feelings

This group is for females who struggle with disordered eating, body image issues, and perfectionistic thinking. Join us to discuss healthier techniques of nourishing your body and your self-worth while managing pressures to look and feel a certain way.

Women Support

This groups offers a safe space for women to come together and support one another through shared and unique challenges and concerns.

Mindfulness-Based Strengths Practice (MBSR)

A group on mindfulness and character strengths and how each enhances the other. Learn how to shift your focus from what's wrong to what's right. Each session consists of mindfulness practices, character strengths exercises, and group discussion. Being able to attend all sessions as best as possible is important.

People of Color

Come out and enjoy the comfort and support of a fellowship with other people of color on campus. This dynamic group will provide a safe space to reflect and discuss the experiences, challenges, and personal growth. There will be two groups, one for men & one for women.

Creative Healing for Survivors of Sexual Assault

The group is a safe place for female students who have experienced non-consensual sexual contact and/or other forms of sexual trauma to process healing through artistic and creative medium, including painting, poetry, crafts, and nature.

Loved Ones and Children of Alcoholics and Addicts (LOCAA)

The LOCAA group provides a safe space where loved ones and children of individuals in addiction or recovery from alcohol and/or drugs can access emotional support, gain understanding, and process their experiences in a therapeutic environment.



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