

GROUP COUNSELING

SPRING 2020

ACT YOUR MOOD

This group incorporates principles from Acceptance and Commitment Therapy (ACT) to help individuals manage depressive and anxious symptoms.

FINDING BALANCE

Learn and practice skills that will help a person navigate their world more easily including: mindfulness, skills to manage distressing emotions and thoughts, and skills that can help a person have more effective relationships.

FINDING YOUR WAY: GRIEF AND LOSS GROUP

Those grieving the loss of a loved one can connect with others experiencing loss, feel less isolated in their grief, receive support, and strengthen ability to cope.

GRADUATE/NON-TRADITIONAL STUDENT GROUP

Graduate and NT students can connect with others around their unique experiences and receive support as they manage stress, anxiety, depressive, or other symptoms, and relationship concerns.

JOGGING THERAPY GROUP

A jogging/walking group that encourages healing through movement. Members will pay attention to their bodies and environment in a deliberate way and receive support around struggles with depression, anxiety, body image concerns, ADHD, or interpersonal difficulties.

OUT, QUESTIONING, ALLIED (OQA)

Members of the LGBTQ community can discuss concerns they may have related to mental health challenges, stressors, sexual orientation, or gender identity in a safe environment, and receive support from others.

SEXUAL ASSAULT SURVIVOR SUPPORT GROUP

This group provides a safe environment for female survivors of sexual assault where they can continue on their healing journey, receive support, develop coping skills, and increase feelings of empowerment in their lives.

SPECTRUM

This is a support group for transgender, gender non-binary, gender non-conforming, and gender fluid individuals. Members can find connection with others, receive support, and also learn about resources that may be useful to them.

TRUE SELVES

Students of color can connect with their peers and process issues uniquely impacting their well-being, experience a greater sense of community and belongingness, and discuss impact of events in community and nationally.

UNDERSTANDING SELF AND OTHERS (USO)

This group is helpful for students wanting to improve relationships, communication skills, and increase self-awareness, along with those struggling with anxiety or depression.

Contact the office or attend drop-in to learn about dates and times, Hudson Health Center, 3rd Floor (740) 593-1616