The CSU Health Network is proud to offer specialized groups and workshops to help you reach your mental health goals. Whether you want to learn to communicate more effectively, develop good study habits, or manage stress, there is a place for you.

The groups are broken into categories to help you choose the right spot for you:

**Interpersonal Process Groups**
These groups help you improve your relationships by connecting more deeply with others. These groups meet weekly over the semester. Talk to your counselor about how to enroll.

**Theme Groups**
These groups bring together people who share interest in a common topic or experience. A safe space is created for members to share emotions, learn new information, and support one another. These groups meet weekly over the semester. Talk to your counselor about how to enroll.

**Psychoeducational Groups**
These workshops provide resources to help build coping skills in certain areas. These groups are typically offered on a one-time-only basis or a short-term series. Anyone can sign up.

**Academic Support Groups**
Come gain support to improve your academic performance. Learn how to set goals for yourself and overcome barriers to your performance. After attending an informational session, the group will meet weekly over the semester. Anyone can sign up.

For more information, or to learn how to enroll, call CSU Health Network Counseling Services at (970) 491-6053, or stop by 123 Aylesworth NW to talk in person.

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**Interpersonal Process Groups**

**Understanding Self and Others**
Want to improve your relationships or feel better about yourself? Interested in connecting in a deep and meaningful way with other students? Are you noticing a pattern in your relationships that you’d like to change or understand better? Do you struggle or get anxious in social situations? Would you like honest feedback about how you relate to others?

This group will provide a safe, supportive space to explore your feelings, connect with others, and practice new behaviors that can ultimately lead to more fulfilling relationships.

**Times and Leaders:**

- **IP A:** Monday, 3 - 4:30 p.m., Susan Chamberlain, M.S. and Ainara Echanove, M.A.
- **IP B:** Tuesday, 5 - 6:30 p.m., Casey Onder, M.S. and Jeff Nepute, M.S.
- **IP C:** Wednesday, 1 - 2:30 p.m., Sara Mitchell, MA and Lisa Heifner, LPC
- **IP D:** Thursday, 9 - 10:30 a.m., Laura Oyer, Ph.D. and Jessica Miller, LSW
**Theme Groups**

**Man to Man (Men’s Process Group)**
In today’s times men experience conflicting messages and expectations about their roles and identities. This group will meet weekly in the Summer semester to provide a confidential forum for males to explore, discuss and discover their own unique definition of masculinity. The group will also explore how being a male may impact areas including bonding, relationships, sexuality/intimacy, emotions, communication, and substance use.

**Time:** Tuesdays, 5:30 - 7 p.m.  
**Leader:** Steve Okiyama, Ph.D

**DBT Skills Group: Mindfulness and Distress Tolerance**
Do you ever get overwhelmed by emotions? Do you find it difficult to identify your emotions? Do your emotions ever take over and control your behaviors? Do you find yourself distracted from what is going on in the present moment? If you answered yes to these questions, then this group may be for you. In the DBT Skills Group, you will learn how to control your emotions instead of them controlling you and gain a clearer understanding of what emotions are and how they operate.

In this group, two topics will be covered over the span of the semester: Mindfulness and Emotion Regulation. For the first few weeks, you will learn the skills of how to be mindful and stay in the present moment without judging yourself and others. For the remainder of the semester, you will learn how to modulate your feelings without behaving in reactive, destructive ways. You can expect this group to be more structured than other therapy groups and it will be expected that you will practice the skills taught on a regular basis. Also, you will track your use of skills by filling out weekly diary cards to self-monitor your progress. To be in the DBT Skills Group you must currently be enrolled as a student, and you are required to be involved in ongoing individual therapy (at least bimonthly) as agreed upon by your therapist and you.

**Time:** Tuesdays, 5 - 6:30 p.m.  
**Leader:** Lisa Heifner, M.S., LPC

**Body Positive**
Do you find yourself thinking a lot about your weight, body shape, or body size? Does planning around calories, food, and “making up” for what you eat seem to consume a lot of your time? Do you often find yourself feeling guilty, ashamed, or comparing your appearance to others and always seeming to fall short? Then the Body Positive group is right for you!

In this group, you will be able to both give and receive support in a safe space from people struggling with the very same issues as you learn more about body image, begin to change unhealthy behaviors, and develop greater self-esteem. You are not alone!

**Time:** TBD  
**Leader:** Helen Bowden, Ph.D
Skills Group: Distress Tolerance, Mindfulness, Acceptance, and Self Compassion
This structured group employs strategies from mindfulness and acceptance based therapies, and is an excellent fit for anyone feeling anxious, depressed, overwhelmed or having difficulty enjoying life.

The group uses experiential exercises and homework assignments to help members increase awareness and begin to be more intentional in their ways of relating to themselves and others. Group members learn emotion-regulation skills, allowing them to more effectively navigate difficult or overwhelming emotions, increase distress tolerance, cultivate self-compassion and create an action plan to live a more value-driven life.

After the seven weeks, group members will have a toolkit to pull from whenever difficult life circumstances arise. The group accepts members throughout the semester and requires a commitment to complete the seven weeks and homework each week.

Time: Tuesdays, 5 - 6:30 p.m.
Leaders: Nara Samuels, LCSW and Adam Sargent, M.S.

SUGS: Substance Use Support Group
SUGS is for students who are interested/concerned about their use of substances and wanting a safe, non-judgmental, and supportive environment to process what their use of substances has been, is currently, and what they’d like it to be.

The group will support abstinence for a member, but only if the member has decided that’s what he or she wants. For members wanting to control or limit their use, the group is a forum for harm-reduction and risk management techniques; to process what’s been working for them and what’s not; to learn from others’ experiences and get their feedback and support; to talk about triggers and high-risk situations, people, and places; and how to prepare for those situations, people, and places.

It is an open-enrollment group and primarily focused on support from peers who are facing the similar issues. Screening is required and will be held from 5 - 6 p.m. on Tuesdays.

Time: Tuesdays, 6 - 7:30 p.m.
Leaders: Jim Weber, LCSW
Transgender and Gender Non-Conforming Support Group
Do you identify as trans* or gender non-conforming and are looking for more support and more sense of community surrounding your gender identity?

This group will provide a confidential forum to meet others who identify as trans* or gender non-conforming, and to share experiences related to gender identity. Topics may include transitioning, coming out, physical health, family and social relationships, and dating/sexuality. However, discussion will primarily be guided by group members’ current interests and experiences. The group emphasizes group participation, mutual respect, and inclusivity.

The group welcomes FTM and MTF spectrum individuals, genderqueer persons, intersexed folks, and those questioning their gender identity. Screening is required.

Time: Wednesdays, 4 - 5 p.m.
Leaders: Camille Curry, Psy.D and Christina Kuroiwa, M.D.

Mindfully Managing Stress
Are you feeling overwhelmed? Struggling to get a handle on your stress? Feeling frustrated that “traditional” techniques don’t seem to help? Perhaps you are ready to explore the potentially life-changing practices of mindfulness.

Mindfulness is a way to train ourselves to be in the present moment with more attentiveness, awareness and acceptance. Learn how mindfulness can help you cope with difficult emotions and lead a more meaningful and less stressful life.

Participate in a 4-part workshop series that will delve deeper into this concept and provide ample opportunities to practice these new skills. Classes held at the Student Recreation Center.

Times: Tuesdays, 4 - 5:15 p.m.
May 20, 27 and June 3, 10

Leader: Janelle Patrias, MSW

* Note: previous participation in the “What Can Mindfulness Do for You?” introductory workshop is welcomed, but not required.

“The Daring Way™”: Show up, Be Seen, Live Brave
Do you ever judge yourself for making the tiniest mistake? Is the pressure to be perfect becoming exhausting? Do you use the phrase, “If only I was ____ (smart enough, brave enough, pretty enough, skinny enough) then my life would be different?” If so, this group is for you.

Are you ready to embrace your imperfections and have a greater sense of self-acceptance? Are you ready to face uncertainty and emotional risks knowing that you are enough? Are you ready to feel a deeper sense of belonging in your connections with others?

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was developed to help men, women, and adolescents learn how to show up, be seen, and live braver lives.

Time: Wednesdays, 10 - 11:30 a.m.
Leaders: Michele Faris, Psy.D and Carrie Haynes, LPC

Psychoeducational Groups

Mindfully Managing Stress

Time: Wednesdays, 4 - 5 p.m.
Leaders: Camille Curry, Psy.D and Christina Kuroiwa, M.D.

“The Daring Way™”: Show up, Be Seen, Live Brave

Time: Wednesdays, 10 - 11:30 a.m.
Leaders: Michele Faris, Psy.D and Carrie Haynes, LPC
Medical Services
Hartshorn Health Center
(970) 491-7121

Counseling Services
Aylesworth Hall NW
(970) 491-6053

Health Education and
Prevention Services
Aylesworth Hall NW
(970) 491-1702

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