Groups & Workshops  Spring 2015

CSU HEALTH NETWORK  
C A R E F O R B O D Y A N D M I N D
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:**

<table>
<thead>
<tr>
<th>IP-A</th>
<th>Monday 1-2:30 p.m.</th>
<th>Lisa Heifner, LPC and Hanako Shishido-Murase, PhD</th>
</tr>
</thead>
<tbody>
<tr>
<td>IP-B</td>
<td>Tuesday 11-12:30 p.m.</td>
<td>Emily McCann, MS and Wilson Hsiao, MS</td>
</tr>
<tr>
<td>IP-C</td>
<td>Tuesday 1-2:30 p.m.</td>
<td>Ellen Cooney, Ed D and Sarah Stevens, MS</td>
</tr>
<tr>
<td>IP-D</td>
<td>Tuesday 3-4:30 p.m.</td>
<td>Helen Bowden, PhD and Rachel Eby, MS</td>
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<tr>
<td>IP-E</td>
<td>Tuesday 5-6:30 p.m.</td>
<td>Rachel Lane, BS and Pamela O’Grady, M.Ed</td>
</tr>
<tr>
<td>IP-F</td>
<td>Wednesday 1-2:30 p.m.</td>
<td>Jasmine Tilghman, M.Ed and Liza Slavin, BA</td>
</tr>
<tr>
<td>IP-G</td>
<td>Wednesday 3-4:30 p.m.</td>
<td>Steve Okiyama, PhD and Elise Bascom, BS</td>
</tr>
<tr>
<td>IP-H</td>
<td>Thursday 11-12:30 p.m.</td>
<td>Lisa Heifner, LPC and Jeri Newlin, PhD</td>
</tr>
<tr>
<td>IP-I</td>
<td>Thursday 3-4:30 p.m.</td>
<td>Sara Mitchell, PhD and Jina Ahn, MS</td>
</tr>
<tr>
<td>IP-J</td>
<td>Friday 11-12:30 p.m.</td>
<td>Jessie Youngblood, BS and Sonia Carrizales, MA</td>
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</tbody>
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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 Spring 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 - 6:30 p.m.  
Leader: Steve Okiyama, Ph.D

Taming the Anxious Mind
This structured group employs strategies from mindfulness and acceptance based therapies to better manage and relate to anxiety. This group will support members in accepting anxiety and transforming their relationship to anxiety. The ultimate goal of the group is to assist members in freeing themselves from the pull of constant struggle with anxiety so they can focus on living a more rich and meaningful life. Members will participate in experiential exercises and complete homework assignments. Group is a seven week commitment. The group accepts members throughout the semester. Screening is required.

Time: Fridays, 3-4:30 p.m.  
Leader: Carrie Haynes, LPC and Nara Samuels, LCSW

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: To Be Determined  
Leader: Helen Bowden, Ph.D

Skills Group
This structured group employs strategies from mindfulness and acceptance based therapies, and is an excellent fit for anyone feeling anxious, depressed, overwhelmed or simply having difficulty enjoying life. Skills focus on learning to be more present, self-compassionate and able to handle intense emotions effectively. Members will participate in experiential exercises and complete homework assignments. Group is a seven week commitment. After the completion of the group, members will have a toolkit to pull from whenever difficult life circumstances arise. The group accepts members throughout the semester. Screening is required.

Time: Tuesdays, 5 - 6:30 p.m.  
Leaders: Nara Samuels, LCSW and Sara Mitchell, PhD

Time: Wednesdays, 5 - 6:30 p.m.  
Leaders: Adam Sargent, MS and Sonia Carrizales, MA
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, 3:30 - 5 p.m.
Leaders: Reid Trotter, PhD and Christina Kuroiwa, M.D.

“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: Mondays, 12 - 1:30 p.m.
Leader: Michele Faris, Psy.D
Mindful Self-Acceptance and Compassion
Are you hard on yourself? Do you feel insecure? Do you spend much of your time focusing on your imperfections and perceived flaws? Do you worry that if you stopped judging yourself you would no longer be successful or motivated? If you answered yes to any of these questions, then this group might be right for you! Research shows that self-compassion training results in decreased depression and anxiety, increased life-satisfaction, and even changes in the neural pathways of the brain. In this group you will learn ways to shut down your inner critic and begin cultivating self-acceptance and compassion. We will draw on the work of Tara Brach, PhD (author of Radical Acceptance), Kristin Neff, PhD (author of Self-Compassion: Stop Beating Up on Yourself and Leave Insecurity Behind), and Christopher Germer, PhD (author of The Mindful Path to Self-Compassion).

Time: Wednesdays, 3 - 4:30 p.m.
Leaders: Carrie Haynes, LPC, Jessie Youngblood, BS

Art Therapy
“Art washes away from the soul the dust of everyday life.” --- Pablo Picasso
Art has been historically used around the world to tell stories. Do you have personal stories to tell, but not sure where to begin? Scared to face your problems? Afraid of not having control over your emotions? Worried that no one would understand your stories? Or looking for a creative and free way to explore and express who you are? If any of these are familiar, come to Art Therapy group! Through art making, this 4-week group will provide opportunities to explore and express who you are and the issues you are struggling with in a safe, creative, and relaxing way. The group will support you to find a sense of direction to improve your life. No skills or training in art is necessary but interest and openness to try art making is a plus! Screening is required.

Screening: 1 - 3 p.m. on March 6 and 13th
Time: 1 - 2:30 p.m., beginning March 27th
Leader: Hanako Shishido-Murase, Ph.D., ATR-BC

Identity Exploration Group
This group is for individuals interested in increasing their cultural awareness, knowledge, and interpersonal skills by examining the intersection of personal and shared identities (e.g., gender, cultural, ethnic) within a group context. Students enrolled in this group will have the opportunity to explore both privileged and marginalized aspects of their identities, hear multiple perspectives, and support, encourage, and provide feedback to group members in a safe and confidential environment. During these weekly sessions, members are welcome to bring any issues to the group that they feel are important, though the primary focus of this group is on how shared and individual identities impact the interactions among group members. In doing so, we believe that group members will be better able to develop mutually respective, satisfying and inclusive relationships.

Time: Wednesdays, 11 a.m. - 12 p.m.
Leaders: Sara Mitchell, PhD

Building Resilience
Do you ever feel like negative situations and emotions control you? This four week series will teach you different techniques to help you manage your emotions when you feel overwhelmed. You will learn how to accept situations and emotions that are challenging you, different ways to relate to your emotions, and finally, create a plan you can use in the future. The group will primarily be experiential and you will be encouraged to practice the skills before the next group.

Time: Wednesdays, 2 - 3:30 p.m.
Leader: Lisa Heifner, LPC
Series 1: February 18, February 25, March 4th, and March 11
Series 2: March 25th, April 1, April 8, and April 15
Theme Groups (continued)

Coming Out, Being Out and Questioning Support Group
This group is a supportive, confidential space for gay, lesbian, bisexual, transgender and questioning people to come together and discuss salient topics. Discussions will be driven by participants’ interests, needs and experiences. Topics might include coming out, family relationships, social media, romantic relationships, campus culture and dealing with stigma. The group aims to provide a space where participants can:
• Feel validated by peers
• Talk about sexuality and gender without needing to use conventional labels or categories that may not fit with participants’ experiences
• Exchange stories, support and wisdom
This is a closed group that requires an initial consultation with a counselor and a group screen.
Time: Thursdays 3.30-5pm
Leaders: Aaric Guerriero, MA and Nara Samuels, LCSW

Psychoeducational Groups

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:
Series 1: Mondays, 3:30 - 4:45 p.m., February 16 - March 9
Series 2: Tuesdays 1:15-2:30 p.m., March 24 - April 14
Series 3: Wednesdays 9-10:15 a.m., April 8 - April 29
Series 4: Thursdays, 4 - 5:15 p.m., April 9 - 30
Leader: Viviane Ephraimson-Abt, MS.Ed., LPCC

Mindful Drop-In Group
This mindfulness meditation practice opportunity is open to all CSU students, staff, and faculty. Mindfulness is the moment-by-moment process of actively and openly observing one’s physical, mental, and emotional experiences. Cultivating the ability to be mindful has scientifically been shown to help us manage stress, improve attention, boost the immune system, and promote health and well-being. Each week includes a brief introduction, a guided practice, and discussion. No registration is required; anyone interested in practicing mindfulness is welcome! Please feel free to drop-in as often or little as you like.
Time: Wednesdays, 12:10 - 1 p.m., February 18 - May 6
Leader: Viviane Ephraimson-Abt, Ms.Ed., LPCC
Note: Meets in Lory Student Center Rm 376, except 2/25 (LSC 304) & 3/25 (LSC 322).

Academic Support Groups

Getting it Done: Thesis/Dissertation Support Group
Feeling overwhelmed with writing your thesis or dissertation? Struggling with procrastination or meeting deadlines? Lacking motivation, feeling stuck, or needing support?
Come and meet with other graduate students who are struggling too. Together we will meet weekly to identify barriers, set goals, and support one another. Open to graduate students in all disciplines.
Time: Wednesdays, 4 - 5 p.m.
Leader: Ellen Cooney, Ed.D.
Psychoeducational Groups (continued)

For information about leaders, dates and times of the following groups, please visit www.health.colostate.edu or call (970) 491-4693.

Risk Management 101
What is risk management? The Risk Management Group will explore the different faces of risk and learn tools to reduce or remove different risk factors. Students will gain tools in assessing risk at parties, in relationships, and with roommates. The participants will also learn how thinking errors might be used to justify substance use. The participants will brainstorm as a group to define and uncover potentially risky situations or people that could damage the likelihood of success in their college career and beyond.

Family Dynamics
The Family Dynamics Group will look at aspects of functional and dysfunctional families and examine the impact of addiction on the family system. The group will identify the roles that family members play in both healthy and unhealthy families and explore how these roles can become distorted in the case of family dysfunction. Each student will have the opportunity to identify his or her roles in the family system.

Anger Management
When is anger a problem? Where does it come from? These questions and this workshop are the key to figuring out what to do about anger. Anger can get us into trouble even if we never rage and blow up. This workshop will help you identify triggers for anger and look at your thinking as a way to diffuse your anger and get the results you really want.

Managing Internal Risk
What did you learn from Risk Management 101 and Stages of Change workshops? What strategies have you developed and used, and how have they worked? How, why, and when do relapses happen, and what can we learn from them?
This workshop examines people, places, and things, or the external triggers and cues that can increase risk. The participants will also discuss how our thinking, feelings, and assumptions set us up for increased risk and possible relapse. At the end of the session, the participants will have tools to help them actively recognize the ways in which we put ourselves at risk.

Gender Issues (Men)
How does gender impact behavior? What are the cultural messages about being a man and how do these messages influence decision making? Why are words like “fag,” “pussy,” “bitch, and “gay” so common, and how are they used to assert power over someone?
In this participatory session of the Gender Roles and Behavior Group, students will explore the gender messages, examine how these messages might impact behavior, and develop strategies to break free of constraining gender “boxes.”

Who Am I?
This Student Development Group will explore the layers of personal identity. This group is all about the participant. Group members will gain knowledge of student development theory – the steps that students take in their development of a sense of SELF. Students will look at Arthur Chickering’s 7 “vectors” or layers through which most college students are developing: Competence, Emotions, Interdependence, Relationships, Identity, Purpose, and Integrity. By the end of the group, each student will have language to “name” the challenges that are faced in college. Students will be equipped with additional psycho-social awareness and specific goals that are both short and long term.
For information about leaders, dates and times, please visit www.health.colostate.edu or call (970)491-4693.

Stages of Change
What would you like to change? What is change? How do people change? What kinds of things do people change? These are just a few of the questions that will be explored in the Stages of Change Group.

Based on the 6 Stages of Change Model developed by Prochaska and DiClemente (Pre-contemplation, Contemplation, Preparation, Action, Maintenance, and Relapse), the group will learn about the process of change and how to apply it to their lives. Students will also learn what stage they are in regarding personal substance use.

Strengths
This workshop is about discovering your personal strengths – what makes you, YOU – and how to use these strengths to succeed in college and in life. We often don’t think of our strengths and instead focus on all the things we want to improve about ourselves. While that’s important, research tells us that people who capitalize on their strengths are disproportionately more successful than people who don’t.

This will be a lively, interactive class! It will include taking a personal strengths assessment.

Alcohol and Other Drugs: The Mind Body Connection
This group will cover the continuum of substance use from Abstinence to Addiction, the Cycle of Addiction, Problem Indicators, and how to respond to a friend or family member whom you suspect might have a problem with alcohol and other drugs.

Each student will be given tools to assess their own use on the continuum.

Brain Scans (Max. of 5)
The Brains Scans Group will explore new research using SPECT (Single Photon Computerized Tomography) scans. Did you know that - at all times - 20 percent of your blood supply is located in your brain, or that 40 percent of the oxygen you breathe goes directly to feed the brain?

The participants in this group will learn basic neural anatomy and brain function in regards to cerebral blood flow, why the brain responds as it does, and the neurotransmitters that are affected by drug and alcohol use. The group also looks at how other brain dysfunctions can be seen graphically, the effects of drug and alcohol use on the brain, and how it exacerbates co-occurring brain disorders.

Communications
Obviously we need to communicate with each other every day, but have you noticed that some people are better communicators than others? Communication isn’t about arguing better or convincing people that you’re right. Communication is about understanding what is really going on in a situation and being able to put words to it.

In this workshop we will identify your communication style, explore the basics of better communication, and learn ways to stay focused when conversations become intense. Improving communication should help you know and get what you want from an interaction and allow you to build deeper connections with people.
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

health.colostate.edu