

Counseling and Psychological Services

Specialized Skills Group Series

2018-19



Are you struggling with substance use concerns or wondering how to bounce back after a setback?

The Specialized Skills Group Series may be for you!

The Specialized Skills Group Series provides a structured, specific, goal-oriented, and confidential space for students with substance use concerns or students who want to improve their resiliency. You are encouraged to attend if you want to learn new ways to approach these concerns and to gain tools to take action steps towards behaviors that are more reflective of your values. At the end of each Specialized Skills Group Series, students will earn a certificate of completion as a mark of your effort toward personal growth.

The Specialized Skills Group Series is six weeks in length, with one section beginning in mid-Fall 2018 semester and two sections during the Spring 2019 semester. Each group session is 60 minutes long and takes place in the Colonial Health Center, Room G32. Please visit healthcenter.gwu.edu or speak with a counselor about the schedule for each group.

i For further information, please contact us at counsel@gwu.edu.



Pre-Series Meeting

Entry into one of the two Specialized Skills Groups requires a 30-minute pre-group meeting with the leader to discuss goals, expectations, and determine appropriateness of fit. Pre-group meetings can be scheduled after a consultation with a counselor at the Colonial Health Center.



Commitment

Due to the goal-oriented nature of the Specialized Skills Group Series, students are expected to commit to attending all six meetings within the section that they sign up for.



Cost

The total cost for each full Specialized Skills Group Series is \$60, at a rate of \$10 per session. If cost is a concern, payment adjustment is available upon request.

COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center
Marvin Center, Ground Floor
800 21st Street, NW • Washington, DC 20052

 202-994-5300  counsel@gwu.edu

 healthcenter.gwu.edu



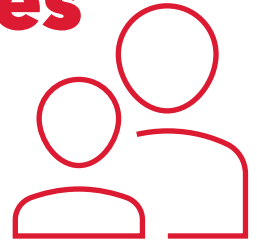
Colonial
Health Center

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

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TOOK AN L BUT I BOUNCED BACK: RESILIENCY SKILLS GROUP

🕒 **Tuesdays 1:30-2:30pm**

- 📍 This series focuses on science-based practices to improve your ability to bounce back after a negative experience. You will learn how to harness your mental resources and identify your fundamental needs in order to heal and optimize your performance in challenging circumstances.

REFLECTIONS AND NEW ACTIONS: SPECIALIZED SKILLS FOR SUBSTANCE USE CONCERNS

🕒 **Thursdays 1:30-2:30pm**

- 📍 This series engages you in reflection of lifestyle choices and values, substance use behaviors, and thoughts and feelings about change. This series also encourages you to take action steps to changing behaviors to be more congruent with your personal values, to include changing, reducing, or eliminating substance use, coping more effectively, and managing life tasks and priorities more authentically.

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