Counseling and Psychological Services

Group Schedule

2018-19
The Colonial Health Center offers several different styles of groups focusing on emotional well-being. Our goal is to serve all students at GW with our diverse group programming. **Groups are open to GW students, they are free of charge, (**)with the exception of Specialized Skills Groups) and group sessions are unlimited.** To join a group, please come to the Colonial Health Center for an initial consultation and mention to the counselor that you are interested in learning more about groups. Groups begin in mid-September, continue throughout the fall semester and re-open in January of the spring semester.

To participate in any of our *drop-in series groups, just come in to the Colonial Health Center at the time and day of the group, there is no sign-up required! All groups take place in the Colonial Health Center.

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

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>10:30-11:00</td>
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<td>12:00-12:30</td>
<td>Graduate Students Growth Group 11:30am-1pm Room G30</td>
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<td>*Mindful Self-Compassion Skills Group 12-1:00pm Room G30</td>
<td>Students of Color Growth Group 11:30am-1pm Room G30</td>
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<td>12:30-1:00</td>
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<td>1:00-1:30</td>
<td>Eating Concerns Support and Skills Group 1-2:00pm Room G30</td>
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<td>*Practical Mindfulness: Easing Anxiety Skills Drop-In 1-2pm Room G27</td>
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<td>2:00-2:30</td>
<td>**Reflections and New Actions: Substance Use 1:30-2:30pm Room G32</td>
<td>Understanding Self &amp; Others Group - Section 3 1:30-3:00pm Room G30 (Priority Students of Color and/or Queer Students)</td>
<td>**Took an L But I Bounced Back: Resiliency 1:30-2:30pm Room G32</td>
<td>Understanding Self &amp; Others Group - Section 5 1:30-3:30pm Room G30</td>
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<td>International Students Growth Group 2-3:30pm Room G30</td>
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<td>3:00-3:30</td>
<td>Understanding Self &amp; Others Group - Section 1 3-4:30pm Room G30</td>
<td>Understanding Self &amp; Others Group - Section 2 3-4:30pm Room G30</td>
<td>Understanding Self &amp; Others Group - Section 4 3-4:30pm Room G30</td>
<td>LGBTQIA+ Student Growth Group 3-4:30pm Room G30</td>
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<td>*Mental Health Discussion Series 4-5pm Room G27</td>
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** Fee is associated with the Specialized Skills Groups.
Growth Groups

❤️ UNDERSTANDING SELF AND OTHERS GROWTH GROUPS

These groups are a great fit for students struggling with a variety of concerns such as depression, anxiety, relational, and/or intersectional identity difficulties. In these groups, students connect with others from similar and different backgrounds, support each other’s goals, engage in emotional expression, and receive and provide feedback to each other that can be translated to healthier relationships outside of group. Emphasis is placed on honoring intersectional identities present within group. CAPS counselors will serve as the co-leaders who will help facilitate individual member and whole-group growth by identifying important themes and assisting members to process in the here and now. There are five sections of Understanding Self and Others Growth Groups.

The Wednesday, 1:30pm, USO group runs just like other USO groups, however, prioritizes membership to students of color and those who identify as LGBTQ+. Though this group is open to all students, interested students who hold or are sensitive to these identities will be prioritized for membership.

Monday, Tuesday, Wednesday 3pm or Wednesday or Thursday 1:30pm

Identity-Specific Growth Groups

Identity-specific growth groups exist for students who would prefer, or benefit from, participating in a group space with individuals who share at least one aspect of their identity. In these groups, themes that arise may or may not directly relate to the identity the group is named for. Emphasis is still placed on emotional expression, connecting with others and honoring intersectional identities, and members are encouraged to provide and receive feedback from each other that can be translated to healthier relationships outside of group. CAPS counselors will help to facilitate member and group growth by identifying important themes and assisting members to process in the here and now. There are four different Identity Specific Growth groups, which include:

❤️ GRADUATE STUDENTS GROWTH GROUP

This group is a great fit for graduate students who are struggling with a variety of general concerns, such as depression, anxiety, relational and/or intersectional identity difficulties, along with unique concerns that they may share with other graduate students navigating multiple life roles.

Tuesdays 11:30am

❤️ LGBTQIA+ STUDENTS GROWTH GROUP

This group is a great fit for LGBTQAI+ students who are struggling with a variety of general concerns, such as depression, anxiety, relational concerns, and/or intersectional identity difficulties along with unique concerns that they may share, with others identifying or questioning one’s identity along the LGBTQAI+ spectrum, in relationships, the university, and the larger society.

Thursday 3pm

❤️ STUDENTS OF COLOR GROWTH GROUP

This group is a great fit for students of color who are struggling with a variety of general concerns, such as depression, anxiety, relational concerns, and/or intersectional identity difficulties along with unique concerns that arise with being a person of color in a predominantly white environment.

Fridays 11:30am

❤️ INTERNATIONAL STUDENTS GROWTH GROUP

This group is a great fit for international students who are struggling with a variety of general concerns, such as depression, anxiety, relational and/or identity difficulties along with unique concerns that they may share with other international students navigating a new country and university system.

Fridays 2pm
Skills & Topic Groups

Our skills and topic groups exist for students struggling with a specific concern who would like to hone a particular skill or technique for healthier living, and to receive support from other students who share the same concern. CAPS counselors will guide students in these groups to learn new skills and will facilitate group dialogue to assist members towards their goals. There are five different skills and topic groups, which include three regular groups and two *Specialized Skills Groups:

**EATING CONCERNS SUPPORT GROUP**

This is a group for students who may be struggling with recovery or would like support in their recovery from any aspect of disordered eating or eating disordered behavior, such as negative body image, restricting, bingeing, purging, over exercising, and/or a preoccupation with food and weight. This group is not appropriate for students who are currently struggling with an active eating disorder.

*Mondays 1pm

**MINDFUL SELF-COMPASSION SKILLS GROUP**

This group is a great fit for the many students who struggle with persistent self-criticism. Self-criticism often serves as a barrier in the way of a student’s ability to fully and authentically live out their academic, career, and interpersonal goals. Students who participate in this group will learn tools for self-compassion to foster emotional healing and overall resilience, enabling them to achieve personal goals.

*Thursdays 12pm

**PRACTICAL MINDFULNESS: EASING ANXIETY SKILLS GROUP**

*This group is a DROP-IN, which means that students do not have to meet with a counselor in CAPS prior to joining, can attend any or all meetings, and will only be expected to sign in.

This group is a great fit for students who want to learn skills to reduce their anxiety and increase their capacity for acceptance, via mindfulness and breathing techniques. Each group session will focus on a specific skill to better manage anxiety. Students will learn about how anxiety works, the basics of mindfulness, and various mindfulness techniques.

*Fridays 1pm

**Specialized Skills Groups**

These are structured, specific, and goal-oriented six-week group sessions, on the topics of resiliency and substance use concerns. Entry into these groups includes a $60 fee and members will earn a certificate of completion as recognition of growth and change. See the Specialized Skills Group schedule or ask your counselor for more information on the series!

**TOOK AN L BUT I BOUNCED BACK: SPECIALIZED SKILLS GROUP FOR RESILIENCY**

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.

*Thursdays 1:30pm

**REFLECTIONS AND NEW ACTIONS: SPECIALIZED SKILLS FOR SUBSTANCE USE CONCERNS**

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

*Tuesdays 1:30pm

Discussions Series

Our discussions series exists to provide students an opportunity to interface with one of our staff members and other students around common mental health concerns that we know GW students face, with no registration or obligation for ongoing attendance.

**MENTAL HEALTH DISCUSSION SERIES**

These sessions address common emotional wellbeing concerns of GW students. Attend one, some, or all of the sessions. See the Mental Health Discussion Series schedule for more information on weekly topics.

*Wednesdays 4pm