



# Counseling and Psychological Services **Group Schedule 2020-2021**

The Colonial Health Center offers several different styles of groups, to include interpersonal process, support, skills-based formats. As with CAPS' overall mission, the CAPS group counseling program emphasizes sensitivity to diverse identities, improving relational connections, and emotional well-being. Groups are open to all GWU students and are free of charge. To join a group or to learn more information about the differences between group types, please contact the Colonial Health Center for an initial consultation and let the clinician you meet with know you are interested in group. Groups re-open at each start of semester.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:00am</b>	<b>Graduate Students Support Group</b> 10-11:30am				
<b>10:30</b>					
<b>11:00</b>					
<b>11:30</b>					
<b>12:00pm</b>	<b>*We Talk</b> 12-1pm	<b>*We Talk</b> 12-1pm	<b>*We Talk</b> 12-1pm	<b>*We Talk</b> 12-1pm	<b>*We Talk</b> 12-1pm
<b>12:30</b>					
<b>1:00</b>	<b>Mindful Self-Compassion Skills Series</b> 1-2pm	<b>Emotion Regulation Skills Series</b> 1-2pm	<b>Resiliency Skills Series</b> 1-2pm	<b>Grief Support Group</b> 1-2pm	<b>Anxiety Toolbox Skills Workshop</b> 1-2pm
<b>1:30</b>					
<b>2:00</b>					
<b>2:30</b>					
<b>3:00</b>	<b>Understanding Self &amp; Others Group</b> 3-4:30pm	<b>Understanding Self &amp; Others Process Group</b> 3-4:30pm	<b>Students of Color Support Group</b> 3-4:30pm	<b>LGBTQIA+ Students Support Group</b> 3-4:30pm (Colin)	
<b>3:30</b>					
<b>4:00</b>			<b>Mental Health Discussion Series</b> 4-5pm		
<b>4:30</b>					

## COUNSELING AND PSYCHOLOGICAL SERVICES

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

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## **Support Groups** Students in DC Eligible

Support groups provide students struggling with a variety of concerns the opportunity to meet regularly over the semester to share common concerns, explore personal issues, reduce isolation, and learn new coping skills. Population-specific USO groups exist for students who would prefer, or benefit from, participating in a USO group with individuals who share at least one salient aspect of their identity. Support group discussions are not meant to be limited to the shared aspect of identity, however, a shared identity may fuel some group discussions. Though attendance is encouraged weekly, support groups will remain open to new members throughout the semester.

To join, interested students should call 202-994-5300 to complete an initial consultation with a CAPS staff member and eligible students will be referred to complete a group pre-screen with group co-leaders to determine fitness.

### **Graduate Students Support Group**

This group is a fit for graduate students of all identities who are struggling with a variety of general concerns, along with unique concerns that they may share with other graduate students navigating multiple life roles. Mondays at 10am

### **Students of Color Support Group**

This group is a fit for students of color who are struggling with a variety of general concerns, along with unique concerns that arise with being a person of color in a predominantly white environment. Wednesdays at 3pm

### **LGBTQIA+ Students Support Group**

This group is a fit for LGBTQIA+ students who are struggling with a variety of general concerns, along with unique concerns that they may share with others identifying or questioning one's identity along the LGBTQIA+ spectrum in relationships, the university, and the larger society. Thursdays at 3pm

### **Grief Support Group**

This specialized skills series is meant to be a space for students to process their experience of grief. With COVID-19, normal grief rituals and support from family and friends have been suspended. This is a place where students can receive support from one another and learn and develop coping skills to manage symptoms of grief. Thursdays at 1pm

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## **Skills Series** Students in All Locations Eligible

Our psychoeducational skills series exist for students struggling with a specific concern who would like to hone a particular skill or technique for healthier living. One or two CAPS staff clinicians will guide students in these series to learn new skills and will facilitate student dialogue. Skills Series are psychoeducational, therefore, are not a substitute for formal counseling and do not constitute mental health treatment.

To join, interested students should call 202-994-5300 to complete an initial consultation with a CAPS staff member and eligible students will be referred to complete a pre-screen with series leaders to determine fitness.

### **Mindful Self-Compassion Skills**

This specialized skills series is a great fit for the many students who struggle with persistent self-criticism. 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. Attendance is expected weekly for the six-session group length and group will close to new members when full. [Mondays at 1pm](#)

### **Resiliency Skills**

This six-week specialized skills series aims to help improve your ability to bounce back after a negative experience by learning how to harness your mental resources to adjust and increase capacity to recover quickly from life challenges. [Wednesdays at 1pm](#)

### **Emotion Regulation Skills**

This series is a four-session skills series for students who have experienced traumatic events and struggle with managing their emotions. Students will learn about traumatic responses to foster an understanding of their reactions as well as develop skills in mindfulness to regulate their emotions and increase feelings of control and grounding. Attendance is expected for each of the four workshop sessions as content builds upon previous session information. [Tuesdays at 1pm](#)

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## **Skills Workshops** Students in All Locations Eligible

Our skills workshops are time limited series with a specific concern who would like to hone a particular skill or technique for healthier living. Attendance is expected for each of the workshop sessions as content builds upon previous session information. One or two CAPS staff clinicians will guide students in these workshops to learn new skills. Skills Workshops are psychoeducational, therefore, are not a substitute for formal counseling and do not constitute mental health treatment.


To join, students should call 202-994-5300 to complete an initial consultation with a CAPS staff member and eligible students will be referred to the workshop.

## **Anxiety Toolbox**

This series is a three-session educational workshop for the many students who access our services interested in gaining readily accessible skills for managing anxiety. Through the workshop, students gain understanding about anxiety and learn skills to recognize and better address symptoms. Attendance is expected for each of the three workshop sessions as content builds upon previous session information. Students can attend as many of the Anxiety Toolbox series as they find helpful. Fridays at 1pm

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## **Understanding Self & Others Groups**

Students in DC Eligible

These groups are a great fit for students with depression, anxiety, relationship, communication, and/or identity difficulties. These are interpersonal processes. Process groups are for students who are ready to challenge themselves to work on long-term goals and are able to receive sometimes difficult feedback about their impact on diverse others. Students will work on unique individual goals in a shared group space. Students will be guided to express emotions effectively, increase vulnerability, receive and provide honest feedback, and to work on translating such feedback to life outside of group. One or two CAPS staff clinicians co-lead. Attendance is expected weekly throughout the semester and groups will close to new members when full.

There are two (2) total Understanding Self and Others group sections a student can choose from on Tuesdays at 3pm and Wednesdays at 3pm.

To join, interested students should call 202-994-5300 to complete an initial consultation with a CAPS staff member and eligible students will be referred to complete a group pre-screen with group co-leaders to determine fitness.



## **Drop-In Sessions**

Students in All Locations Eligible

Our drop-in sessions exist to provide students an opportunity to interface with one of our staff members and other students around common mental health and sociocultural concerns that we know GW students face. They require no registration or obligation for ongoing attendance. Drop-in sessions are a substitute for formal counseling and do not constitute mental health treatment, but the counseling-consultants can listen, provide support, and introduce you to what it's like to speak to a member of our counseling staff. See We Talk schedule for more information on daily themes.



### **\*Mental Health Discussion Series**

These sessions address common emotional well-being concerns of GW students, such as managing stress, academic concerns, and relationships. Attend one, some, or all of the sessions on a walk-in basis. See Mental Health Discussion Series schedule for more information on weekly topics. Wednesdays at 4pm



### **\*We Talk**

We Talk is a program that provides supportive consultation spaces for GW students. We Talk is an informal, friendly consultation with counseling staff alongside peers with similar backgrounds/interests. While we have daily topics to try to establish a space for students with similar experiences, all students are welcome to join any We Talk session.

\*denotes that this is a drop-in series, no initial consultation or sign-up needed.

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