

**TWU Counseling and Family Therapy Clinic
Human Development Building room 114
Spring 2012 groups**

The TWU Counseling and Family Therapy Clinic is offering three groups for adults (age 18 and older) starting the week of **February 6, 2012**. All groups will take place in room 114 of the HDB building on the TWU campus. If you are interested in any of these groups, please contact the CFTC at **940-898-2600** for more information. Individuals must be screened prior to being accepted into a group. The fee for each session is \$10 for a total of \$60 for each six week group. Participants are encouraged to attend all sessions; absences will result in a fee of \$5 per absence. A certificate of attendance will be provided at the end of each group series. Babysitting is not available. Directions available at: www.twu.edu/family-sciences/counseling-family-therapy-clinic.asp.

Learning Strategies to Deal with Depression (adult women, ages 18 and older)
Monday, February 6 to March 12 (six sessions)

Time: 6 to 8 pm; pre-screening required. Fee: \$10 per session.

This six week group will be based on a program built on CBT (cognitive behavioral therapy) but will be adapted to the needs of the group. Participants will gain both understanding and skill in how they might learn new strategies for dealing with their unique experience of depression. Participants will be asked to complete group exercises and some homework during the six sessions. A free 30-minute screening is required to complete paperwork and the *Beck Depression Inventory II* to determine if this group is the right fit for each participant.

Parenting Children Diagnosed with ADD/ADHD (parents and caregivers over the age of 18 years)
Monday, February 6 to March 12 (six sessions)

Time: 6 to 8 pm; telephone screening required. Fee: \$10 per session.

Parents will participate in a six week program designed to build their understanding of ADD/ADHD and provide strategies for dealing with their child who has been diagnosed with this disorder. The program sessions are grounded in both child development theory and family systems theory. Parents will benefit from sharing with other parents and learning to analyze and resolve behavioral conflicts. If you are interested in this program, please call 940-898-2600 for more information. A telephone screening is required to participate in this program.

Strategies for Building Anger Management (adult males, age 18 and older)
Thursday, February 9 until March 15 (six sessions)

Time: 6 to 8 pm; pre-screening required. Fee: \$10 per session.

This anger management group is based on CBT (cognitive behavioral therapy) and will focus on both the participant's individual experience of anger and strategies for increasing each individual's ability to manage their anger. Participants are required to attend a free 30-minute screening where they will complete the *State Trait Anger Expression Inventory* to determine if this group is the correct match for their needs. If you are interested in this program, please call 940-898-2600 for more information.