

# TWU CAPS

## FALL 2018 GROUPS

### Mondays

**Mindful Monday** – Join us for weekly guided meditation sessions to manage stress, connect with yourself more and learn to accept your emotions. Mindfulness is the practice of bringing your full awareness to the present moment and increasing self-awareness. Join us for this group experience where you will learn mindfulness techniques that will help you to cope with stress, manage anxiety, and improve overall emotional and physical well-being. No need to join. Just drop-in at Fit & Rec, Studio 3 and attend as needed throughout the Fall semester.

**DAY & TIME: MONDAYS 4:00–4:45 PM**

**START DATE: September 10, 2018**

**Location: This is the only group outside of CAPS, it's located at Fit & Rec, Studio 3**

**Understanding Self & Others** – This process oriented group aims to provide a warm and supportive environment for students who are interested in developing a greater understanding and acceptance of themselves and others, as well as explore patterns in relationships. Here students are encouraged to experiment with new ways of relating, connect with others around the sharing of personal experiences, and be open to support and feedback in the moment. Presenting concerns may vary widely from depression, anxiety, lack of motivation, forgiveness and acceptance, low self-esteem, and relationship and family concerns. This group will begin during the Fall 2018 semester and run through Spring 2019.

**DAY & TIME: MONDAYS 2:30–4:00 PM**

**START DATE: September 24, 2018**

**Coping with Racial & Ethnic Minority Stress** – This group aims to provide students with a confidential and safe forum to gain support exploring racial and ethnic issues as they intersect with their own personal, relational, and academic development. Here, students can build a sense of community, improve self-awareness, and increase connection and self-empowerment. Together members will reflect on the unique challenges and/or triumphs of being a racial and ethnic minority and explore common concerns and feelings about the impact navigating cultural contexts has on their TWU experience. This group will offered during the Fall 2018 semester on Mondays from 4:00 p.m. – 5:00 p.m.

**DAY & TIME: MONDAYS 4:00–5:00 PM**

**START DATE: September 24, 2018**

### Tuesdays

**Coping with Depression** – This therapy group aims to provide a space for students dealing with depression and sadness. Information on various topics related to depression will be discussed and group members will discuss and connect about their shared experiences with their emotions and within relationships. Group members will be encouraged to be supportive of each other and to continue their personal growth journey.

**DAY & TIME: TUESDAYS 1:00–2:00 PM**

**START DATE: September 25, 2018**

**Coping with Anxiety** – Anxiety is normal life experience, and even necessary in small to moderate amounts for productivity and trying new things. Yet, for some people, anxiety can prevent them from enjoying their life. Living with anxiety often means a constant feeling of being in “survival mode” or struggling to feel good enough. This skills-based group is for students who feel controlled by their anxiety and desire to have better skills for managing it. The group will increase understanding about the function and process of anxiety, teach new ways to cope with it, increase confidence in managing anxiety, and increase overall quality of life despite struggles with anxiety. This is a 4-week, 60 minute skills-based group that aims to improve your overall quality of life by increasing understanding about the process and function of anxiety, teaching new ways to cope with it, and improving confidence in managing anxiety.

[1<sup>st</sup> Module: 9-25<sup>th</sup>, 10-2<sup>nd</sup>, 10-9<sup>th</sup>, 10-16<sup>th</sup>] [2<sup>nd</sup> Module: Oct 23<sup>rd</sup>, Oct 30<sup>th</sup>, Nov 6<sup>th</sup>, Nov 13<sup>th</sup>]

**DAY & TIME: TUESDAYS 4:30–5:30 PM**

**START DATE: September 25, 2018**

**#MeToo: Healing Together** – This supportive and process-focused group is designed to help women in the process of recovering from the traumatic effects of sexual abuse and sexual assault as a child or adult. The focus of the group will be on empowering women to find ways to heal and move forward from their trauma. Topics may include common reactions to sexual abuse, healthy coping skills, social support, intimacy and relationship concerns, trust, and breaking through feelings of shame and secrecy.

**DAY & TIME: TUESDAYS 4:00–5:30 PM**  
**START DATE: September 25, 2018**

## Wednesdays

**LGBTQIA** – Looking for a safer space to discuss and explore issues related to sexual orientation and/or gender identity? This group is designed to provide support to members of the Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Agender/Asexual (LGBTQIA) community or those who are questioning/exploring their sexual orientation or gender identity/expression. Members also play an important role in providing support to one another. Group co-facilitators will challenge group members to increase self-awareness, emotional insight, and acceptance of your multiple cultural identities. Topics that are likely to be discussed in this supportive and process-focused group include the following: identity development, experiences with the coming out process; questioning your gender identity or sexuality; gender & sexual fluidity; dating & relationship challenges; creating safer community spaces; coping with family struggles; dealing with religious conflicts; and coping with being a gender and/or sexual orientation minority in a cis-ist, hetero-sexist culture.

**DAY & TIME: WEDNESDAYS 4:00–5:30 PM**  
**START DATE: September 26, 2018**

**Coping with Anxiety** – Anxiety is normal life experience, and even necessary in small to moderate amounts for productivity and trying new things. Yet, for some people, anxiety can prevent them from enjoying their life. Living with anxiety often means a constant feeling of being in “survival mode” or struggling to feel good enough. This skills-based group is for students who feel controlled by their anxiety and desire to have better skills for managing it. The group will increase understanding about the function and process of anxiety, teach new ways to cope with it, increase confidence in managing anxiety, and increase overall quality of life despite struggles with anxiety. This group will occur during the entire Fall 2018 semester.

**DAY & TIME: WEDNESDAYS 3:00–4:00 PM**  
**START DATE: September 26, 2018**

**BeYOUtiful: Body Positivity**– The idea of having a “perfect body” is pervasive in our society and many people struggle with negative body image, body dissatisfaction, and feeling self-conscious about their bodies. Striving to meet the often unattainable standards of beauty portrayed in American culture can contribute to low self-esteem, depression, eating disorders, and even relationship difficulties. This group is for students who want to break free from negative body-talk and move towards body peace, love, and acceptance. This supportive and psychoeducational group will explore how the messages we receive from society, friends, family, and partners influence our feelings about our physical appearance. We will talk about how to be healthy at any size and learn to love, appreciate, and respect our physical selves to improve our overall mental health and self-esteem.

**DAY & TIME: WEDNESDAYS 5:00–6:00 PM**  
**START DATE: September 26, 2018**

## Thursdays

**Relationship Respect: Healthy Relationships** – This skills-based group is open to students interested in increasing their understanding of how to have healthy relationships by gaining awareness about their relationship patterns, boundaries, and emotional needs. If you have ever struggled with forming or maintaining relationships, experienced difficult relationships, had difficulty balancing your needs with those of others, frequently disagreed with a partner, had conflict with roommates, family members, friends or wondered why you can't find the right romantic partner you may benefit from this group.

**DAY & TIME: THURSDAYS 12:30–1:30 PM**  
**START DATE: September 27, 2018**

*If you have questions, please contact Dr. Marshall Bewley, at  
940-898-3801 or [mbewley@twu.edu](mailto:mbewley@twu.edu)*