

UCC SPRING GROUPS 2017

Social Anxiety Group

Worry too much about what others think of you? Do you fear being judged by others, making mistakes, or doing something embarrassing in social or performance situations? High social anxiety often leads to avoidance of social or performance situations such as talking in groups, being assertive, asking someone on a date, or making small-talk. Avoidance of such activities tends to make life less fulfilling. Social Anxiety Group can help you learn to confront your social anxiety head-on. "A second Social Anxiety Group TBD may be started if there is sufficient demand."

WEDNESDAYS 3:20—4:50 PM

Ride the WAVE: ACT for Anxiety!

Are you drowning in anxiety and worry? Then rise up to ride the WAVE! Let go of your struggle with **W**orry and **A**nxiety so that you can focus instead on your **V**alues and **E**xperience with *acceptance and commitment therapy*, you can **A**ccept, **C**hoose and **T**ake Action toward building the life you want.

MONDAYS 3:30 – 4:45 PM

Feel Better FAST! Help for Depression, Stress, and Sleep

Yes, you can take steps to change your negative moods, reduce your stress, and get more restful sleep. Join this 4-session informative and supportive structured group. You will be encouraged to do mood changing and stress reduction activities in between sessions.

Group 1 before spring break (4 sessions) WEDNESDAYS 3:30-4:45 pm

Group 2 after spring break (4 sessions) WEDNESDAYS 3:30-4:45 pm

Making the Grade: Getting Mentally Tough about Schoolwork

Are you struggling with schoolwork in ways that you never have before? If you are among the students at Notre Dame who struggle with academic performance related anxiety, then know that you are not alone and this group is for you! Thru group counseling/ training experience you will gain the opportunity to give and receive support from other students while you develop *mental toughness* skills in the face of academic challenges. If you are interested in joining the group, ask for Dr. Mick Franco.

WEDNESDAYS 3:00 TO 4:00 PM;

5 WEEKS STARTING FEB 1ST.

Be Real!

Do you know how it can be hard for ND students to be themselves, connect on a deep level and believe in themselves even when things are tough? Well, *Be Real!* is a confidential group where undergraduate men and women are safe to be totally themselves, develop confidence in their uniqueness and experience authentic connection with others who want to go beyond the surface. If you want to *Be Real!* call Megan Brown, Ph.D. at 631-7336 to set up a screening appointment .

TUESDAYS TBD

Not the Perfect Family

Group is currently full for the Spring Semester.



FROM ABD TO PHD

Do you know how All-But-Dissertation students can feel overwhelmed in the research process, struggle with organization and procrastination, can feel isolated and alone and like they will never get done? *From ABD to PhD* is a coaching group for Notre Dame ABD students to help them maximize their productivity, regain focus and energy, connect with others who understand how hard “dissertating” is and get their dissertations done sooner. If you are interested in this group, call Dr. Megan Brown at [574-631-7336](tel:574-631-7336) with questions or to set up a screening.

MONDAYS

12:30-2:00 PM

International Student Support Group

To discuss cultural, career, educational, relational and financial concerns unique to international students at ND and identify available resources to help you. Examples of the topics include, but not limited to, culture shock, cultural customs, friendship/relationships, communication styles, Interpersonal issues, family at home, and future aspirations. If interested, contact the UCC and set up a screening appointment with Dr. Weiyang Xie.

DATE: TBD

Appetite for Life

Do thoughts about food, weight or body image consume more of your time and energy than you would like? This group offers you a safe place and opportunity to develop insight into your eating behaviors and challenge negative thoughts about food and body image. By talking with others who share similar experiences you can develop a healthier relationship with food and greater self-acceptance.

MONDAYS 5:15-6:30 PM

Graduate Therapy Group

This confidential group is designed for graduate students who would like to explore how long standing patterns are impacting their lives and who want to learn to move ahead with self-understanding and greater confidence. It is also for individuals who have experienced relationship difficulties or loss and are looking for support and strategies for coping and personal growth. Students experiencing adjustment to graduate school concerns are also likely to benefit from this group.

MONDAYS 5:00 – 6:30 PM

Success Without Excess

Alcohol or another drug causing you problems? Concerned about how much you are using and its affects on you? Wondering if there are other healthier ways to have fun in college? Success Without Excess looks at these and other related issues, works with you and your goals to achieve success, and provides support from peers and staff to realize safety and health.

FRIDAYS 3:30 - 4:45 PM

*Some groups may require screening. Please call 574-631-7336 for more
Information or visit ucc.nd.edu*

