FOCUS
“FOCUS” is a six session group for undergraduates and graduate students diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD). Members will receive the opportunity to develop a support network and skills to manage some of the most challenging symptoms experienced by individuals with ADHD. Starting date determined when participant sign-up is met. Contact Karen Baer-Barkley, Ph.D. for screening.
WEDNESDAYS 3:30 – 5:00 PM

PERSONAL GROWTH GROUP
Who am I? Who do I want to be? How can I improve my relationships?
If these are questions that you have, consider joining the Personal Growth Group. The Personal Growth Group is a confidential therapy group where undergraduate men and women can engage in self-exploration and examine their social relationships. Through weekly meetings, you will have the unique opportunity to use the interaction of the group to learn and grow personally and relationally. Starting date determined when participant sign-up is met. Contact Josephine Dickinson, Ph.D. for screening.
TUESDAYS 3:30 – 5:00 PM

RIDE THE WAVE WITH ACT!
Drowning in anxiety and worry? Then rise up to ride the WAVE! Let go of your struggle with Worry and Anxiety so that you can focus on your Values and Experience. With acceptance and commitment therapy, you can Accept, Choose and Take Action toward building the life you want. Starting date determined when participant sign-up is met. Contact Wendy Settle, Ph.D. for screening.
MONDAYS 3:30 – 5:00 PM

APPETITE FOR LIFE
* Develop insight into your eating behavior
* Challenge negative thoughts about food, weight and body
* Improve self esteem
Experience support from others facing similar challenges!
Starting date determined when participant sign-up is met. Contact Val Staples, M.S.W. for screening.
MONDAYS TBA

GRADUATE THERAPY GROUP
This group is for students who would like to explore how long standing patterns are impacting their lives and who want to make changes. It is also for individuals who are experiencing adjustment to graduate school concerns, relationship difficulties, or loss issues and are looking for support and personal growth. Starting date determined when participant sign-up is met. Contact Len Hickman, Ph.D. for screening.
WEDNESDAYS 5:00 – 6:30 PM

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? Social Anxiety Group can help you learn to confront your social anxiety head-on. Starting date determined when participant sign-up is met. Contact Peter Barnes, Ph.D. for screening.
WEDNESDAYS 3:00 - 4:30 PM

SUCCESS WITHOUT EXCESS & NOT QUITE LEGAL: TO DRINK OR NOT TO DRINK?
Is alcohol or another drug causing you problems? Concerned about how much you are using and its effects 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. Starting date determined when participant sign-up is met. Contact Arlen Epp, M.S.W. for screening.
FRIDAYS 1:00—2:30 PM
AN INTRODUCTION TO MINDFULNESS: MANAGE STRESS AND CLEAR YOUR MIND
Mindfulness is the practice of learning how to pay attention to our experience from moment to moment. We slow things down and bring full awareness to both outer activity and inner experience.

*Drop in - come to one or come to them all*

Therapists: Diem Phan, and Chris Antczak

3 TUESDAYS 12:00—1:00 pm
Saint Liam Hall - 3rd Floor Conference Room

- February 19: Mindfulness/Relaxation
- February 26: Mindfulness Practice Strategies
- March 05: Mindful Movement/Mindful Eating/Loving Kindness Meditation

NOT THE PERFECT FAMILY
FAMILY = FRUSTRATION ****** FAMILY = CHAOTIC ***** FAMILY = DISENGAGED ****** FAMILY = DEMANDS ******

Discuss this and more with other students who are trying to figure out how to deal with their family and be a sane student managing life and relationships well all at the same time.

THURSDAYS 3:30—4:45 pm

SOBER FOR LIFE
This group is for students who realize from their life experiences that they need to maintain abstinence in order to achieve a sober life style and who want help to achieve this goal. Various solutions for achieving abstinence and sobriety including life style issues, values, Twelve Step Spirituality, thinking and doing patterns, how to change for good, etc. will be explored. Participation is completely voluntary in nature. Confidentiality is a form of respect extended to all participants. This group is for students who are choosing to seek on campus support for their abstinence life style commitment. Relapse prevention and sober living will be emphasized.

FRIDAYS 3:00 - 4:15 pm