SPRING GROUPS 2015

*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 3:30 – 5:00 P.M.

*BODY AND SOUL*  
Learn to live your life free from unhealthy thoughts and behaviors related to weight, food and body image. Group affords the opportunity for you to discover what you want and need and to relate with others. You can learn to accept yourself, regain hope and recover health. Nurture your Body and Soul!  
MONDAYS 4:30 – 5:45 P.M.

*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: WEDNESDAYS 3:45-4:45 P.M. –February 4 – 25  
Group 2: WEDNESDAYS 3:45-4:45 P.M. –March 25 – April 15

*FOCUS*  
is a skills development and support group for 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. If interested, contact the UCC and set up a screening with Dr. Karen Baer-Barkley.  
WEDNESDAYS 3:30 - 5:00 P.M.

*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.  
TUESDAYS 5:00 - 6:30 P.M.
*MINDFULNESS MEDITATION*
An opportunity to increase awareness and self-compassion. Learn how to live fully in the present moment. This group is particularly good for those who experience anxiety about the future, feel stuck in the past, over-analyze, are self-critical, or who often find themselves distracted by multiple activities. Each session will include silent and guided meditations as well as time for discussion and suggestions for practice. Any level of experience is welcome, from absolute beginner to more experienced practitioner. Contact Lore Brown (574-631-7336) for more information.
MONDAYS  3:30-4:30 P.M.

*NOT THE PERFECT FAMILY*

\[ \text{FAMILY} = \text{FRUSTRATION, CHAOTIC, DISENGAGED, DEMANDS} \]

\[ \text{FAMILY} = ?????????????????? \]

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 P.M.

*RIDE THE WAVE WITH ACT!*
Are you 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 instead on your Values and Experience. With acceptance and commitment therapy, you can Accept, Choose and Take Action toward building the life you want.
MONDAYS  3:30 – 5:00 P.M.

*SOBER FOR LIFE*
Have you decided that alcohol and other drugs are not for you? Would you like support to maintain abstinence and to learn to live fully without them? Contact Arlen Epp (574-631-7336) for details.
FRIDAYS  1:00 – 2:00 P.M.

*SOCIAL ANXIETY GROUP*
This 8-12 week group is focused on helping students with social anxiety, which involves intense fear of being scrutinized and negatively evaluated by others in social or performance situations. Group is focused on providing support and trying new behaviors aimed at facing feared social situations and coping with social anxiety. Consider this group if you:
*Have a difficult time speaking up in class or in a group.
*Avoid going to the dining hall if you don’t have friends to accompany you.
*Spend more nights alone in your room than you’d like rather than make plans with friends to go out.
*Avoid activities that would improve your career opportunities or social life.
*Feel a high degree of anxiety when you are expected to attend a social function.
*Avoid asking someone out on a date.

2 days offered!
WEDNESDAYS or THURSDAYS  3:00 – 4:30 P.M.
*SUCCESS WITHOUT EXCESS*
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. Contact Arlen Epp (574-631-7336) for details.

FRIDAYS  2:15 - 3:30 P.M.