

FALL GROUPS 2017

University Counseling Center
Saint Liam Hall, 3rd floor

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 4:30 - 5:45 PM

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 2:00 - 3:30 PM

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.

DATE: TBD

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

Not the Perfect Family

FAMILY = FRUSTRATION, CHAOTIC, DISENGAGED, DEMANDING 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.

WEDNESDAYS 3:30 – 4:45 PM

OR

THURSDAYS 3:30 – 4:45 PM

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 **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 – 5:00 PM

TAO-CBT Group for Depression

Sad and/or irritable moods bringing you down? Use *TAO-CBT* to get up and get motivated! Our 8 session Therapist Assisted Online-Cognitive Behavior Training group for Depression will not only provide therapist and peer support but also short, enjoyable, structured online psychoeducation modules in between sessions to help you get back into your life again!

WEDNESDAYS 4:00-4:45 PM starting October 4, 2017, 8 sessions.

Your Best Life

***Your Best Life* is a skills-based group using the evidence-based approach of Acceptance and Commitment Therapy (ACT). The goal is to help members live a life that is rich and meaningful even though it may be hard. This group will help you to clarify what is truly important to you, learn skills to effectively manage painful thoughts and emotions, accept what is out of your personal control, and commit to actions that enhances your life. If you want to live your best life, call Megan Brown, Ph.D. to set up a screening at 675-631-7336.**

MONDAYS 4:30-6:00 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. . This group requires a 30 min. screening.

WEDNESDAYS 5:00 - 6:30 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.

WEDNESDAYS 3:20 – 4:50 P.M.