

2018 FALL GROUPS

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.

DATE: MONDAYS 4:00 – 5:15 PM

THE GROW GROUP

Don't let fear, perfectionism, or low self-confidence get in the way of becoming who you want to be and living your best life. Join the Grow Group where students explore who they are, discover who they want to be, learn skills to get out of their own way, develop confidence in their uniqueness and connect authentically with others as everyone grows.

TUESDAYS 3:30 – 5:00 PM

FOCUS!

“Focus” is a four-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.

WEDNESDAYS 3:00-5:00 PM

October 24-November 14, 2018 (4 SESSIONS)

FROM ABD TO PHD

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 2:30 – 4:00 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.
WEDNESDAYS 5:00 – 6:30 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: TBA

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: “ACT FOR ANXIETY!”

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 – 4:45 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? 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

KEEP SCROLLING!



SUCCESS WITHOUT EXCESS

**Considering how substance use and related issues are impacting you? Success Without Excess helps increase safety and health as you endeavor to achieve your best self. Group members will examine current levels and impact of use, strategies to reduce use, goals setting and problem-solving around challenges. Group is facilitated through a harm reduction lens and peer feedback and support are valued as integral to group process, accountability and encouragement.
FRIDAYS 3:30 - 4:30 PM**

