



## **Counseling and Wellness Services**

### **Current Group Offerings: 2009-2010**

#### **Alcohol and Other Drug (AOD) Group [Monday 10:30 am to 12:00 pm]**

The AOD Group is a 4-week psychoeducational group that offers members an opportunity to evaluate their own levels of alcohol and drug use, abuse, and dependence. Members will explore what their drug and alcohol use means to them and what steps are right for them to take based on their readiness for change. Unlike the stereotyped drug and alcohol group that involves considerable confrontation, this group involves asking questions of people that allows them to evaluate their own degree of risk from substance use and to cultivate motivation to reduce risk related to substance use. It involves structured exercises and the chance to interact with others around similar issues. \*This group is only offered once per quarter!

#### **Anger Management Group [Thursday 10:30 am to 12:00 pm]**

The anger management group is a 3-week psychoeducational experience in learning about anger and skills to manage this emotion. Group members are often mandated to attend this group, although they may also self-select to attend. \*This group is only offered once per quarter!

#### **GLBTQ Group [Thursday 10:30 am to 12:00 pm]**

The GLBTQ Group provides a Warm and Supportive Atmosphere in which you can: have a safe space to share personal experiences, come to grips with some of life's struggles, get more in touch with and become more accepting of your inner experiences, get feedback about yourself, and find strength. What Is The Group Like? There is no preconceived idea of what should occur in the group. Rather, the overall experience grows out of the uniqueness of each person. Group members are chosen for the GLBTQ group because they are experiencing difficulties related to their sexual or gender identities. Group topics have included: coming out, relationship issues, discrimination/oppression, internalized homophobia, self-esteem, and assertiveness. The group is set up to provide support to group members, as well as to provide opportunities for group members to learn from one another.

#### **Group for Students with a Disability [Friday 3:00 pm to 4:30 pm]**

If you are a WSU student and you have a disability, you'll want to consider joining the group for Students with a Disability. There is a spirit of developing allies within the group where members often explore questions or concerns about sexuality, relationships and other social issues, academics, and work. The group addresses whatever disability issues that are important to the members in an effort to enhance overall adjustment to college life.

#### **Men's Group [Friday 1:00 pm to 2:30 pm]**

Men are traditionally not supposed to be vulnerable and have to deal with great societal pressure to be "tough", "manly", and unfeeling. These pressures to live up to an unrealistic image of what it is to be a man can lead to problems in romantic relationships, depression, anxiety, issues with alcohol and drugs, and difficulty with emotions. The Men's Group provides a safe place for men to explore issues related to being a fully functional human being and offers a chance to both learn from and help each other work through challenges.

### **Mindfulness Group** [Tuesday 3:00 pm to 4:30 pm]

The Mindfulness Group is loosely constructed to follow the Mindfulness-Based Stress Reduction service that was developed by Jon Kabat-Zinn as an adjunct medical treatment for people with a variety of health problems. It is based on the principles of mindfulness, which involves training the mind to maintain a present focus that is nonjudgmental. This training occurs through learning about mindfulness and different forms of meditation. Mindfulness as a psychological treatment has been beneficial for individuals with anxiety, stress, depressed mood, self-criticism, inattention, and health issues. Participants in the Mindfulness group will commit to an 8-week group that involves learning about mindfulness, practicing meditations, and gaining support in dealing with life stressors.

### **Mindful Eating Group** [Not Currently Scheduled, meeting time will be determined by availability of referrals]

The focus of this group is on the practice of eating mindfully. Participants will learn about the general practice of mindfulness and will apply those principles to their eating habits in order to develop a healthier, and hopefully more rewarding, relationship with food. This group is intended to raise awareness of the impact of “emotional eating;” assist participants in recognizing their eating patterns and the triggers to eating; and, minimize experiences of feeling “out of control” when eating. This group includes discussion, information-sharing, and hands-on experiences. It is designed to last 6 weeks.

### **Understanding Self and Others Group** [Monday 1:00 pm to 2:30 pm **OR** Thursday 3:00 pm to 4:30 pm **OR** Friday 10:30 am to 12:00 pm]

The Understanding Self and Others Group provides a warm and supportive environment in which you can experiment constructively with new ways of relating to others, share personal experiences, express fears and concerns, and get support and feedback. People participate in this group for a number of reasons including having difficulties in relationships, finding their relationships are not satisfying, being curious about how others perceive them, and seeking support when experimenting with new relational behaviors. For example, many people who feel anxious or depressed would benefit from this group, as it helps them to understand how they and their relationships with others are affected by these and other experiences.

### **Women’s Empowerment Group** [Tuesday 10:30 am to 12:00 pm]

This group is intended to be an opportunity for women to come together and learn from one another. Some topics that might be addressed include: defining and maintaining boundaries in relationships, improving assertiveness skills, increasing self-esteem and self-confidence, balancing multiple roles, establishing rewarding relationships with other women, and generally understanding how being a woman may impact other areas of life.