

GROUPS @

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Spring 2018

Understanding Self and Others – Graduate Student Therapy Group (Mondays 1-2:30 p.m.) Facilitators: Briana Root and Megan Barone

This interpersonal process group will help members identify patterns in how they relate to themselves and others, and explore the relationship between their interpersonal style and their emotional well-being. The group provides a supportive space for members to deepen their awareness and acceptance of themselves while also having the opportunity to practice new, more satisfying ways of connecting with others.

Want to join? Schedule a pre-group screening. **Contact** Briana Root at brianar@andrew.cmu.edu to schedule a pre-group screening.

*** Currently accepting new students.

When You Can't Even... – Undergraduate Student Skills Group (Tuesdays 9-10:30 a.m.) Facilitators: Dana Lau, Kym Jordan Simmons, and Celeste Pietrusza

This group is for undergraduate students who wish to gain a better understanding their emotions and how to manage them. Students will learn more about how thoughts, feelings, and behaviors intertwine. You will gain skills to be effective at experiencing difficult emotions without avoiding them, reducing intensity of overwhelming emotions, and understand the purpose of emotion and building emotional resilience.

The group is a 4-week series. Want to join? Schedule a pre-group screening. **Contact** Dana Lau at dmlau@andrew.cmu.edu to schedule a pre-group screening.

*** New Group begins March 20th.