GROUPS @
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Spring 2018

Master’s Student Support Group (Tuesdays 5-6:30 p.m.)
Facilitator: Melissa Bilski
This support group offers a safe, confidential space in which to talk about the stressors related to school and life, emotions, and relationships. Share your experience, get support, encouragement, and advice. Topics include: personal and professional relationships, academic and career concerns, adjusting to graduate school, coping with stress, struggles with self-confidence, and cultural adjustment.

Want to join? Schedule a pre-group screening. Contact Melissa Bilski at mbilski@andrew.cmu.edu to schedule a screening.

Ph.D. Student Support Group (Thursdays from 3:30-5pm)
p.m.) Facilitators: Mick Landaiche and Morgan Sorenson
This support group offers a safe, confidential space in which to talk about the stressors related to school and life, emotions, and relationships. Share your experience, get support, encouragement, and advice. Topics include: relationships with advisors and peers, navigating academic milestones, struggles with self -confidence, cultural adjustment concerns, and efforts to lead a balanced life.

Limited spaces available. Contact Mick Landaiche at mick@andrew.cmu.edu to schedule a pre-group screening.

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.

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.