Group Therapy

Spring 2016
CAPS: 541-737-2131

Process Oriented Groups:
these require a pre-group meeting

Understanding Self and Others : For Undergraduates
Come join a safe and energizing group of your peers. Together, you will learn about yourself and better understand your relationships.
Group 1: Mondays, 3:00 to 4:30pm, Contact Marcey.Bamba@oregonstate.edu or Christina.Aegerter@oregonstate.edu
Group 2: Tuesdays, 3:00 to 4:30pm, Contact Michele.Ribeiro@oregonstate.edu
Group 3: Wednesdays, 4:00 to 5:15pm, Contact Michele.Ribeiro@oregonstate.edu
Group 4: Thursdays, 3:00 to 4:30pm, Contact James.VanDyke@oregonstate.edu or Aditi.Ahlawat@oregonstate.edu

Understanding Self and Others:
For Nontraditional and Graduate Students
Participants will work on interpersonal goals related to having more effective and more intimate relationships with others.
Group 1: Tuesdays, 2:00 to 3:30pm, Contact Brett.Vicario@oregonstate.edu or Kate.Stewart@oregonstate.edu
Group 2: Time and days TBA, Contact Emi.Sumida@oregonstate.edu or Stephanie.Shippen@oregonstate.edu

Skills Oriented Groups/Workshop:
these require a pre-group meeting

Managing ADHD: Strategies and Support
An educational/support group that assists students in managing difficulties with time planning, disorganization, procrastination and distractibility.
Mondays, 3:00 to 4:30pm, Contact Shaznin.Daruwalla@oregonstate.edu

DBT (informed) Skills Training
If you struggle with managing your emotions, or often find yourself engaging in impulsive coping behaviors, the Dialectical Behavior Therapy skills group is a place where you can learn new skills to healthily cope with difficult emotions. This group will introduce you emotion regulation skills so that you have more options when faced with intense feelings.
Thursdays, 10:00 to 11:15am, Contact Autumn.Benton@oregonstate.edu

Managing Anxiety
Learn different ways to manage your anxiety through mindfulness, acceptance, stepping back from unhelpful thoughts, understanding your values, and taking meaningful action.
Tuesdays, 3:00 to 4:30pm, Contact Stephanie.Shippen@oregonstate.edu

Mindful Living *Requires Orientation
Mindful Living is a skill-based, 1.5 hour, weekly group that meets for four weeks, plus a half day silent retreat. You will have the opportunity to engage in a direct experience and practice medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. Please come join us in intentionally practicing being in the moment without judgment.
Tuesdays, 3:00-4:30, Contact Jim.Gouveia@oregonstate.edu or Jennifer.Munch@oregonstate.edu.
First session orientation is Tuesday, March 29, 3-4, on the 5th floor of Snell and **Second session** orientation is on May 3.
Session 1: April 5, 12, 19, 26, Session 2: May 10, 17, 24, 31 and the half day silent retreat for all group members is Saturday, May 28, 10-2 at the Black Cultural Center

Support Groups: these require a pre-group meeting

OCD Support Group
This is a support group for students who are wanting to learn about Obsessive Compulsive Disorder (OCD). We will cover diagnosis of OCD, as well as symptoms and treatment options. We will discuss coping strategies to help alleviate symptoms, and have the opportunity to share your experience with fellow students in a safe and welcoming environment.
Mondays, 3:00 to 4:00pm, SHS, Contact Emi.Sumida@oregonstate.edu or Allison.Dark@oregonstate.edu

Student Life with Bi-Polar Challenges
Join this supportive/educational group to discuss the challenges and strategies of living with bipolar disorder during the university years.
Thursdays, 3:00 to 4:30pm, SHS, Contact Ozge.Akcali@oregonstate.edu (CAPS) or Elizabeth.Lazaroff@oregonstate.edu (SHS)

Women, Food, and Self-Esteem
This group offers support and recovery strategies for women with bulimia and binge eating disorder. We will address issues such as ambivalence, coping skills, family background, body image, the relationship with food and more.
Tuesdays, 4:00 to 5:30pm, Contact Ozge.Akcali@oregonstate.edu

Grief and Loss Support Group
Supportive forum for dealing with the emotional impact of a major loss.
Thursdays, 3:00 to 4:30pm, Contact Beth.Zimmermann@oregonstate.edu or Christina.Aegerter@oregonstate.edu

Family Chaos
This group is a place to explore how you may have been affected by parental alcoholism and/or mental illness, and what you may want to change in your current way of relating to yourself and others.
Wednesdays, 2:00 to 3:30pm, Contact Emi.Sumida@oregonstate.edu or Jennifer.Munch@oregonstate.edu

TransForm (Contact Beth before attending)
The purpose of this group is to assist in community formation and identity exploration for transgender and gender non-conforming individuals.
Wednesdays 9:30 to 11:00am, Contact Beth.Zimmermann@oregonstate.edu

Trauma Empowerment
The trauma empowerment group will explore ways of coping with trauma, including a strength building approach to recovery through discussion, skill building, and a variety of soothing strategies.
Thursdays, 3:00 to 4:30pm, Contact Ellen.Topness@oregonstate.edu

Drop-in Groups: no pre-group meeting required

SMART Recovery (must be CAPS client)
This is a support group for those individuals who are wanting to stop or cut down on habits that may be getting in the way of their plans, goals, and aspirations. The group will be a safe place to explore, talk, and redesign our strategies to thrive. This group avoids labels and is an alternative to 12-step programs.
Mondays, 4:00 to 5:00pm, Contact Jim.Gouveia@oregonstate.edu or Kate.Stewart@oregonstate.edu

Mindfulness
Mindfulness is an ancient meditation practice that facilitates calmness, peace and balance in one's life. The mindfulness group is a beginning group but will fit for all levels of practitioners. The goal of the group is to provide a space and time to learn and practice mindfulness.
Staff Group: Thursdays, 12:30 to 1:00pm in Snell Room 521;
Student Group: Thursdays, 3:00 to 4:00pm in Snell Room 521;
Graduate Students Group: Tuesdays, 1:30 to 2:30pm at MU 203
Contact Jim.Gouveia@oregonstate.edu or Shaznin.Daruwalla@oregonstate.edu

Outreach Support Group: Drop-in, no pre-group meeting required

Multiracial Student Connection
Connect with fellow students that identify as biracial, multiracial, multi ethnic, mixed or who grew up in a transracial family. This group will provide a safe space to share experiences, explore identities and build community.
Fridays, 12:00 to 1:00pm, SEC (Student Experience Center) 254, Contact Stephanie.Shippen@oregonstate.edu or Charlene.Martinez@oregonstate.edu

Bites with Aditi and Kate
A gathering around the table at the Pride Center with treats provided, to discuss our development as members of the LGBTQ+ community.
Fridays, 12:30 to 1:30pm, Pride Center, Weeks 3,5,7,9, Contact Aditi.Ahlawat@oregonstate.edu or Kate.Stewart@oregonstate.edu

CAPS
Counseling and Psychological Services
oregonstate.edu/counsel
541.737.2131
500 Snell Hall

This publication will be made available in an accessible format upon request: please contact Emi Sumida by calling 541-737-2131 or emailing Emi.Sumida@oregonstate.edu

Other groups continue to be created at CAPS. If interested in a specific theme group that is not listed, please contact the Group Therapy Program Coordinator, Emi Sumida.

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