

Group Therapy

Winter 2017
CAPS: 541-737-2131

Process Oriented Groups: these require a pre-group meeting

Understanding Self and Others

In a safe and energizing group of your peers, learn more about yourself and work on interpersonal goals to help you have more effective and more intimate relationships with others.

For Undergraduates

Group 1: Mondays, 2:30 to 4:00pm, Contact Marcey.Bamba@oregonstate.edu or AJ.Millet@oregonstate.edu

Group 2: Tuesdays, 3:15 to 4:45pm, Contact Michele.Ribeiro@oregonstate.edu

Group 3: Wednesdays, 1:00 to 2:30pm, Contact Brett.Vicario@oregonstate.edu or Erin.Crozier@oregonstate.edu

Group 4: Fridays, 3:00 to 4:30pm, Contact Michele.Ribeiro@oregonstate.edu or Jessica.Linscott@oregonstate.edu

For Nontraditional or Graduate Students

Group 1: Tuesdays, 2:30 to 4:00pm, Contact Brett.Vicario@oregonstate.edu or Jennifer.Rocks@oregonstate.edu

Group 2: TBA, Contact Emi.Sumida@oregonstate.edu or Stephanie.Shippen@oregonstate.edu

Skills Oriented Groups: these require a pre-group meeting

Managing ADHD: Strategies and Support

With a mixture of education and support, learn to manage difficulties with time planning, disorganization, procrastination and distractibility.

Mondays, 3:30 to 4:30pm, Contact Shaznin.Daruwalla@oregonstate.edu

DBT (informed) Skills Training

Learn emotion-regulation skills based on Dialectical Behavior Therapy to healthily cope with intense and difficult feelings, gaining new options that will help you avoid impulsive coping behaviors.

Thursdays, 1:00 to 2:30pm, Contact Autumn.Benton@oregonstate.edu

Managing Anxiety I

Learn different ways to manage your anxiety through mindfulness, acceptance, stepping back from unhelpful thoughts, understanding your values, and taking meaningful action.

Tuesdays, 2:00 to 3:30pm, Contact Stephanie.Shippen@oregonstate.edu

Mindful Living *Requires Orientation

Join this skill-based group that meets for 8 weeks, plus a half day silent retreat to practice mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.

Undergraduate session: Wednesdays, 3:00 to 5:00pm, Contact Jim.Gouveia@oregonstate.edu or Jessica.Linscott@oregonstate.edu

Graduate session: Wednesdays, 1:00 to 3:00pm, Contact Emelyne.Woessner@oregonstate.edu or Jennifer.Munch@oregonstate.edu

Must attend either group orientation on 1/18 at 1:00 to 2:00pm or 3:00 to 4:00pm

Trauma Recovery

Explore ways of coping with trauma, including a strength-oriented approach to recovery through discussion, skill-building, and a variety of soothing strategies.

Wednesdays, 3:00 to 4:30pm, Contact Ellen.Topness@oregonstate.edu

Connecting to the Self: Trauma Sensitive Yoga Group

Over 8 weeks and a half day silent retreat, practice mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. All participants must also be in individual therapy.

Fridays, 1:00 to 2:15pm starting 1/20, Contact Michele.Ribeiro@oregonstate.edu

Support Groups: these require a pre-group meeting

OCD Support Group

Share your experiences with Obsessive Compulsive Disorder (OCD) with fellow students in a safe and welcoming environment, including discussions of diagnosis, symptoms, treatment options, and coping strategies.

Mondays, 1:00 to 2:00pm, Contact Emi.Sumida@oregonstate.edu

Living Well

Access a safe space to discuss the challenges associated with managing a chronic illness while being a student at OSU and to share coping strategies that contribute to a better quality of life. Participants at any stage of their illness or diagnosis are welcome.

Tuesdays, 2:30 to 3:30pm, Contact Allison.Sullivan@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, 10:30 to 11:30am, SHS, Contact Ozge.Akcali@oregonstate.edu (CAPS) or Elizabeth.Lazaroff@oregonstate.edu (SHS)

Women, Food, and Self-Esteem

Access support and recovery strategies for women with bulimia and binge eating disorder, addressing 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

Engage in a warm, supportive forum for dealing with the emotional impact of a major loss.

Thursdays, 3:00 to 4:30pm, Contact Beth.Zimmermann@oregonstate.edu

Family Chaos

Connect with others who have been affected by parental substance abuse and/or mental illness and explore what you may want to change in your current way of relating to yourself and others.

Tuesdays, 3:00 to 4:30pm, Contact Emelyne.Woessner@oregonstate.edu or Erin.Crozier@oregonstate.edu

Beaver Brothers in Arms

Come in and discuss your problems with other men in a fun and dignified way, acquiring better tools to manage our overall wellness and discussing what it means to be a man in the 21st century.

Wednesdays starting Week 3, 10:00 to 11:30am, Contact Alex.Rowell@oregonstate.edu or Robert.Ortega@oregonstate.edu

Open Ongoing Support Groups: no pre-group meeting required

SMART Recovery (must be CAPS client)

Connect with others who are wanting to stop or cut down on habits that may be getting in the way of their plans, goals, and aspirations. You'll find a safe place to explore, talk, and redesign our strategies to thrive in a group that avoids labels and is an alternative to 12-step programs.

Mondays, 4:00 to 5:00pm, Contact Jim.Gouveia@oregonstate.edu or AJ.Millet@oregonstate.edu

Mindfulness

Engage in an ancient meditation practice that facilitates calmness, peace and balance in one's life. This beginner-friendly group will benefit all levels of practitioners, providing an opportunity to learn and practice mindfulness.

Student Group: Thursdays, 3:00 to 4:00pm in Snell Room 527;

Contact Jim.Gouveia@oregonstate.edu

Staff Group: Thursdays, 12:30 to 1:00pm in Snell Room 527;

Contact TBA

Graduate Students Group: Tuesdays, 1:30 to 2:20pm at MU/GSSC

Contact Shaznin.Daruwalla@oregonstate.edu

TransForm (Contact Beth before attending)

Engage in community formation and identity exploration for transgender and gender non-conforming individuals.

Fridays, 11:30 to 1:00pm, Contact Beth.Zimmermann@oregonstate.edu or Jennifer.Rocks@oregonstate.edu

Gay, Bisexual, and Questioning Men's Group

Come together as a confidential community to talk about issues that get in the way of thriving in our academic and personal lives, including dating, living in a hetero-centric world, homophobia, and relationships with family/friends/partners.

Mondays, 11:00 to 12:00pm, Contact Jim.Gouveia@oregonstate.edu

Workshops:

Coping

Drop-in to these brief, supportive, and interactive sessions to learn a toolkit of skills to work through life's harder moments, using current cognitive therapy techniques including CBT, ACT, and DBT.

Thursdays, 2:00 to 3:00pm, Contact Tracy.Vawter@oregonstate.edu

Beavers ACT

Start this 3-week seminar in any session to use metaphors, resilience, mindfulness, and other experiential components to improve your emotional well-being and access your personal strengths. Come to learn skills in a space where personal disclosure is not required.

Contact Emi.Sumida@oregonstate.edu for dates and times

CAPS

Counseling and Psychological Services
counseling.oregonstate.edu
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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