Process Oriented Groups that 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: Wednesdays, 4 to 5:15pm; Contact Michele.Ribeiro@oregonstate.edu or Autumn.Benton@oregonstate.edu or 1-Ching.Hung@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: Thursdays, 2:30 – 4:00pm, Contact Brett.Vicaria@oregonstate.edu or Mary.Sichi@oregonstate.edu. Group 2: Tuesdays, 2 to 3:30pm, Contact Monseena.Sik@oregonstate.edu or 1-Ching.Hung@oregonstate.edu

Skills Oriented Groups that 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, 3:30 to 5:00pm, Contact Sha brillin.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. Tuesdays, 3 to 4:30pm, Contact Autumn.Benton@oregonstate.edu or Mary.Sichi@oregonstate.edu

Social Skills
Do you feel shy and inhibited in your interactions with peers? This group helps with building self-confidence and providing students with the basic social skills needed to connect with their peers. Mondays, 3 to 4:00pm, Contact Emi.Sumida@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. Wednesdays, 3 to 4:30pm, Contact Stephanie.Shippen@oregonstate.edu

Overcoming Social Anxiety
This group is designed to help students who struggle with social anxiety. This is a skills based group, the goal of which is to provide students with the skills needed to manage anxiety and facilitate interaction with others in a social setting, whether in the classroom or in their daily lives. Tuesdays, 1:30 to 3:00pm, Contact Emi.Sumida@oregonstate.edu

Support Groups that require a pre-group meeting

International Students’ Support Group
Living in a new country can be a difficult experience. As such, the purpose of this group is to provide support for international students and to explore the strengths they bring to this new environment. Topics of discussion may include adjustment to US culture, building social connections, academic success, and home country concerns. Thursdays, 2 to 3:30pm, Contact Sha brillin.Daruwalla@oregonstate.edu or 1-Ching.Hung@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 to 4:30pm, Contact Ozge.Akcali@oregonstate.edu (CAPS) or Elizabeth.Lazaroff@oregonstate.edu (SFS)

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, 4:30 to 5:30pm, Contact Ozge.Akcali@oregonstate.edu or Alyssa.Khajeh@oregonstate.edu

Grief and Loss Support Group
Supportive forum for dealing with the emotional impact of a major loss. Group 1: Thursdays, 3 to 4:30pm; Group 2: Tuesdays, 3 to 4:30pm; Contact Beth.Zimmermann@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, 1:30 to 3:00pm, Contact Emelie.Woessner@oregonstate.edu

Transform
The purpose of this group is to assist in community formation and identity exploration for transgender and gender non-conforming individuals. Mondays, 3:00 to 4:30pm, Contact Staci.Wade-Hernandez@oregonstate.edu or Jordan.Harrison@oregonstate.edu

Trauma Empowerment
This trauma focused 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. Wednesdays, 2:30 to 4:00pm, Contact Judy.Neighbours@oregonstate.edu or Lourie.Mills@oregonstate.edu

RA Support Group
This group is a place to find support and discuss the pressures of being an RA and creating strategies to find balance, advocate for change, get support, and just talk with each other. TBA, Contact Jim.Gouveia@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 to 5:00pm, Contact Jim.Gouveia@oregonstate.edu

SUCCEED Stress Management Workshop
SUCCEED stands for “Stress Under Control: Create, Energize, Excel, Determine”. These 4 action words refer to specific principles taught in our workshop to successfully manage stress and improve performance well-being. This workshop is highly interactive and engages the audience in skill-building activities that will be useful to the students throughout their lifespan. Mondays, 2 to 3:00pm, Contact Bonnie.Herrick@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: Tuesdays & Fridays, 12:30 to 1:00pm; Student Group: Tuesdays, 3 to 4:00pm; Contact Jim.Gouveia@oregonstate.edu

Multiracial Student Connection
Connect with fellow students that identify as biracial, multiracial, multiethnic, mixed or who grew up in a transracial family. This group will provide a safe space to share experiences, explore identities and build community. TBA, Contact Stephanie.Shippen@oregonstate.edu

Bites with Emmy
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, (weeks 1, 3, 5, 7, & 9), Contact Emelie.Woessner@oregonstate.edu

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

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.