Anxiety Busters, Tuesdays 2:00 – 3:30 pm
Session 1: February 2 & February 14
Session 2: April 11 & April 18

Do you experience a racing heart or sweaty hands anytime you have to speak in a group? Does the very idea that others might perceive you as looking uncomfortable make these symptoms worse? Do you vigilantly avoid panic triggers, and always think the worse is about to happen? While these symptoms are common, they often leave sufferers feeling worn out and hopeless. In this 2-session group, you will learn practical and effective tips to manage your anxiety on a day-to-day basis. Cricket Braun, Psy.D and other CAPS staff. Email fbraun@uvm.edu if you are interested and for more information.

Connect and Explore (Redstone)
These groups provide an opportunity for students to explore personal issues with peers in a supportive setting. Presenting issues vary widely and often include concerns about managing stress, adjusting to college life, depression, anxiety, difficulties relating to/accepting self or others, issues of family conflict, etc. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This group allows students the chance to get their peers' perspectives on various issues, and recognize that they are not alone. Pre-screening required. Five Options:

- Mondays 4:00-5:30 pm (Cricket Braun, PsyD)
- Thursdays 1:00-2:30 pm (Jessica Metcalf, PsyD)
- Thursdays 4:00 – 5:30 pm (Laurie Brown, LICSW)
- Fridays 10:00 – 11:30 pm (Chelsea Jewell and Hilary Burt)
- Fifth group time TBA   (Natalie Zimmer and Ali Barnett)

Family Stress Support Group, Thursdays 4:15-5:45 pm (Jacobs House)
This group provides an opportunity for students to explore personal issues related to college life with their peers in a supportive setting. Issues vary widely and include managing stress, general adjustment to college life, and relating to others and to oneself. This group is also intended to be a safe place for students to explore how stressors from home (including but not limited to substance abuse, family conflict, divorce or persistent illness) impact their college experience and evolving identities. Any student who is becoming aware of how they are affected by the family they grew up in could be a good fit for this group. Derek George, MDiv, MSW

Get Out of Your Mind!, Wednesdays 2:30-4:00 pm (Redstone)
This 6-week group will utilize a mindfulness-based behavioral therapy to help students relate differently to symptoms of depression and anxiety by focusing on psychological flexibility and valued engagement in life. Psychological acceptance, mindfulness processes, and values-based living will help students overcome obstacles to living well. Attempting to gain control of, or suppress internal experiences (e.g., anxiety, worry, sadness, anger, memories, physical sensations), can sometimes make them seem worse and get in the way of living your life the way you want to. Instead, this group uses acceptance to bring openness and willingness to our internal experiences, and commitment to what you truly care about, even when distress is present. The goal of therapy is not to eliminate certain parts of one’s experience of life, but rather to learn how to experience life more fully, without as much struggle, and with vitality and commitment. Lindsay Furlong, M.Ed, MS
Grief & Loss, Tuesdays 5:00 - 6:30 pm (Jacobs House)
Students who have experienced the loss of a loved one (parent, sibling, friend) recently or in the past, have this opportunity to share their experiences with each other, supporting and being supported and learning ways to do the emotional and physical work of grieving.
Walter Brownsworth, III, MA, LADC, CS

Healing Depression with Mindfulness, Tuesdays 1:00 – 3:00 pm Date TBD 8 week series (Living Well Studio)
This group is intended for students who have struggled with depression. Participants will learn and practice a variety of methods to help them become more mindful, i.e. nonjudgmentally aware of the present moment. As the capacity for mindfulness is cultivated, participants will then learn to identify and work with thought patterns that have spiraled into depression in the past, and develop strategies to prevent future relapses. Mark Reck, PsyD

Hypnosis for Anxiety, Day/time TBA (Jacobs House)
This five-week experiential group is designed for students experiencing anxiety and are looking for a natural solution. Throughout the five weeks, participants will learn basic hypnosis techniques and begin applying these skills to various aspects of their life such as eliminating anxiety, etc. Hypnosis is a natural state everyone experiences. Unfortunately, this ability is mostly unconscious, examples of trance states includes watching a movie, driving long distance or performing repetitive task. This group will teach you to use your natural ability of trance to consciously create desired emotional and mental states, improve academic or athletic performance, increase self-esteem and feelings of empowerment, and remove self-imposed limitations. Call 802.656.3340 to set up an initial screening. Keith Smith, MS, LCMHC, NCC

Recovery Group, Thursdays 5:00 - 6:30 pm (Jacobs House)
This group is geared towards people who are substance-free for at least 30 days and are interested in exploring issues that arise as part living a substance-free life. Participants may be involved in formal recovery programs but not required for this group.
Walter Brownsworth, III, MA, LADC, CS

Survivors of Rape/Sexual Assault Support Group, Fridays 1:00 – 2:30 (Redstone Office)
This group is intended for women who have been victims of rape or sexual assault. Call CAPS at 656-3340 to set up an initial screening. Cricket Braun, PsyD

Women’s Space: Embrace yourself, Fridays 1:00 - 2:30 (Jacobs House)
This support group is designed to provide a supportive space where undergraduate women can engage in discussion, exploration, and self-expression related to the challenges, complexities, and celebrations related to their life at UVM. This is a space to embrace self, explore boundaries, and build resiliency. This group aims to assist students in addressing personal and interpersonal problems which are associated with negative self-perception. Personal and interpersonal problems include, but are not limited to, high self-criticism, difficulty self-appreciating or accepting compliments from others, feelings of inadequate/unattractive/flawed/inferior, difficulty speaking up/standing up for oneself, "people pleaser," difficulty making intimate relationships, and unrealistic perfectionism. Contact CAPS at 656-3340 to set up an initial group screen.
Keiba Bragg-Best, MS, NCC and Mary Heininger, MS, NCC, LADC

Yoga for Anxiety: Seeking Steadiness Amidst Uncertainty, Mondays 2:30-3:30 pm at LivingWell Studio
Session 1: Jan 23 - Feb 27
Session 2: March 20 - April 24 (2 sessions of 6 week series)
Come explore how yoga can help you learn to become aware of and move through challenging experiences of anxiety and uncertainty by connecting your mind and body to your experiences. This series is an opportunity to develop a healthy sense of wellbeing through the use of movement, breath and self-awareness, and will assist with practicing strategies to remain grounded and present in the moment, while feeling empowered to respond to stressors. This series is welcoming to all bodies and identities; no prior yoga experience necessary. No pre-screening required. For more information contact Jennifer.h.phillips@uvm.edu. To register for a series, contact LivingWell at LivingWell@uvm.edu