If you are interested in a Group please call Counseling & Psychiatry Services at 656-3340

**Anxiety Busters**, Tuesdays 3:00 – 4:30 pm; Wednesdays 2:00 – 3:30 pm; more time offerings will be added during the semester, contact fbraun@uvm.edu for info (Redstone)

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.

**The Body Project** *(Living Well)*

This workshop is designed to promote body acceptance and prevent eating disorders. Participants will discuss the origins of the thin ideal, explain how the thin ideal is perpetuated in the media, and identify ways to be healthier. It is a four week, one hour a week commitment. If you are interested, contact Annie at annie.valentine@uvm.edu.

Annie Valentine, Health Educator & Candace Polzella, Registered Dietitian

**Session I:** Wednesdays 2:15 – 3:00 pm 10/12, 10/19, 10/26, 11/2

**Session II:** Wednesdays 5:30 – 6:30 pm 11/9, 11/16, 11/30, 12/7

**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. Call 656-3340 to schedule.

**Three 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)

**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

More Group Offerings
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 Brownsword, III, MA, LADC, CS

Healing Depression with Mindfulness, Tuesdays 1:00 – 3:00 pm (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, Tuesdays 5:30 – 7:00 pm (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 Brownsword, III, MA, LADC, CS