

General Counseling Groups

These groups require a pre-group interview before joining.

Understanding Self and Others: Let your guard down. Talk honestly about what worries you. Receive and offer support. In these groups, you can learn about how you relate to others and experiment with new ways of relating. In the process you can grow as a person and learn how to develop more satisfying relationships.

Why choose group? Because group counseling works! Since relationships often play a role in affecting our well-being, it makes sense to address concerns in the context of group.

Fear-less Overcome your fears in this 10 week group that teaches skills to manage anxiety.

Mindful Living: Learn to manage stress in 4 weeks using effective mindfulness techniques.

Exercise as Medicine: Exercise is a powerful tool—use it to address anxiety and depression. This innovative group is a collaboration with the Rec Center and will involve group exercise, paired with group processing and support.

Graduate Women's Support: Give and receive support around the unique challenges graduate school presents to women both professionally and personally.

Grief Group: Receive support and encouragement through the grieving process by exploring the impact of your loss in a caring environment.

GAP: Group Alcohol PsychoEd: Meet with other students and collaboratively learn how to manage alcohol effectively. Focus is on coping skills, interpersonal support, and healthy lifestyle...no judgment!

NC STATE UNIVERSITY

COUNSELING CENTER

Groups

Fall 2015



Theme Based Groups

These groups are organized to address a specific concern or serve a specific population. Some require a pre-group interview before joining.

SMART: Students Managing Alcohol Responsibly Together. Move towards personal fulfillment, cleaner living, and sobriety with others. Supportive and judgment-free environment.

SOS (Sustaining Our Selves) Group: Learn practical, empowering skills to better manage intense, painful emotions such as anxiety, frustration, sadness, fear, anger and hurt. In a mindfulness-based group, you can work on getting a handle on emotions, and improve your quality of life.

ADHD.EDU Coaching/Support Group: Struggling to manage it all? Explore strategies to improve attention, organization, time management, and productivity! Especially for undergraduate students diagnosed with ADHD.

Pride Counseling Group: Explore life issues, worries, and concerns in a small, safe, confidential setting. Share support and caring with other students in the GLBTQQ community.

International Student Success Group: Share support and ideas, improve productivity and strengthen coping skills.

Skill Building Drop-in Groups

Learn coping skills to support more effective living and to navigate the balance between academics, work, and a personal life.

Clues to Help you Snooze: 1st Tues of Month— 4:45-5:30

First Year Support: Tues 4:30-5:30

Stress Management: Wed 4:45-5:30

Cultural Connections (at OIS): Wed 4-5

Meditation: Thurs 4:45-5:30

How can I join a group? Call us at 515-2423, stop by the counseling center and ask, or check out our webpage about groups and fill out an online interest form

<http://counseling.dasa.ncsu.edu/services/groupcounseling>

Women of Color: Explore and discuss topics related to identity, emotional and social health, role expectations, and relationships as a woman of color—with other women in a safe and supportive setting.

Perfection Trap: Feel like it's never enough? We'll examine identity issues, self-esteem and body image concerns, relationship issues and academic expectations related to perfectionism. For Graduate women.

Wellness Support: For students with chronic medical concerns. Receive and give support. Share ideas and strengthen your skills to succeed.

Transcending and Connecting: Connect, explore, and learn with other students of trans* experience. Give and receive support. The focus is on connecting with others and exploring identities in a safe space.

Painful Pasts, Promising Futures: A group for those who have experienced traumatic events or come from backgrounds in which they did not feel safe. Members will learn insights about how past experiences impact their current life and learn skills to manage emotions. For undergraduate women.