The CSU Health Network is proud to offer specialized groups and workshops to help you reach your mental health goals. Whether you want to learn to communicate more effectively, develop good study habits, or manage stress, there is a place for you.

The groups are broken into categories to help you choose the right spot for you:

**Interpersonal Process Groups**
These groups help you improve your relationships by connecting more deeply with others. These groups meet weekly over the semester. Talk to your counselor about how to enroll.

**Theme Groups**
These groups bring together people who share interest in a common topic or experience. A safe space is created for members to share emotions, learn new information, and support one another. These groups meet weekly over the semester. Talk to your counselor about how to enroll.

**Psychoeducational Groups**
These workshops provide resources to help build coping skills in certain areas. These groups are typically offered on a one-time only basis or a short-term series. Anyone can sign up.

**Academic Support Groups**
Come gain support to improve your academic performance. Learn how to set goals for yourself and overcome barriers to your performance. After attending an informational session, the group will meet weekly over the semester. Anyone can sign up.

For more information, or to learn how to enroll, call CSU Health Network Counseling Services at (970) 491-6053, or stop by Aylesworth NW to talk in person.

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### Interpersonal Process Groups

#### Understanding Self and Others
Want to improve your relationships or feel better about yourself? Interested in connecting in a deep and meaningful way with other students? Are you noticing a pattern in your relationships that you’d like to change or understand better? Do you struggle or get anxious in social situations? Would you like honest feedback about how you relate to others?

This group will provide a safe, supportive space to explore your feelings, connect with others, and practice new behaviors that can ultimately lead to more fulfilling relationships.

**Times and leaders:**

**IP A:** Monday, 1 - 2:30 p.m., Carrie Haynes, M.Ed., LPC and Susan Chamberlain, MS  
**IP B:** Monday, 3 - 4:30 p.m., Pam McCracken, MSW and Jessica Miller, MSW  
**IP C:** Monday, 3 - 4:30 p.m., Sara Mitchell, MA and Camille Curry, PsyD  
**IP D:** Tuesday, 11 - 12:30 p.m., Danielle Mohr, MS and Jessica Miller, MSW  
**IP E:** Tuesday, 3 - 4:30 p.m., Lisa Heifner, MS, LPC and Nick Neujahr , BA  
**IP F:** Tuesday, 5 - 6:30 p.m., Aki Hosoi, PhD and Ashley Jessen, BA  
**IP G:** Wednesday, 11 - 12:30 p.m., Jeff Nepute, MS and Helen Bowden, PhD  
**IP H:** Wednesday, 1 - 2:30 p.m., Carrie Haynes, M.Ed., LPC and Mallory Perkins, BA  
**IP I:** Thursday, 11 - 12:30 p.m., Y erin Shim, MA and Lauren Millard, MS  
**IP J:** Thursday, 1 - 2:30 p.m., Ellen Cooney, Ed.D. and Ainara Echanove, MA  
**IP K:** Thursday, 3 - 4:30 p.m., Laura Oyer, PhD and Steve Okiyama, PhD
Man to Man (Men’s Process Group)
In today's times men experience conflicting messages and expectations about their roles and identities. This group will meet weekly in the spring semester to provide a confidential forum for males to explore, discuss and discover their own unique definition of masculinity. The group will also explore how being a male may impact areas including bonding, relationships, sexuality/intimacy, emotions, communication, and substance use.

Time: Tuesdays, 1 - 2:30 p.m.
Leader: Steve Okiyama, Ph.D.

Dialectical Behavior Therapy (DBT) Skills Group: Mindfulness and Interpersonal Effectiveness
Do you find it difficult to develop satisfying relationships? Do you have trouble getting your needs met in relationships? Do you find yourself distracted from what is going on in the present moment?
If you answered yes to these questions, then this group may be for you. You will learn to build more satisfying relationships, how to effectively communicate, and gain a deeper understanding of relationship dynamics.
In this group, two areas of growth will be covered in depth over the span of the semester, Mindfulness and Interpersonal Effectiveness. Members are expected to practice skills and complete assignments outside of the group. Members must be involved in ongoing individual therapy (at least bimonthly). Membership will be closed once the group reaches 8 members or there is 8 weeks left in the semester. Screening is required.

Time: Wednesdays, 1 - 2:30 p.m.
Leaders: Lisa Heifner, MS, LPC and Kelly Sheline, M.Ed.

Searching for Meaning?
Do you feel like there is no meaning in your life? Are you struggling to find where you fit in this world? Do you rely on unimportant things to cope with everyday life?
This group is designed to help you on your journey to find meaning in your life. Each session will focus on discussion of topics that will help you better understand who you are and your values, how that fits into the world that makes more sense to you.
Clients who are depressed and isolated, who are dealing with existential issues, and who are interested in personal growth may benefit from this group. We are ready to dive in with you to make life more meaningful!

Time: Thursdays, 3 - 4:30 p.m.
Leader: Yerin Shim, MA and Adam Sargent, MS

Taming the Anxious Mind: Learning to Manage Your Anxiety
Do you struggle to control your anxiety? Do you spend much of your time worried or nervous? Is anxiety affecting your relationships, academic performance, or other areas of life?
You may benefit from this 90-minute, semester-long group designed to help you improve your ability to manage anxiety. This group will introduce members to Mindfulness Meditation for anxiety management and help them learn how to quiet their mind. Each session will provide time for practice and discussion.
Clients referred from OCC or Ongoing therapist. Must have IC prior to signing up. Designed for clients who have more than typical “stress” concerns.

Time: Tuesdays, 2 - 3:30 p.m.
Leader: Lisa Lively, Ph.D.
**Body Positive**

Do you find yourself thinking a lot about your weight, body shape, or body size? Does planning around calories, food, and “making up” for what you eat seem to consume a lot of your time? Do you often find yourself feeling guilty, ashamed, or comparing your appearance to others and always seeming to fall short? Then the Body Positive group is right for you!

In this group, you will be able to both give and receive support in a safe space from people struggling with the very same issues as you learn more about body image, begin to change unhealthy behaviors, and develop greater self-esteem. You are not alone!

**Time:**    Mondays, 1 - 2:30 p.m.
**Leader:**   Helen Bowden, Ph.D.

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**Dialectical Behavior Therapy (DBT) Skills Group:**

**Distress Tolerance, Mindfulness, Acceptance and Self Compassion**

Do you experience overwhelming anger, anxiety, fear or sadness that interferes with your life? Dialectical Behavioral Therapy is a form of cognitive behavioral therapy that treats individuals who have difficulty regulating emotions and behaviors.

The goals of our DBT skills group include replacing problem behaviors with more adaptive ways of coping with distress and to help create a “life worth living.” This group will focus on four areas of growth (distress tolerance, mindfulness, acceptance and self-compassion) that are proven to help people dealing with these struggles.

Members must be involved in ongoing individual therapy (at least bimonthly) and are expected to commit to attending weekly for eight weeks. Additionally, members will be asked to practice skills and complete assignments outside of group. This group will accept members throughout the semester. Screening is required.

**Time:**    Tuesdays, 5 - 6:30 p.m.
**Leader:**   Nara Samuels, MSW and Susan Chamberlain, M.S.

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**SUGS: Substance Use Support Group**

SUGS is for students who are interested/concerned about their use of substances and wanting a safe, non-judgmental, and supportive environment to process what their use of substances has been, is currently, and what they’d like it to be.

The group will support abstinence for a member, but only if the member has decided that’s what he or she wants. For members wanting to control or limit their use, the group is a forum for harm-reduction and risk management techniques; to process what’s been working for them and what’s not; to learn from others’ experiences and get their feedback and support; to talk about triggers and high-risk situations, people, and places; and how to prepare for those situations, people, and places.

It is an open-enrollment group and primarily focused on support from peers who are facing the similar issues. Screening is required and will be held from 5-6pm on Tuesdays.

**Time:**    Tuesdays, 6 - 7:30 p.m.
**Leaders:**   Reid Trotter, Ph.D. and Jim Weber, LCSW
Study Gym
COME to the Study Gym if “typical” study skills workshops aren’t helping you. COME to the Study Gym if something is blocking your academic success. COME to the Study Gym if your friends’ study strategies aren’t working well for you. The series will be offered three times over the semester. You can attend all or just one workshop.
Leader: Cindy Swindell, Ph.D.

<table>
<thead>
<tr>
<th>Titles and Topics</th>
<th>Series 1 Tuesday, 6 - 7:20 p.m.</th>
<th>Series 2 Wednesday, 3:10 - 4:30 p.m.</th>
<th>Series 3 Thursday, 11 a.m. - 12:20 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motivation: Get Started &amp; Keep Going</td>
<td>Sept. 17</td>
<td>Oct. 9</td>
<td>Oct. 17</td>
</tr>
<tr>
<td>Kicking the Procrastination Habit</td>
<td>Oct. 1</td>
<td>Oct. 23</td>
<td>Nov. 7</td>
</tr>
<tr>
<td>Changing Negative Self-Talk</td>
<td>Oct. 8</td>
<td>Oct. 30</td>
<td>Nov. 14</td>
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</tbody>
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Getting it Done: Thesis/Dissertation Support Group
Feeling overwhelmed with writing your thesis or dissertation? Struggling with procrastination or meeting deadlines? Lacking motivation, feeling stuck or need support?
Come and meet with other graduate students who are struggling too. Together we will meet weekly to identify barriers, set goals and support one another. Open to graduate students in all disciplines.

Time: Tuesdays, 4 - 5 p.m.
Leader: Ellen Cooney, Ed.D.

Academic Support Groups
Mindfully Managing Stress
Are you feeling overwhelmed? Struggling to get a handle on your stress? Feeling frustrated that “traditional” techniques don't seem to help? Perhaps you are ready to explore the potentially life-changing practices of mindfulness.

Mindfulness is a way to train ourselves to be in the present moment with more attentiveness, awareness and acceptance. Learn how mindfulness can help you cope with difficult emotions and lead a more meaningful and less stressful life.

Participate in a 4-part workshop series that will delve deeper into this concept and provide ample opportunities to practice these new skills. Classes held at the Student Recreation Center.

**Times:**

**Series 1:** Tuesdays, 11 a.m. - 12:15 p.m.
- October 1, 8, 15, 22

**Series 2:** Wednesdays, 3 p.m. - 4:15 p.m.
- October 16, 23, 30, and November 6

**Series 3:** Tuesdays, 4 - 5:15 p.m.
- October 29 and November 5, 12, 19

**Series 4:** Thursdays, 1:30 - 2:45 p.m.
- November 7, 14, 21, and December 5

**Leader:** Janelle Patrias, MSW

* Note: previous participation in the What Can Mindfulness Do for You? introductory workshop is welcomed, but not required.
DAY Programs Psychoeducational Groups

**Risk Management 101**
What is risk management? The Risk Management Group will explore the different faces of risk and learn tools to reduce or remove different risk factors. Students will gain tools in assessing risk at parties, in relationships, and with roommates. The participants will also learn how thinking errors might be used to justify substance use. The participants will brain storm as a group to define and uncover potentially risky situations or people that could damage the likelihood of success in their college career and beyond.

**Times:**
- Friday, September 6, 4:30 - 6 p.m.
- Friday, October 4, 4:30 - 6 p.m.
- Friday, November 1, 4:30 - 6 p.m.
- Friday, December 6, 4:30 - 6 p.m.

**Leader:** Pam McCracken, MSW

**Managing Internal Risk**
What did you learn from Risk Management 101 and Stages of Change workshops? What strategies have you developed and used and how have they worked? How, why and when do relapses happen and what can we learn from them?

This workshop examines people, places, and things, or the external triggers and cues that can increase risk. The participants will also discuss how our thinking, feelings, and assumptions set us up for increased risk and possible relapse. At the end of the session, the participants will have tools to help them actively recognize the ways in which we put ourselves at risk.

**Times:**
- Wednesday, September 18, 9 - 10:30 a.m.
- Tuesday, October 15, 3 - 4:30 p.m.
- Wednesday, November 20, 9 - 10:30 a.m.
- Wednesday, December 18, 9 - 10:30 a.m.

**Leader:** Mark Benn, PsyD

**Family Dynamics**
The Family Dynamics Group will look at aspects of functional and dysfunctional families and examine the impact of addiction on the family system. The group will identify the roles that family members play in both healthy and unhealthy families and explore how these roles can become distorted in the case of family dysfunction. Each student will have the opportunity to identify his or her roles in the family system.

**Times:**
- Tuesday, September 24, 12 - 1:30 p.m.
- Friday, November 1, 2 - 3:30 p.m.
- Tuesday, November 19, 12 - 1:30 p.m.

**Leader:** Stephanie Mora-DeRosby, M.A., LPC, LAC

**Managing Anger**
When is anger a problem? Where does it come from? These questions and this workshop are the key to figuring out what to do about anger. Anger can get us into trouble even if we never rage and blow up. This workshop will help you identify triggers for anger and look at your thinking as a way to diffuse your anger and get the results you really want.

**Times and Leaders:**
- Tuesday, August 27, 6 - 7:30 p.m., Chris Leck, LCSW and Jay VanDerWerff, BA
- Thursday, September 26, 3 - 4:30 p.m., Chris Leck, LCSW and Julie Sutcliffe, MS
- Friday, October 25, 9 - 10:30 a.m., Julie Sutcliffe, MS
- Thursday, December 5, 3 - 4:30 p.m., Julie Sutcliffe, MS
Gender Roles and Behavior (Men)
How does gender impact behavior? What are the cultural messages about being a man and how do these messages influence decision making? Why are words like “fag,” “pussy,” “bitch,” and “gay” so common, and how are they used to assert power over someone?
In this participatory session of the Gender Roles and Behavior Group, students will explore the gender messages, examine how these messages might impact behavior, and develop strategies to break free of constraining gender “boxes.”

Times: Call for Date and Times
Leader: Sam Narby, LSW

Who Am I?
This Student Development Group will explore the layers of personal identity. This group is all about the participant. Group members will gain knowledge of student development theory – the steps that students take in their development of a sense of SELF. Students will look at Arthur Chickering’s 7 “vectors” or layers through which most college students are developing: Competence, Emotions, Interdependence, Relationships, Identity, Purpose, and Integrity.
By the end of the group, each student will have language to “name” the challenges that are faced in college. Student will be equipped with additional psycho-social awareness and specific goals that are both short and long term.

Times: Tuesday, September 3, 5:30 - 7 p.m.
Tuesday, October 1, 5:30 - 7 p.m.
Tuesday, November 5, 5:30 - 7 p.m.
Tuesday, December 3, 5:30 - 7 p.m.
Leader: Lisa Miller, Ph.D., SAHE

Stages of Change
What would you like to change? What is change? How do people change? What kinds of things do people change? These are just a few of the questions that will be explored in the Stages of Change Group. Based on the 6 Stages of Change Model developed by Prochaska and DiClemente; Pre-contemplation, Contemplation, Preparation, Action, Maintenance, and Relapse, the group will learn about the process of change and how to apply it to their lives. Students will also learn what stage they are in regarding personal substance use.

Times: Friday, September 13, 4:30 - 6 p.m.
Friday, October 11, 4:30 - 6 p.m.
Friday, November 8, 4:30 - 6 p.m.
Friday, December 13, 4:30 - 6 p.m.
Leader: Jim Weber, LCSW
Brain Scans (max. of 5)
The Brains Scans Group will explore new research using SPECT (Single Photon Computerized Tomography) scans. Did you know that, at all times 20% of your blood supply is located in your brain or that 40% of the oxygen you breathe goes directly to feed the brain?
The participants in this group will learn basic neural anatomy and brain function in regards to cerebral blood flow, why the brain responds as it does, and the neurotransmitters that are affected by drug and alcohol use. The group also looks at how other brain dysfunctions can be seen graphically, the effects of drug and alcohol use on the brain, and how it exacerbates co-occurring brain disorders.

Times:  
Monday, September 16, 3:30 - 5 p.m.  
Tuesday, October 22, 1 - 2:30 p.m.  
Wednesday, November 20, 2 - 3:30 p.m.  
Friday, December 13, 9 - 10:30 a.m.

Leader:  
Jim Weber, LCSW

Personal Strengths
This workshop is about discovering your personal strengths – what makes you YOU – and how to use these strengths to succeed in college and in life. We often don’t think of our strengths and instead focus on all the things we want to improve about ourselves. While that’s important, research tells us that people who capitalize on their strengths are disproportionately more successful than people who don’t. This will be a lively, interactive class! It will include taking a personal strengths assessment.

Times:  
Tuesday, September 17, 5 - 6:30 p.m.  
Tuesday, October 15, 5 - 6:30 p.m.  
Tuesday, November 19, 5 - 6:30 p.m.

Leader:  
Lisa Miller, Ph.D., SAHE

Communications
Obviously we need to communicate with each other every day, but have you noticed that some people are better communicators than others? Communication isn’t about arguing better or convincing people that you’re right. Communication is about understanding what is really going on in a situation and being able to put words to it.
In this workshop we will identify your communication style, explore the basics of better communication, and learn ways to stay focused when conversations become intense. Improving communication should help you know and get what you want from an interaction and allow you to build deeper connections with people.

Time:  
Wednesday, September 4, 9 - 10 a.m.  
Friday, October 25, 2 - 3:30 p.m.  
Tuesday, November 12, 12 - 1:30 p.m.  
Friday, December 13, 2 - 3:30 p.m.

Leader:  
Stephanie Mora-DeRosby, M.A., LPC, LAC

Alcohol and Other Drugs: The Mind Body Connection
This group will cover the continuum of substance use from Abstinence to Addiction, the Cycle of Addiction, Problem Indicators, and how to respond to a friend or family member whom you suspect might have a problem with alcohol and other drugs. Each student will be given tools to assess their own use on the continuum.

Times:  
Friday, September 20, 4:30 - 6 p.m.  
Friday, October 18, 4:30 - 6 p.m.  
Friday, November 15, 4:30 - 6 p.m.  
Friday, December 20, 4:30 - 6 p.m.

Leader:  
Stephanie Mora-DeRosby, M.A., LPC, LAC
Medical Services
Hartshorn Health Center
(970) 491-7121

Counseling Services
Aylesworth Hall NW
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