

Counseling & Psychological Services (CAPS)

Fall 2024 GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00-12:30pm Mindfulness In-person	11:00-12:30pm Gender Journey In-person		11:00-12:30pm Women's Group In-person
2:00-3:30pm Student of Color Group In-person 3:00-4:30pm DBT Skills Group In-person		2:30-4:00pm Mindfulness Telehealth	2:00-3:30pm Preparing for Post-Graduation Mindset Reset In-person	
3:30-5:00pm Men's Group In-person 4:00-5:30pm Trauma-Informed Yoga In-person	3:30-5:00pm Family-of-Origin Group In-person 3:30-5:00pm LGBTQ Group In-person 3:30-5:00pm Social Connections Workshop In-person	3:30-5:00pm Peace with Food & Body In-person 3:30-5:00pm Survivor Healing In-person 3:30-5:00pm USO Group In-person	3:30-5:00pm Letting Go with Kindness (Anxiety and Self-Compassion) In-person 3:30-5:00pm USO Group In-person 4:00-5:30pm Latine Group In-person	

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Group Descriptions

<p style="text-align: center;"><u>DBT Skills</u></p> <ul style="list-style-type: none"> • Meets between 6 to 8 sessions for 80 minutes. • Dialectical Behavior Therapy (DBT) is an evidence-based treatment that is intended to help people create a life that feels more meaningful and worth living. • Participants will learn skills to develop mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. • We will be accepting the current situation and also actively working on change. 	<p style="text-align: center;"><u>Family of Origin</u></p> <ul style="list-style-type: none"> • This group is for those who are seeking healing and learning ways to cope with challenging family dynamics that have impacted how they view themselves, others, and relationships in general. It will be a safe space for you to gain insight, support and learn ways to help you better manage the impact that family stress is having on your life. • We will explore the influence of culture, generational differences and communication patterns. We have conversations that give you a better understanding of your family dynamics and your place in them. Possible reasons that the group might be a good fit: caregiver burden, having relatives with substance or mental health issues, dealing with the after-effects of childhood trauma, difficult communication patterns, complicated grief issues, and other situations. 	<p style="text-align: center;"><u>Gender Journey</u></p> <ul style="list-style-type: none"> • This group offers a supportive space to discuss concerns related to transgender/non-binary students. • The purpose of the group is to provide support and explore the challenges and joys of integrating one's gender identity. Topics may include coming out, transitioning concerns, and other relevant issues.
<p style="text-align: center;"><u>Latine Group</u></p> <ul style="list-style-type: none"> • This group provides a supportive and empowering space for students who identify as Latinx and/or Hispanic to discuss experiences of Latinidad. • The group offers connection and a sense of community as students explore themes that may include relationships with family, gender expectations, feelings of belonging, and the intersection of other identities. 	<p style="text-align: center;"><u>Letting Go with Kindness (Anxiety and Self-Compassion)</u></p> <ul style="list-style-type: none"> • Inspired by Brené Brown's The Gifts of Imperfection, this group focuses on building skills to foster authenticity, resilience, and self-compassion. Our goal is to help students learn strategies to let go of limiting beliefs and behaviors, ultimately empowering them to live more freely and authentically. • Students will learn to overcome worries about others' opinions, perfectionism, avoiding discomfort, need for certainty, social comparisons, linking self-worth to productivity, self-doubt, and the need to be in control. 	<p style="text-align: center;"><u>LGBQ Group</u></p> <ul style="list-style-type: none"> • This group offers a supportive space to discuss concerns related to lesbian, gay, bisexual, queer or questioning students. • This group fosters connection and emotional support while exploring themes relevant to the lives of LGBQ students including but not limited to: relationships with friends/family/partners, coming out, being out in different contexts, and identity intersections.
<p style="text-align: center;"><u>Mindfulness</u></p> <ul style="list-style-type: none"> • Meets for 80 minutes for 5 sessions. • The group utilizes a meditative way of being called "mindfulness" that research has shown to be effective at reducing stress, anxiety, and depression. • Individuals learn how to be more present, slow-down, and pay attention to the moment while managing their hectic lives. 	<p style="text-align: center;"><u>Men's Group</u></p> <ul style="list-style-type: none"> • The Men's Group offers is a safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships. • Men's group offers a space to discuss concerns related to men. 	<p style="text-align: center;"><u>Peace with Food and Body</u></p> <ul style="list-style-type: none"> • This group is an open, affirming and healing-oriented space where members can safely explore their relationship with food, movement and their bodies and connect with peers with similar experiences. • There is flexibility in this group for some structured learning activities as well as unstructured space for members to share, process and give feedback to one another.

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<p><u>Preparing for Post-Graduation Mindset Reset</u></p> <ul style="list-style-type: none"> • The goal of this group is for participants to have stronger self-awareness, increased confidence in their abilities, and practical tools to succeed professionally. They will be prepared to face life's challenges after college with resilience, clarity, and a supportive community to lean on. • Topics addressed in this 6 week group will include: Overcoming Fear of the Unknown, Addressing Imposter Syndrome, Identifying and Communicating Strengths, Building Self-Confidence, Practical Career Preparation, Cultivating a Supportive Community • This group will combine discussions, interactive exercises, guest speakers, and peer support. 	<p><u>Social Connections Workshop</u></p> <ul style="list-style-type: none"> • Feeling some anxiety or uncertainty around making friends? Looking to challenge yourself to increase social connection at FAU and in general? • In this 2-part series members will learn ways to increase their confidence in talking with peers. This can help members form connections on campus and in the community, as well as learn about campus resources so they can get involved or find a community to be a part of. 	<p><u>Student of Color Group</u></p> <ul style="list-style-type: none"> • This group offers a supportive space to discuss concerns related to students of color that will explore how their identities impact who they are, their mental health and their relationships with others in their life. • This group will provide space to address themes such as the impact of systemic barriers on our identities, belongingness, disconnection, autonomy, developing purpose and personal identity. • Students will learn how to become more comfortable having personal conversations with others, how to give and receive honest interpersonal feedback, and learn how to establish trusting, supportive relationships
<p><u>Survivor Healing</u></p> <ul style="list-style-type: none"> • Survivor Healing is for students who have had unwanted experiences at any time in their lives, such as sexual, physical, or emotional mistreatment or abuse. • Group members will not discuss specific details of unwanted experiences in the group and instead will focus on gaining understanding of how these experiences impact them, creating a sense of safety, making meaningful connections, moving towards healing, and addressing feelings that follow trauma. 	<p><u>Trauma-Informed Yoga</u></p> <ul style="list-style-type: none"> • Experiencing trauma doesn't just affect the mind as trauma is often stored in the body. In the Trauma-Informed Yoga Group, students who have experienced trauma will learn skills through yoga poses and breathing exercises to increase body awareness in a safe and controlled way. • The skills taught in this group will also address the dysregulation of the nervous system, dissociation, and feelings of disconnection from the body and surroundings that often occur and linger after experiencing trauma. This evidence-based practice has been shown to promote feelings of physical, emotional, and psychological safety. • Group members do not need to have prior knowledge or be practitioners of yoga to join since this style of yoga is less about how poses are executed and more about the feeling of embodiment within a pose. 	<p><u>Understanding Self and Others (USO)</u></p> <ul style="list-style-type: none"> • USO groups provide a safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships.
<p><u>Women's Group</u></p> <ul style="list-style-type: none"> • The Women's Group offers a safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships. • This group offers a space to discuss concerns related to women. 		

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