



## Psychological Counseling Center Groups for Fall 2017

### ❖ All of Me

**All of Me** is a support group for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Gender Non-Conforming, Intersex, Asexual identifying students. The goal of the group is to create a safe space to process life and campus issues based on the principles of acceptance, empathy, understanding, and openness. The group will meet for approximately eight weeks and will be closed to new members after the second meeting. Topics for this group will be developed by the group members and could include: building supportive relationships, developing resources to manage challenges, and improving self-esteem. The title for this group is based on the idea that bias may come from others only seeing one aspect of identity in a person. This group, as the rainbow symbolizes so well, will focus on all of you. The group will meet on Wednesdays from 2:30pm-4:00pm and will be facilitated by Joel Oppenheimer, LCSW.

### ❖ Wise Mind

Do you find that your emotions feel really intense, overwhelming or out of control? Do your emotions sometimes feel like a big wave that can knock you down? **Wise Mind** is a Dialectical Behavior Therapy (DBT) informed group. It is a skill-based group designed to help you feel more in control and prepared when that wave of emotion hits, and to give you more strategies when nothing seems like it's going right. We will support each other in our efforts to try new skills in order to feel more at peace and hopeful about our lives. We will learn and practice skills to help us be more mindful and relaxed, handle difficult interpersonal situations, regulate our emotions, and tolerate distressful situations with confidence. We will work together to find real-world solutions in a safe, open and collaborative space. This group will meet for approximately eight weeks and will be closed to new members after the second meeting. Therefore, committed group attendance is important. The group will meet on Tuesdays from 2:30pm-4:00pm, and will be facilitated by Meghan Shea LCSW-R.

### ❖ SSWAG

The **Strong Successful Women Achieving Greatness** group is a support and therapy group that seeks to help members increase their self-awareness, create a more powerful sense of self, learn to set boundaries, and navigate relationships. Specific weekly discussion topics will be chosen by the group, and may include: identifying and using positive affirmations successfully, increasing self-esteem, identifying personal passions that motivate you, managing worry and anxiety, creating relationship balance, and becoming more assertive. The group will meet on Wednesday afternoons from 3:30pm-5:00pm for about eight weeks, and will be closed to new members after the second meeting. Committed attendance is encouraged to promote group cohesion. The group will be facilitated by Catherine (Candy) Davies, LCSW-R.

**Please Note:** PCC groups fill up quickly. Please call early in the semester for information and next steps (845) 257-2920. Group topics change each semester so if you have an idea for a group that is not listed, please let us know. Thanks!