Counseling & Psychological Services (CAPS)
Summer 2022 GROUPS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00-2:30pm</td>
<td>1:00-2:30pm</td>
<td>1:00-2:30pm</td>
<td>3:00-4:30pm</td>
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<tr>
<td>Grief and Loss Group</td>
<td>Gender Journey Support Group</td>
<td>Grief and Loss Group</td>
<td>USO Group</td>
<td>3:00-4:30pm</td>
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<tr>
<td>Mariya Gyorev &amp; Linda Ly</td>
<td>Mariya Gyorev &amp; Nikki Saltzburg</td>
<td>Mariya Gyorev &amp; Linda Ly</td>
<td>Cory Safra &amp; Linda Ly</td>
<td>Anxiety Skills Group</td>
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<td>3:00-4:30pm</td>
<td>3:30-5:00pm</td>
<td>3:00-4:30pm</td>
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<tr>
<td>USO Group</td>
<td>Family of Origin Group</td>
<td>Anxiety Skills Group</td>
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<tr>
<td>Cory Safra &amp; Linda Ly</td>
<td>Krystal Galvan</td>
<td>Linda Ly</td>
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FAU students that participate in group counseling are saying … “I realize I am not alone.”
### Anxiety Skills
- The Anxiety Skills Group is a 6-week integrative emotion- and self-compassion-focused group. The group activities will target three major areas – physical, cognitive, and behavioral symptoms of anxiety. Students will learn new anxiety management skills each session, including practicing relaxation techniques and developing a deeper understanding of their experiences. Additionally, through experiential processing and two-chair dialogues, students will recognize the critical voice in their head and develop greater self-compassion.
- The final goals are to create productive experiencing of their feelings, developing greater psychological flexibility, and learning different time- and setting-sensitive coping strategies for managing their anxiety.
- Group screening not required to be part of this group.

### Family of Origin
- 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. By exploring the influence of culture, systems of oppression (racism, etc.), generational differences, social media, immigration, and other factors, we have conversations that give you a better understanding of your family dynamics and your place in them. Maybe you have felt alone in your struggles with different kinds of family-related stress, such as: caregiver burden, having relatives with substance or mental health issues, dealing with the after-effects of childhood trauma, complicated grief issues, and other situations. This group is meant to be a safe space for you to gain support and learn skills to help you better manage the impact that family stress is having on your life.

### Gender Journey
- Is open to students who identify as transgender/gender non-conforming.
- 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.

### Grief and Loss
- This group is to provide support and have a safe space to discuss issues unique to those who have lost an important person in their life. This group will also address the more common grief reactions that are often faced during bereavement.

### Mindfulness
- 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.

### Understanding Self and Others (USO)
- 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.

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