

## **Winter, 2007 GROUP and WORKSHOP OPPORTUNITIES**

Counseling and Psychological Services (CAPS)

Division of Student Affairs

[www.umich.edu/~caps](http://www.umich.edu/~caps)

### **Academic Success Workshops (Drop-in; no preregistration required; 45 min.)**

#### ➤ ***Tackling Test Anxiety***

Learn and experience proven strategies for managing stress, with a focus on reducing test-taking anxiety.

Multiple staff members      Jan. 31<sup>st</sup> Wed. 1:15 pm; Feb. 13<sup>th</sup> Tues. 1:15 pm; April 5<sup>th</sup> Thurs. 2:15 pm

#### ➤ ***Overcoming Procrastination***

When is it "laziness" and when it is something more? Learn strategies to overcome academic procrastination.

Multiple staff members      Feb. 8<sup>th</sup> Thurs. 2:15 pm; March 14<sup>th</sup> Wed. 12:15 pm; March 28<sup>th</sup> Wed. 1:15 pm

#### ➤ ***Time Management***

Learn specific strategies for enhancing time allocation and management and improve academic work efficiency.

Multiple staff members      Jan. 23<sup>rd</sup> Tues. 12:15 pm; March 8<sup>th</sup> Thurs. 1:15 pm; March 20<sup>th</sup> Tues. 2:15 pm

### **Relaxation Training (Drop-in; no preregistration required; 45 min.)**

Learn stress reduction techniques including deep muscle relaxation, mental imagery and diaphragmatic breathing. Come once or many times. Wear comfortable clothes.

Alice Brunner, Ph.D.

Fridays, 12:15 – 1:00 pm, beginning January 19<sup>th</sup>

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### **Brother's Keeper (A Lunch Series for African American Men)**

This lunch series will address topics relevant for African American male students. These luncheons will provide a blend of food, fellowship, dialog, education, and mentoring. Invited speakers will facilitate rousing, animated discussions on topics that impact African American men; the goal being to support and strengthen the African American male community at the University of Michigan. Topics of discussion will include: The African American male experience on the U of M Campus, Black Male Identity and African American role models.

Dwaine Campbell, Ph.D., & Gabe Javier  
Cosponsored by CSP, OAMI, CAPS & LGBTA

12:00 – 1:30 pm, Feb. 14<sup>th</sup>, Mar. 14<sup>th</sup>, & April 11<sup>th</sup>  
MSA Chambers, 3<sup>rd</sup> Floor Michigan Union

### **Building Connections: An Undergraduate Psychotherapy Group**

Building Connections is a psychotherapy group for undergraduates seeking to gain insight into themselves and their relationships with people. Examples of appropriate issues include (but are not limited to) family struggles, concerns regarding friendships or relating with professors, low self-esteem, and anxiousness, depression, or loneliness associated with difficulty connecting with others. A brief individual meeting with the counselor must occur prior to joining the group.

Sandra Piedrahita, M.A.

Thursdays 1:00 – 2:30 pm, beginning February 1<sup>st</sup>

### **Coping with Emotional Distress**

Feeling overwhelmed by your emotions? Ever been told you are over-sensitive or over-reactive? In this 6-week structured group you will learn practical, empowering skills to better manage intense, painful emotions such as anger, anxiety, stress, sadness, fear and hurt. Though no one can make painful emotions disappear, we can learn to greatly reduce their intensity and their negative power over us, and we can learn to tolerate them gracefully. A pre-group meeting is required.

Rachel Crutchfield, LMSW

Thursdays, 3 – 4:30 pm, beginning February 1<sup>st</sup>

### **Gay, Bisexual, and Questioning Men's Discussion and Support**

This confidential group is for men who are oriented towards other men, regardless of identities or labels. Gay, bisexual, queer, or questioning men are welcome. It is designed as a safe place to discuss identity, community, coming out, self-esteem, relationships, homophobia/biphobia and other issues of relevance. **Pre-group interview required.**

Mark Sampson, Ph.D.

Tuesdays 6:00 – 7:30 pm, beginning January 23<sup>rd</sup>

Matt Wadland, Psychology Intern

### **Graduate Women**

There is a creative energy in each of us that seeks to explore and express the landscapes of our lives. And whether we consider ourselves artists or not, many of us find therapeutic benefit from creative expression--both that which we create, and that which we behold. This group provides a safe environment for graduate women to explore and share personal and interpersonal concerns related to self-esteem, family dynamics, relationships, and identity development, etc., through incorporating various means of creative expression such as poetry, creative writing, painting, and sculpting in the group process. **Pre-group interview required.**

Hsiu-Lan Cheng, Ph.D.

Tuesdays 1:15 – 2:45 pm, beginning January 30<sup>th</sup>

Tamara McKay, Psychology Intern

### **Individual, Interpersonal, Academic & Professional Empowerment by Managing Anger**

This group is open to undergraduate and graduate men and women. Members will discuss difficulties they have managing their anger in relation to themselves, partners, family members, friends, professors, employers, or with whomever they interact. Members will learn why they have difficulty managing their anger, and anger management skills. **Pre-group interview required.**

LaReese Collins, Ph.D., LMSW, ACSW, BCD

Tuesdays, 6 – 7:30 pm, beginning February 6<sup>th</sup>

### **Intersecting ROADS (Race Orientation Attraction & Dialogue)**

This lunch series will address topics relevant for Lesbian, Gay, Bisexual, Transgender and Queer-identified people of color. LGBTQ people of color live at the intersections (of their lives as people of color and as LGBTQ-identified). This monthly lunch series will offer LGBTQ people of color a safe space to explore the issues of this difficult and wonderful intersection. These luncheons will provide a blend of fellowship, education and support; the goal being to support and strengthen the LGBTQ people of color community at the University of Michigan. Topics of discussion will include: Navigating the university and Ann Arbor; closeted life and the home life; negotiating identity and spirituality; and discrimination within the LGBT community.

Dwaine Campbell, Ph.D., & Gabe Javier  
Co-Sponsored by LGBTQA & CAPS

4:30 – 6 pm, Jan. 25<sup>th</sup>, Feb. 15<sup>th</sup>, Mar. 15<sup>th</sup>, & Apr. 12<sup>th</sup>  
MSA Chambers, 3<sup>rd</sup> Floor Michigan Union

### **Lesbian, Bisexual and Questioning Women's Support Group**

This supportive and therapeutic group is designed for women who love women, regardless of identities or labels. Lesbian, bisexual, queer, or questioning women are all welcome. We will work together to create a safe and confidential place to discuss identities, communities, coming out, self-esteem, relationships, sexuality, the "isms" and other topics of interest to group members. **Pre-group interview required.**

Vicki Hays, Ph.D.

To be determined; contact vhays@umich.edu

### **SisterFriends**

This group will provide a sensitive, supportive and therapeutic environment for African American women in graduate school. The group deals with issues like being African-American on a predominantly White campus, self-esteem, relationship issues, depression, and family of origin concerns. It will be an excellent opportunity to support and be supported as members share their unique experiences in the campus community and society. **Pre-group interview required.**

Gwyn Awai, LMSW, ACSW  
Stacey Pearson, Ph.D.

Wednesdays, 4 – 5:30 pm, beginning January 24<sup>th</sup>

### **Success NOT Excess**

This is a semi structured support group for students interested in decreasing and/or eliminating substance use and/or sobriety maintenance. The group combines guidance, therapeutic form, framework and tools from a trained therapist with peer support and feedback. To set up a brief pre-group interview, please discuss a referral with your individual therapist and/ or contact the group facilitator.

Ilona Rhodes, L.L.M.S.W.  
irhodes@umich.edu

Wednesdays, 4 – 5:30 pm, beginning Jan. 31<sup>th</sup>

### **Woman's Wellness Group: A group for women with eating concerns**

This is an 8-week semi-structured group that focuses on eating concerns. The group is intended as an addition to individual treatment or as support for individuals who have addressed issues with a therapist and would like to maintain treatment gains. The group includes a psycho-education component that focuses on topics such as healthy eating, body image, perfectionism, self-esteem, managing triggers, relationships, social and cultural influences, stress management, self-care, and identity. The group also includes a process component in which members process feelings and experiences. **A brief pre-group interview is required.**

Cindy Chatel, Post-Doctoral Fellow  
Stacy Clark, Psychology Intern

Mondays, 3:30 – 5 pm, beginning February 5<sup>th</sup>