

CMHC

UT COUNSELING AND
MENTAL HEALTH CENTER

Counseling and Mental Health Center
The University of Texas at Austin
512-471-3515 • SSB, 5th Floor • www.utexas.edu/student/cmhc

Groups and Classes Offered Summer 2008

❖ PERSONAL GROWTH GROUP

Tues 1-2:30 OR Wed. 10:30-12

If you are dealing with issues related to self-esteem or interpersonal relationships, consider joining a personal growth group. A personal growth group is a place to:

- Identify with others who are experiencing similar concerns
- Increase self-awareness through obtaining genuine and honest feedback from others
- Try out new behaviors in a safe setting
- Assert yourself in new ways
- Experiment with new ideas
- Develop effective ways of building and maintaining relationships

❖ GRADUATE STUDENT GROUP

Mon. 10:30-12

This group provides therapy and support to graduate students struggling with the concerns that are unique to them. This group will focus on one's identity as a student and developing professional, including feelings of not belonging or feeling like an imposter. We will also address issues of stagnation/procrastination with dissertation, thesis, professional publications, etc. The impact graduate school has on relationships with family, friends, colleagues, significant others, and advisors and how to navigate these changing relationships will also be a focus of this group. Finally, we will explore factors that impede success in graduate school (including depression and anxiety) and the impact this has on self-esteem. Find connection with other graduate students who are dealing with the same concerns as you!

❖ COPING WITH ANXIETY

Tues. 1:30-3

Does your anxiety get in the way of doing school work, building relationships, or living the life you want? This group provides a supportive place to talk about how anxiety is affecting you, to receive feedback from other students dealing with similar issues, and to practice new coping strategies. To find out if the "Coping with Anxiety" group is a good fit for you, call to register for a group information session.

❖ BREAKING THE ICE

Wed. 3-4:30

Do you have difficulty starting conversations or keeping the conversation going? In social situations, do you often struggle with what to talk about? If so, consider joining this group, which will offer practical techniques for improving your conversations and opportunities to practice these skills along with others who are working on similar goals.

❖ SURVIVOR GROUP

Wed. 4-5:30

If you have survived interpersonal violence in your life, this group can provide a safe space to share with others who have had similar experiences. The group will focus on how violence/trauma influences day-to-day life and relationships, your strengths and creativity, and further growth and healing. Topics may include but are not limited to the following: common experiences of survivors, fostering self-awareness, coping with triggers, and being heard and understood by others. If you have attended the Reclaiming Our Voices (ROV) group, this group may be a next step for you; however, it is not a requirement that you've attended the ROV group. This group is an all-female group.

Groups and Classes Offered Summer 2008, cont.

❖ MINDFUL EATING PROGRAM RECOVERY GROUP

Mon. 11-12:30

Recovery from disordered eating is possible. If you've realized that disordered eating is an unhealthy coping strategy for you, and you are working to get out of the old patterns of disordered eating and body obsessions, you may be "in recovery." Sometimes it is tough to say, "I'm in recovery," but if you are trying to turn away from food behaviors (restricting, bingeing, purging, or over-exercising) in order to learn new ways of coping with life's challenges, this group can help. This group is for students working on recovery issues, so most group members have been in group therapy or intensive treatment before. In the group, you will get feedback and support, share challenges and triumphs, and offer encouragement to other group members.

❖ MINDFUL EATING PROGRAM STRUCTURED GROUP

Tues. 3-4:30

Do you obsess about food or worry about your weight so much that it distracts you from your studies and interferes with social events? Do you replay the same hurtful body thoughts or obsess about food all day long? You may be struggling with disordered eating, an eating disorder, and/or a negative body image. These difficulties may get worse if you don't address them and research has shown that group counseling is a very effective way to heal from food and body image issues. The goals of this group are education, exploration, and emotional management so you will share your struggles about food and body image with other people who are working on similar issues, and you will learn how to manage your thoughts, feelings, and behaviors more effectively. This group is meant to be creative and challenging. There will be a weekly topic and plenty of time for group sharing.

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