



UNIVERSITY COUNSELING SERVICES

FALL 2017 GROUPS

RIO: Recognition, Insight, Openness

(Tuesdays – 11 a.m., 3-part workshop, 50-minute sessions)

Recognition, Insight, Openness focuses on building skills and creating flexibility in how you respond to distress. The three sessions are divided into content that builds upon itself and includes modules dedicated to: (1) helping you gain a deeper understanding of your concerns, (2) creating flexibility in how you view and approach these issues, and (3) helping you take steps toward living with a wide range of emotions. By the end of this workshop, you will have a better sense of your personal values and how you want to focus your energy. This is a referral only group through University Counseling Services.

A Mindful Way Through Distress

(Mondays – 1 p.m., 8 weeks, 50-minute sessions)

A Mindful Way Through Depression is an 8-week group that can help you overcome depression, anxiety, and stress—by simply learning new ways to respond to your own thoughts and feelings. You will be introduced to specific mindfulness practices to try each week, reflection questions, tools for keeping track of progress, and helpful comments from others going through the program. This group will guide you step-by-step along the path of change. This is a referral only group through University Counseling Services.

Kind to Self—Kind to Others

(Thursdays – 2 p.m., 6 weeks, 50-minute sessions)

Kind to Self—Kind to Others is a 6-week group that focuses on assisting individuals in cultivating meaningful and fulfilling lives. Through discussion and activities, individuals are challenged to harness their strengths and find balance in their lives. This group teaches positive psychology interventions that can be incorporated into everyday life, making this group beneficial for anyone wanting to improve their overall quality of life. This is a referral only group through University Counseling Services. *Adapted with permission from UW-River Falls Counseling Services

Brain Hacks

(Wednesdays—3 p.m., weekly starting Oct. 4, 50-minute sessions, Room 413 Warner Hall)

Brain Hacks is a support group available to anyone struggling with symptoms of ADHD. Individuals will be able to discuss their own difficulties and find community with others who have similar experiences. Individuals will also learn a “brain hack” each week that they can implement to become more successful in their day-to-day lives. Those interested in this group are encouraged to attend any or all sessions throughout the semester. Open to all students.

If interested in **any groups**, please call **608.342.1891** to schedule an initial counseling appointment.

To request disability accommodations, contact Deirdre Dalsing at 608.342.1865 or dalsingd@uwplatt.edu.