

GROUP OFFERINGS

Groups Meet Weekly for 90 Minutes Unless Otherwise Specified

Adult Children Empowerment (ACE) Group

For graduate and undergraduate students who identify as coming from an alcoholic or dysfunctional (“less than perfect”) family and want to better understand how their experience with their families of origin may be affecting their ability to lead healthy, happy and fulfilling lives.
Roberto Schiraldi, Ed.D.

Athletic Performance Enhancement Group

For student athletes interested in mental skills training to enhance performance through the development of mindful awareness and present moment acceptance of thoughts, feelings and physical sensations. (Six 1 hour sessions)
Jessica Lutkenhouse, Psy.D. & Robin Boudette, Ph.D.

Bridging Worlds Group

For graduate and undergraduate students who experience inner tension or conflict between the different cultures, races, classes, etc. that represent parts of who they are. This might include first generation Americans who identify as American and are deeply affected by their parents’ cultural identity; or biracial people who experience inner tension/conflict between the different aspects of their ethnic heritage; or anyone who is grappling with tension or conflict between important and different aspects of personal identity.
David B. Campbell, Ph.D.

CHOICES (Alcohol Education)

For graduate and undergraduate students interested in learning how to moderate their alcohol use. This is an interactive discussion group focused on alcohol abuse prevention.
Colin Ennis, Psy.D.

“Coming Out” Group

For graduate and undergraduate gay, lesbian, bisexual & questioning students who are either contemplating or managing the “coming out” process.
Colin Ennis, Psy.D.

Depression/ Anxiety/ Stress Management Group

For graduate and undergraduate students interested in learning how to better cope with the inevitable stress of college. Students will be presented with a variety of skills to handle problematic thought patterns that can increase distress.
Jessica Lutkenhouse, Ph.D. & Erica Saypol, Ph.D.

Eating Disorder Recovery & Support Group

This group will provide a safe space where undergraduate students in recovery from an eating disorder can receive support and continue to explore the underlying issues that have contributed to patterns of unhealthy, emotionally-driven eating. There will be an emphasis in the group on peer support, validation, and connection. (Group sessions are 75 minutes)
Susan Packer, Ph.D.

Graduate Women’s Group

For graduate students who wish to gain insight about and improve their relationships with friends, family, partners and advisors.
Shefalika Gandhi, LCSW

Maximizing Mental Health

For graduate and undergraduate students who are currently stable and live with chronic mental health issues. This is a safe, encouraging and supportive space for understanding emotions and sharing strategies in order to achieve and maintain balance in your mental health. Fridays 3-4:30 p.m.
Christine Garcia, Psy.D.

Men’s Alcohol and Other Drug (AOD) Recovery and Support Group

For male graduate and undergraduate students who are in recovery (or considering sobriety) and would like to receive and give mutual support to help manage the recovery process.
Roberto Schiraldi, Ed.D.

Mindfulness Skills Training for Graduate Students

This is a structured skills training group for graduate students who want to learn and practice mindfulness meditation and other stress management skills. Fridays 9:30—11 a.m.
Introductory session on 9/25/09
Robin Boudette, Ph.D.

Mindfulness for Undergraduates

This group will help participants to develop mindfulness skills, which can lead to an increased ability to cope with stress, relax, study with clarity and focus, and improve concentration. Two sessions, each four weeks (12-1 p.m.) International Center, 243 Frist. For information and registration email sgandhi@princeton.edu.
Shefalika Gandhi, LCSW

Procrastination—Not Just Lazy

For graduate students whose life quality is diminished, at least in part by the tendency to procrastinate. If you have feelings of sadness, dread, anxiety and/or hopelessness related to difficulty working toward your goal, this group can help.
David B. Campbell, Ph.D.

Stress Management: Meditation Over Lunch Thursday—Murray Dodge—12-1 pm

For graduate and undergraduate students, faculty and staff. Informal conversation over lunch followed by meditation and relaxation techniques. Free, healthy food provided. Drop-ins are welcome. Group meets through the Fall 2009 semester.
Roberto Schiraldi, Ed.D.

Survivors of Sexual Assault

For undergraduate and graduate female students who have experienced any form of sexual violence, including sexual assault, rape, and/or childhood sexual abuse. The group will help participants gain further knowledge and understanding of the effects of sexual violence and work on healthy coping skills.
Suraiya Baluch, Ph.D.

Women’s Alcohol and Other Drug (AOD) Group

For graduate and undergraduate female students who have concerns about their use of alcohol or drugs and who want to better understand the role of alcohol and drugs in their life and explore ways to have a greater sense of control over their use.
Karen Schwartz, Ph.D. & Erica Saypol, Ph.D.

To protect the integrity of the group process and the privacy of all group members, confidentiality is rigorously maintained.

Find more about CPS groups visit:
<http://www.princeton.edu/uhs/student-services/counseling-psychological/group-initiatives-program/>



Group Initiatives and Programs

Fall 2009

Counseling and Psychological Services

McCosh Health Center, 3rd floor

(609) 258-3285

Confidentiality is strictly maintained in accordance with all applicable laws and regulations.



WHAT IS GROUP COUNSELING?

Group counseling offers students with common concerns the opportunity to meet in a safe, confidential and welcoming atmosphere to address important issues that may be affecting them. Groups are conducted by one or more skilled facilitators and promote emotional and psychological well being.

Counseling and Psychological Services (CPS) offers several forms of group counseling:

Therapy Groups have personal transformation, behavioral change, insight and improved relationships/functioning as their goals.

Support Groups unify participants around a particular theme, providing information and guidance for resolving issues related to this theme and providing general emotional/relational support through knowing people with similar concerns.

Psycho-education Groups offer participants specific information and/or skill sets to manage behavior that has an impact on emotional/psychological well being.

Facilitated Discussion Groups encourage conversations about issues that have implications for student's social, emotional and psychological well being.

WHAT HAPPENS IN GROUP COUNSELING?

In therapy and support groups, participants share thoughts and personal feelings about their lives as well as about issues transpiring in the group. Students learn together as they explore their concerns and gain insight from other's feedback.

Therapy and support groups require participants who can be committed and responsible to the group over time and who are sincere in their efforts to grow emotionally and improve their relationships with others. As a result, potential members are carefully assessed for eligibility to participate.

Psycho-education and facilitated discussion groups encourage the broadest possible student participation because of their more structured format, which is focused on skill building and conversation. Therefore, no assessment is required for these groups.

HOW CAN I GET THE MOST BENEFIT FROM GROUP COUNSELING?

- Make a commitment to attend your group consistently
- Be engaged with the group and the process
- Be willing to take risks to share important things about who you are
- Treat the group and it's members with respect
- Be willing to participate honestly at a pace that is comfortable for you
- Be willing to share your thoughts and feelings
- Think more about your motivations than about those of other group members
- Avoid secrets with other members
- Work actively to shape the group to meet your needs
- Avoid blaming and/or judging others
- Listen with respect and attempt to understand rather than fix others

WHAT RESULTS CAN I EXPECT FROM GROUP COUNSELING?

Group counseling can help you to feel more confident, more comfortable with yourself, more aware of the impact that you have on others and more able to know and express your feelings.

In group you will have a unique opportunity to hear the concerns of others in a non-threatening environment, which has the added benefit of allowing you to see that you are not alone. Furthermore, group counseling provides a sense of community where participants can receive support as well as help others.

For more information about any of the groups listed, visit CPS at McCosh Health Center, 3rd floor, call (609) 258-3285 or visit <http://www.princeton.edu/uhs/student-services/counseling-psychological/group-initiatives-program/>