



Western Carolina University
Counseling and Psychological Services

Counseling & Psychological Services Groups – Spring Semester 2011

Helping Hands

This group is intended to provide support for students who have served in any branch of the military. Students will be encouraged to identify issues of focus; however topics may include transitioning to WCU civilian and academic life or how to access and get the most out of area services. Students in the group will be expected to contribute to a climate of mutual respect and support. Time and location TBA. For more info, contact Mike at 227.7469 or mmcintosh@wcu.edu.

The Social Network

Feeling shy or anxious in social settings? Have a hard time relating to others? Find it difficult to make friends? Are you unsure of how other people around you are really feeling? This skill-building and discussion-based group is to help support students who would like to practice and improve their social effectiveness and interactions with others. It may seem ironic, but for students who have difficulties in social settings, being a member of a safe, respectful skill-building group such as this one can be very helpful! The members of the group will be encouraged to develop their own goals and areas to focus on, but possible topics could include conversation skills, making friends, learning how to express your feelings to others, and learning to how to understand and respond to others' feelings. Day, time, and location TBA based on group member availability. For more info, contact Mike at mmcintosh@wcu.edu and Jay at mjmanalo@wcu.edu or call the office at 828-227-7469.

Living Mindfully, Not Mindlessly

Mindfulness is a universal human capacity—a way of paying attention—that can be cultivated, sustained, and integrated into everyday life. Join us in either one of our weekly guided practice sessions. Contact Michelle, Amy M. or Ashley at the Counseling Center (227-7469), visit <http://www.facebook.com/wcumindfulness> or simply show up for a session! We will meet on Mondays, 4:15—5:30pm and Thursdays, 10—11:15am in Bird Building, 2nd Floor, Pillow Room.

Rainbow Room

Whether you are questioning your gender identity or sexual orientation OR you've already "claimed" your gay, lesbian, bisexual and/or transgendered identity, sometimes it's helpful to have a safe space where you can regularly connect with a small group of people with similar life experiences. Rainbow Room is a confidential, respectful, counselor-facilitated support group for this purpose. Issues discussed could include coming out, gay life in rural communities, spirituality, handling discrimination and oppression effectively, and more. This meeting will be held on a regular basis but for privacy's sake the specific location & time will not be published. For more information or to schedule an appointment, contact Counseling & Psychological Services at 227-7469 and ask for Thomandra (tssam@wcu.edu) or Jay (mjmanalo@wcu.edu) for more information.

Something to Talk About

This group focuses on managing emotions. It is designed to help individuals explore their feelings and their beliefs about feelings and interpersonal relationships. Additionally, group members will practice skills to manage their emotions which will aid the quality of their interpersonal relationships. Group to be held on Tuesday s from 12:15-1:45pm. For more information or to schedule an appointment, please contact Jane at 227-7469 or jcroyseroskowski@wcu.edu.

Food Fight

Do you define yourself or your feelings by what you have eaten or what you weigh? This group is for students struggling with eating problems and/or negative body image. Group members will discuss coping with disordered eating and learn strategies to make positive changes in self image. Group Day and Time – Mondays 4-5:30pm. For more information or to schedule an appointment, please contact Jane (jcroyseroskowski@wcu.edu) or Amy M. (aemeredit@wcu.edu) or by calling 227-7469.

International Processes

A group with membership of students who are newly integrated into the US society and wish to explore the meanings of who they are as individuals and an international community. Group tends to examine the intersection between societal standards, communal membership and personal wishes. Topics may include: food, communication, religiosity, political difference, etc. Topics may vary per group preference. Meets every Monday at 5pm, in Intercultural Affairs (3rd floor, UC). Contact Thomandra Sam (tssam@wcu.edu, 828-227-7469) if interested.

EmWave Orientation Session

The emWave PC program is designed to teach you how to intentionally shift your emotional state in order to facilitate higher brain functioning. The intentional shift from a negative state to a positive state enhances a person's clarity of mind and general sense of well-being. For more information contact the Counseling and Psychological Services at 227-7469 to arrange an individual orientation.