

Counseling & Psychological Services Groups

Spring Semester 2012

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 227.7469 or mmcintosh@wcu.edu.

Reducing Anxiety and Stress... STRESSED is DESSERTS spelled backwards. The semester has begun and you may already be feeling a little anxious. If so, this group is designed to be a way for you to learn how to unwind and relax. This group will explore the following: 1. Recognizing what increases your anxiety/stress? 2. How you are currently coping and how you can improve your coping skills? 3. Common and individual ways to reduce stress/anxiety. This group is designed for all to come learn how to reduce anxiety/stress. The group will meet once a week. Time and location TBA. For more info, contact Lisa D. at 227.7469 or lmdevore@wcu.edu.

SoulCollage® is a process of making collage cards through an intuitive selection of images from magazines and photos. The group will be guided in reflection and sharing of cards. Participants will become present to their unique and many-faceted Soul in a new way. This illumination often answers questions that are deep in our souls, allowing for peace, rejuvenation, or focus. This is a simple & creative process that holds deep meaning for many and does not require any artistic ability! Time and location TBA. Contact Arika for further details, to see examples, and to sign up at 227-7469 or amorrison@wcu.edu.

Sister Circle is a group with membership of women of color exploring the meanings of who they are as individuals and a community. Exploring the intersection between societal standards, communal membership and personal wishes. Topics may include: personal meaning, sexuality, interpersonal connections and others topics chosen by group members. Group meeting times will be determined by the group membership. For more information or to schedule an appointment, contact CPS at 227-7469 or email Thomandra Sam at tssam@wcu.edu. All communication and participation is completely confidential.

TRANSformations.. Do you often wonder about the relation of gender to biological sex? Do you feel that the world around you restricts your ability to express your femininity and/or masculinity or does it matter? "Transformations" is a campus support group for transgender, transsexual, genderqueer, intersex, and two-spirit individuals. It's a safe and supportive place to talk and explore gender identity/expression with others on the spectrum. This group offers an opportunity to meet others, share information and explore in a confidential and secure atmosphere. The group meets during the fall and spring semesters, starting in September. For meeting times and locations, call the CPS at 828-227-7469 or email Thomandra Sam at tssam@wcu.edu. All communication and participation is completely confidential.

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 that can explore various issues, including 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 CPS at 227-7469 or email Thomandra Sam at tssam@wcu.edu.

Non-Traditional Student Support Group... Are you a non-traditional student? In other words, are you a parent, working a full-time job, a little older than the average student- or all of the above? If yes, CPS is holding a support group for non-traditional students to connect with one another to explore the unique challenges and strengths that can occur when returning to college as an "adult learner". Monday's at 4:15 in the CPS multipurpose room. Please contact Michelle @ 227-7469 or mcooper@email.wcu.edu for further information.

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 for weekly guided practice to foster a more present awareness in everyday living. Contact Michelle at mcooper@wcu.edu or 227-7469, visit <http://www.facebook.com/wcumindfulness> or simply show up for a session! We will meet on Wednesdays from 12:30pm – 1:45pm (time may change) in the CPS Pillow Room.

Keeping Relationships Healthy... This group is intended for students who are interested in gaining greater understanding of themselves and ways of relating more comfortably to others. Topics may include: effective communications, assertiveness, balancing priorities, learning to say no, listening skills, intimacy and more. For more info, contact Marisa (mlwood@wcu.edu) at 227-7469 to arrange an orientation session. Tuesdays from 3:00 – 4:30pm in the CPS Pillow Room



Nurturing People. Fostering Change.