



## 2013/14 Group Schedule

Our tailored group sessions target our clients' specific areas of concern.  
Cut-off for new registrants is one week prior to the first session.  
New groups will form periodically.

### **Mondays**    **Self-Care for Caregivers**

4:30 - 6:00 p.m.  
Start Date: Sept. 16    This is a time-limited support group for individuals in the community who are in the process of providing care for their loved ones. Community resources and effective management strategies will be introduced.

### **Mondays**    **Mindfulness and Self-Compassion**

5:00 - 6:30 p.m.  
Start Date: Oct. 14    A skills-based group focusing on building group members' capacity for taking note of his/her experience without judgement. Participants in the group can expect to engage in experiential practices, such as guided meditation, breathing training, and more. Building mindfulness skills opens up space in individuals' lives for greater peace, centeredness, and more adaptive decision-making.

### **Tuesdays**    **Overcoming Over-Eating Challenges**

5:00 - 6:30 p.m.  
Start Date: Oct. 15    Participants will learn skills to identify and shift unhealthy thinking patterns that perpetuate their unhelpful eating patterns while establishing a regular, healthy pattern of eating. These skills are highly effective in reducing emotional binge-eating and will be offered in a supportive, small group environment.

### **Tuesdays**    **Reducing Performance and Social Anxiety**

6:00 - 7:30 p.m.  
Start Date: T.B.D.    This group offers skills and practice in interpersonal situations that have been highly effective in reducing anxiety in social situations. These skills will be offered in a comfortable, small group environment with the goal of improving confidence and effectively managing stress in social encounters.

### **Thursdays**    **Coping Effectively with Depression**

4:00 - 5:30 p.m.  
Start Date: Sept. 19    This group focuses on understanding and gaining better control over the factors that lead to negative emotions. Strategies for identifying and maintaining positive mood states will be taught.

### **Thursdays**    **Strategies for Improving Attention and Concentration**

5:00 - 6:30 p.m.  
Start Date: Aug. 14    This group provides a set of strategies that have been shown to be effective in enhancing attention and concentration skills. These strategies can be effectively applied to the classroom, study, and meeting situations in which distraction and inattention interfere with performance.

---

The cost is \$40 per group session per week. The Psychological Clinic is a Blue Care Network provider, many policies cover this service.

Regents of the University: Mark J. Bernstein, Julia Donovan Darlow, Laurence B. Deitch, Shauna Ryder Diggs, Denise Ilitch, Andrea Fischer Newman, Andrew C. Richner, Katherine E. White, Mary Sue Coleman (ex officio)