GROUP OPPORTUNITIES
Spring 2017

Therapy and Support Groups

**USO Therapy Groups**
The Understanding Self and Others group is a powerful treatment modality, and has certain advantages over individual treatment. Groups consist of 6-8 members, and are led by two therapists. These groups are open to students with diverse needs, and are designed to help participants increase self-understanding, self-esteem, and intimacy in relationships, as well as address their interpersonal style and relationship-building skills. The groups provide a private, warm and supportive environment in which you can constructively experiment with new ways of relating to others, share personal experiences, express fears and concerns, and get support and feedback. Registration required, contact npage@carleton.edu.

**Expressive Art Therapy Groups**
This is a non-traditional expressive group therapy using drawing, painting, writing, and other art mediums! Basically, it’s a fun and challenging way to learn more about yourself and target some of your areas of growth. This group is for anyone, but may be specifically helpful for those struggling with: anxiety (social or general), perfectionism, insecurities, or fear of failure and risk taking. You DO NOT have to be artistic, creative, perfect, or the best in the world to join. You DO have to be ready for fun, creative expression, and the challenge of growing and self-discovery! Registration required, contact npage@carleton.edu.

**Survivors of Sexual Trauma Support Group**
This support group is run by a licensed clinician and is designed to help members feel a sense of safety and support as they work to find healing via connection with others who identify and understand. The group focused on validation and normalization of feelings, experiences, and trauma responses; increasing coping skills and resilience; and experiencing compassion and empowerment in community with other survivors. You will NOT be asked to retell your trauma story. Registration required, contact mlysne@carleton.edu.

Workshops

**PERFECTIONISM and PROCRASTINATION**
This workshop series helps students understand the underlying elements of perfectionism and procrastination and learn how to change destructive mindsets and behavior patterns in a way that will improve self worth and emotional wellbeing, enhance relationships, and increase productivity. The Perfectionism workshop is now a VIDEO SERIES and can be found online (on SHAC’s groups webpage): https://apps.carleton.edu/studenthealth/counseling/groups/perfectionism/

**PERFECTIONISM DISCUSSION**
(Challenging a Culture of Perfectionism at Carleton)
Tue. April 4th 12:10-1:00pm
Wed. April 26th 6:00-7:00pm

**PROCRASTINATION**
(Time Management Solutions)
Tue. April 11th 12:10-1:00pm
Wed. May 3rd 6:00-7:00pm

**PROCRASTINATION**
(Emotional Management Solutions)
Tue. April 18th 12:10-1:00pm
Wed. May 10th 6:00-7:00pm

**RESILIENT BODY MIND SPIRIT Workshop Series**
This workshop series provides instruction for developing understanding and skills to manage distress. We focus specifically on transforming anxiety, depression, and social isolation. The content will be delivered in online modules.