

PHP GROUPS – FALL 2009

For more info or to join a group, contact Anne Cowardin-Bach at phpgroup@colorado.edu

Relationship Groups: These groups are a supportive social “mini-world” that allow you to examine habitual patterns of thinking, feeling, and behaving that you may have noticed in your relationships. Your interactions in relationships outside of the group are likely to appear inside the group, giving you the opportunity to learn about yourself and get useful feedback from others, practice new ways of interacting, strengthen the relationship skills you already have, and learn more satisfying ways of relating. Examples of how group members may grow include: learning to ask for what you want or say “no” to things you don’t want; identifying and speaking about your experience and needs in the moment; reducing anxiety in emotionally charged situations; communicating more clearly; and feeling more comfortable with intimacy and independence.

Mixed Upperclass/Graduate Relationship Group: Mixed gender relationship group for upper class and graduate students

Graduate Women’s Group: A therapy and support group for graduate women experiencing the full range of stressors common to student life – relationship issues with family, friends, faculty, and partners; academic pressures; financial worries, among others.

Graduate Men’s Group: This men’s group will facilitate awareness of one’s self and one’s style of relating to others. We will focus on challenging traditional norms within our society that constrain men and how to increase choice and lead a healthier lifestyle. Issues discussed include independence and dependence, intimacy and autonomy, strength and vulnerability, and responsibility and choice.

Adult Children of Alcoholics/Addicts (ACOA) Group: Do you experience: dependent/unhealthy relationships that often lack intimacy; difficulty taking care of yourself or judging yourself harshly; low self-esteem, approval seeking or people pleasing; anxiety, depression; inability to identify and express feelings; compulsive and/or impulsive tendencies, or being an adrenaline junkie; harmful substance use; being over-responsible or under-responsible; and/or difficulty having fun? If yes, this group will assist you to move *away* from learned self destructive behaviors, family chaos, control issues, and anxiety/depression, and *toward* healthier relationships with yourself and others in a supportive environment.

Dialectical Behavior Therapy (DBT) Skills Group: DBT combines cognitive, behavioral, and Eastern mindfulness strategies to teach members such skills as: getting through crisis situations; managing intense and highly reactive or changeable emotions; developing self-acceptance; and increasing assertiveness, improving communication, and decreasing chaos in relationships. Skills are taught in a classroom format and homework to practice skills is assigned.

Mindfulness-Based Cognitive Therapy for Depression: This is an 8-session, highly experiential group designed to help with recovery from depression and prevent future episodes. Members will learn mindfulness meditation and cognitive techniques to radically shift your relationship to the thoughts,

feelings, and body sensations that can put you at risk for further depression. Members will be expected to practice mindfulness and complete homework assignments outside of group time.

Building Resilience Group: How do we cope with our ever changing lives? How do we build effective stress management skills? This group will focus on building long-term skills for managing stress including mindfulness, breathing, movement, visualization, and perspective-taking.

Body Image Group: This group offers an opportunity to learn new ways of trusting your body. Part of the time is spent discussing topics related to body image and the remaining time is used to process personal reactions. Below is a list of topics that are generally covered throughout the course of a semester.

- Appreciating Diversity in Beauty
- Understanding the impact of the media (TV, magazines, etc.)
- Assertiveness
- Mindfulness
- Trusting Your body
- Food and feelings
- Quieting the inner critic
- Appetite awareness
- The more you know the less it drives you- your story

Acupuncture Group: Group acupuncture is a complementary treatment that can allow students to have a more successful healing and recovery process when used in conjunction with other forms of treatment and therapy. All acupuncture points are located in the ears and on the head, so you will remain fully clothed and seated comfortably. For more information, contact Allie Dodge, L.Ac 303 492-1253.

STARS – Striving To Achieve Real Success – Group: This is a weekly substance abuse therapy group where members can check-in about their goals, treatment plan and progress, and use the group to help keep them accountable to their treatment plan. The group is also a place for students to talk about their struggles with substance use and any other issues that may come up. For more information on how to join, contact Judy Taub, LCSW at 303 492-1780