

BUCC Therapy Groups

Relationships Group: Mondays from 3:30 to 5:00 PM Facilitated by Rod Hetzel, Ph.D.

Our relationships can bring us joy and contentment, and they also can be sources of conflict and pain. This group is for students who want to improve their relationships with friends, romantic partners, family members, or just people in general. This group is designed to help you better understand yourself and your relationships, identify the changes you want to make in how you relate with others, and develop the knowledge and skills to reach your goals. The group provides a confidential setting for you to practice new relationship behaviors within a safe and supportive community.

Social Confidence Group: Tuesdays from 3:30 to 5:00 PM Facilitated by Jim Marsh, Ph.D.

Do you ever feel anxious when meeting new people, talking in class, performing in front of a group, or going to a party or meeting? High levels of social anxiety can negatively impact your relationships and even interfere with your classroom experiences and academic success. This group focuses on identifying fears related to social situations and provides psychological education, support, and the opportunity to develop skills to manage a variety of social situations and increase your social confidence.

Body Talk!: Tuesdays from 3:30 to 5:00 PM Facilitated by Cynthia Wall, Psy.D.

Would you like to feel better about your body? In this group, we will explore one of the most important relationships you have – the one you have with your body. Body image is the picture you have in your mind of what your body looks like, how you believe others see you, and how you feel about your body. A negative body image is a hidden source of distress for many people which can range from mild feelings of unattractiveness to extreme obsession with physical appearance. Join us and develop a more positive relationship with your body and come to know and appreciate yourself more fully.

New Hope: Wednesdays from 3:30 to 5:00 PM Facilitated by Susie Matlock-Hetzel, Ph.D.

A grief support group for Baylor students dealing with all types of losses. Grief is a natural reaction to loss and it can be difficult to deal with on top of college stressors. This group provides support in a safe, confidential environment for dealing with tough feelings, for reflection, and a chance to learn self-care strategies to help move through the grieving process.

**Creative Arts Group: Wednesdays from 3:30 to 5:00 PM Facilitated by Randal W. Boldt, Psy.D.
or
Thursdays from 3:45 to 5:00 PM**

Explore your personality, relationship style, inner thoughts, feelings, wishes, and beliefs in a creative arts group. This group uses artistic expression and exploration, sharing, and discussion, to help you explore your identity, your personality, and the direction you want your life to take. No previous artistic experience required - simply enjoy creating.

These groups are planned for the 2009-10 academic year based on student interest and staff availability. If interested in participating in a group, call (254) 710-2467 or come by the Counseling Center on the 2nd floor of the SLC to make an appointment with a facilitator.