Fall 2022 - Group Therapy Descriptions

**ACT on Anxiety and Depression**
**CLOSED** – Group full
Group Leader(s): Jessica Raddin
Monday, 3:30 – 5:00 pm
Screening: Required, 45 minutes

**Description:** This group focuses on building a caring, supportive community in which members can address symptoms of depression and anxiety by practicing mindfulness and acceptance. Students learn to attend to difficult inner experiences instead of avoiding and distracting, uncover the costs of fighting with unhelpful thoughts, and thereby reconnect with their values. From this place of mindfulness of what really matters, they then choose and practice ways of acting that are truly meaningful to them.

**Cha Cha Changes Group**
Group Leader(s): Lauren Volpei and Morgan Bobo
Thursday, 3:30 – 5:00 pm
Screening: Required, 30 minutes

**Description:** This is a support group for new students at Baylor, who are experiencing the stress of adjustment. Being a first year or transfer student can be overwhelming. Finding community and belonging can be challenging. Having a space to talk with others with shared experiences may be offer the support needed to adjust successfully and grow in the process. This group will remain open throughout the semester.

**Chronic Illness and Long-Term Disability Support Group**
Group Leader(s): Heather Harris
Thursday, 12:00 – 1:00 pm
Screening: Required

**Description:** This group is appropriate for clients who present with long chronic physical illness and long-term physical disabilities. The group will focus on learning how to navigate life as a student while managing chronic illness and disabilities and giving students support to be emotionally healthy as they navigate challenges. This is a *drop-in group*. 
Creative Arts
Session 1
Group Leader(s): Randal Boldt & Yunjin Lee
Wednesday, 3:30 – 5:00 pm
Screening: Required, 30 minutes

Session 2
CLOSED – Group full
Group Leader(s): Stephen Case & Lindsay Regehr
Thursday, 3:30 – 5:00 pm
Screening: Required, 30 minutes

Description: This is a therapy process group designed to build community among the members to address many diverse emotional struggles and enhance interpersonal relationships. We do this through the use of art and through sharing in a supportive environment.

Cultivating Confidence Group
Group Leader(s): Kallie Kobold and Anna Kidd
Wednesday, 3:30 – 5:00 pm
Screening: Required, 30 minutes

Description: 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. Sessions are designed to be educational and experiential, helping members develop awareness and skills to manage anxiety and self-consciousness in social situations. In a structured and supportive environment, members will learn concepts, drawn from Acceptance and Commitment Therapy (ACT), intended to strengthen self-confidence, acceptance, and willingness to confront the social challenges of everyday life.

DBT Skills Group
Group Leader(s): Heather Harris and Danielle Nickless
Tuesday, 12:00 – 1:00 pm
Screening: Required

Description: This group focused on learning DBT skills with focus on helping clients to regulate their emotions, tolerate distress without making things worse, learning to be more effective in their interpersonal relationships and to use mindfulness to ground and approach difficulties from a Wise Mind perspective. All clients can benefit from this group; however, it is typically for clients who have more complex or treatment resistant issues.

Exclusions: Clients who are not appropriate include recent trauma, recent hospitalization, clients who are not also in individual counseling with more complex problems, clients who present primarily with ED or addiction problems since skills specific to these issues are not included this semester.
Family Focus Group
Group Leader(s): Chris Asikis
Tuesday, 3:00 – 4:30 pm
No Screening Required

Description: Are you having difficulty with your family relationships in college? This is a drop-in group for clients who want to address issues regarding their family of origin and are seeking to build insight and skills to navigate their family system. The group is designed to be educational and experiential, covering various relational topics such as communication styles, family roles/rules/rituals, boundary setting, identity formation, and intergenerational influences. By creating a supportive community of group members, this group helps clients gain new skills, engage in perspective-taking, and building peer relationships. This is a drop-in group.

Exclusions: Clients with high risk factors who are not in individual therapy.

Interpersonal Process Group
Group Leader(s): Teran Yaklin
Tuesday, 12:30 – 2:00 pm
Screening: Required, 30 minutes

Description: This group is a place for students who are experiencing symptoms of depression, anxiety, or difficulty adjusting. A safe place for them to express their feelings with the support of a counselor along with their peers. This group will remain open until it has 6 clients. Appropriate for clients who are experiencing mild to moderate suicidal ideation.

Living Life to the FULLest
Group Leader(s): Kallie Kobold and Esther Hooley
Thursdays, 1:00 -2:30 pm
Screening: Required, 30 minutes

Description: Do you find that thoughts about food, weight or body image consume more of your time and energy than you would like? This group provides a space for students to identify how disordered eating/eating disorders have interrupted personal goals, affected their sense of self, and relationships with others. Sessions are designed to be both educational and experiential, helping members explore barriers to recovery, build motivation, and cultivate self-compassion. Group facilitators aim to foster a space that is open, affirming, and recovery oriented for all members, with a focus on helping group members provide one another with encouragement and shared accountability. Members will benefit from the group regardless of where they may be in the process of understanding how disordered eating thoughts and behaviors have impacted their life and what is important to them.
LOTUS Group
Group Leader(s): Cheryl Wooten & Nicole Saadatirad
Friday, 1:30 – 3:00 pm
No Screening Required
1.5-hour group

Mindfulness Group
Group Leader(s): Grace Kallimel and Maria Dragomir-Davis
Wednesday, 1:30 – 3:00 pm
Screening: Required, 30 minutes

**Description:** This is a drop-in group that focuses on skill-building and consists of meditation instruction and practice. Consider participation if you’re seeking to address and improve self-awareness, concentration, stress level, symptoms of depression and anxiety, or your ability to regulate your emotions. Therefore, please ensure no risk factors are present while referring or ensuring they are in individual therapy.

**Exclusions:** Clients with high risk factors who are not in individual therapy.