



Counseling and Testing Weekly Workshops

Fall 2018

Mind Spa Instruction

Mondays, 2:30-3:30, Chestnut 311 Please call ahead.

The Mind Spa room encourages self-care at your convenience. Join us in a demonstration of our biofeedback software and learn how resources in the Mind Spa can help you with symptoms of anxiety and depression.

Pause for Paws and Netflix

Tuesdays 3:30-4:30, Chestnut 311

Students will get the opportunity to connect with others in a comfortable environment, with therapy dogs, to select episodes of a Netflix show and discuss how the characters' behavior reflects situations that they deal with in their own life.

Express Yourself! Art Therapy

Tuesdays 1:30-3, Chestnut 311

Express Yourself! is a safe space to explore and express feelings, manage stress and anxiety, and explore new art materials. Each week a different media will be presented with an intervention designed to facilitate expression, relaxation or just for fun. Focusing on the process of art making, as opposed to the end product is encouraged to challenge perfectionistic tendencies and practice mindfulness.

Dog Hour

Wednesdays 1:30-2:30, Chestnut 311

Dog Hour is a group for those who want to take a moment to destress, decompress, and cuddle a small dog named Rockstar!

Understanding Trauma

Wednesdays 1:30-2:30, Chestnut 311

The goal of the group is to provide a safe space, particularly for those who are not yet ready for focused trauma work in either an individual or group setting, to understand the impact of trauma on general functioning using an educational and/or informational approach.

Defense Against the Dark Thoughts

Wednesdays 4:30-5:30, Maple Hall Living Room

Join us as we explore common issues among Muggles and Wizards alike including loneliness, pressure to be perfect, and self-doubt. Discussions and activities based on the Harry Potter Series will help you find your own Patronus to guide you through difficult thoughts and feelings!

A Healing Hook, Crochet Workshop

Thursdays 4:30-5:30, Chestnut 311

Students will have the opportunity to learn to crochet, complete crochet/knit projects, and connect with peers. Materials supplied and no experience necessary!

Dog Breath

Fridays 2:30-3:30, Chestnut 311

Come hug and be hugged by a poodle named Buddy! Learn skills that can be used to relieve stress and manage anxiety while spending time with a lovable pet!

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940-565-2741

COUNSELING
& TESTING





Counseling and Testing Therapy & Support Groups

Fall 2018

Appointment necessary!

Survivors of Sexual Assault (SOSA) Group

Mondays 4-5:30, Maple B138

Our SOSA group was created to provide a healing and safe environment for survivors of sexual assault to learn about sexual trauma and connect with other survivors. Group members will have opportunities to learn information, share experiences, process thoughts and feelings, and learn skills to cope in their healing journey.

Queer, Questioning and Trans People of Color (QTPOC) Group

Wednesdays 4-5:30,
Chestnut 311

This is a support group dedicated to creating a confidential space for queer, questioning and trans people of color to encourage and uplift each other through community, authentic dialogue and compassionate listening.

Body Wellness

Thursdays 2:30-4, Chestnut 311

This group will offer a safe space for women, nonbinary people, and femmes to explore issues related to sexism, sizeism, body image, and disordered eating behaviors. If what you've been told about "womanhood" and "feminine ideals" has created distress in your life, this is a great group to get support and challenge rigid body ideals and disordered eating behaviors.

Of a Feather: Queer Support Group

Time and Location TBD

This group will offer a safe space to discuss issues related to being queer and trans. Check back for further details about this group's structure soon!