

GROUP THERAPY

Fall 2020

Schedule an initial consultation to meet with a therapist and discuss group options by calling Barnes Center at The Arch Counseling at 315.443.8000.

Building Resilience Skills Workshop

This group is a skill-based and process group designed to help students understand more about their own personal resilience skills and to develop additional skills related to resilience.

COVID-19 Grief and Loss

Grief can be an isolating experience and COVID-19 can compound and complicate grief and isolation. This group will provide a space to collectively identify, acknowledge and process grief and loss experiences related to COVID-19.

Dialectical Behavioral Therapy (DBT) Group

DBT has been found to be effective in managing intense, overwhelming emotions. This group works to strengthen one's ability to handle large emotions without acting destructively.

Finding Strength in Sensitivity

In this group you'll learn about your highly sensitive trait, what it means, and how it makes you experience the world a little differently from the rest of the population.

Gender and Sexuality Affirmative Therapy

Within a group setting, students will be encouraged to process personal experiences related to navigation of identities, connect with peers who may share experiences and discuss navigating aspects of identity within a campus community.

International Community Voices

This group offers International students a safe space to process the unique challenges, share their experiences and connect with other students.

Mindfulness and Self-Compassion Workshop

This group introduces students to the concept of mindfulness as a means for tolerating stress and managing difficult or painful emotional experiences.

Options Alcohol and Other Drugs Workshops

The Options Education Group focuses on harm reduction, decision-making and the physiological impact of substance use. Participation in the workshops may be a self or a mandated referral.

Recovery Group

This is an interpersonal process group designed to promote healing and recovery from the use of alcohol and other drugs. This group offers an opportunity for students who are working an abstinence based recovery program to connect with others who are also living a sober lifestyle.

Sexual Violence Survivor's Group

This group is for all students who have been a victim of sexual violence. Within an understanding and accepting environment, members share experiences and feelings.

Students of Color: Releasing the Invisible Weight

Among students of color, the burden of race-related stress, stereotype threat and impostor syndrome may add to the stress of college. This group offers a safe space to process the challenges of navigating campus and global communities. Undergraduate and graduate groups available.

Supporting Students with Anxiety

This group is for students experiencing difficulty managing stress and symptoms of anxiety. Within a supportive environment, this semi-structured group provides a variety of education and skill building resources for relaxation and coping.

The Daring Way™

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. During the process, we explore topics such as vulnerability, courage, shame and worthiness.

Trainee Experiential Group

Trainee experiential group is designed for trainee-skill development and for learning about group process, stages of group development, leadership styles, and the therapeutic factors that often play out within the life of a group.

Understanding Yourself and Others

In a safe and supportive environment, this interpersonal process group offers an opportunity to relate to those experiencing similar concerns. Undergraduate and graduate groups available.