



Group Therapy Schedule

Spring 2020

Counseling & Psychological Services and Haven

Monday	Tuesday	Wednesday	Thursday	Friday
Counseling Center				
USO #1 3:30-5:00 Dawn Injured Student Athlete Support Group* 7:00-8:30pm Christian	SAM #1 11:00-12:00 Monique & Syrena Men's Group 4:00-5:15pm Christian USO #2 2:45-4:00pm Najla Grief & Loss 4:15-5:30pm Najla	USO #3 4:00-5:15pm Niki SAM #2 4:00-5:00pm Christian Empower TBD Denise	Eating Issues 12:00-1:00 Niki & Emily USO #4 4:00-5:30pm Niki	USO #5 1:30-3:00pm Niki & Syrena Navigating Chronic Conditions in College TBD Niki
Haven				
Beyond the Binary 11:15-12:15pm Denise		Long Distance Life 4:15-5:30pm Najla & Kerra	Survivors 4:15-5:30pm Dawn & Denise	
Shaw Wellness Institute				
DBT Group 4:00-5:15 Steve		Colgate Body Project 5:30-7:00 Niki	AOD Group 4:00-5:15 Steve	Design Your Own Life TBD Najla

AOD Group A judgement-free space for students to explore their relationship with alcohol and other drugs.

Beyond the Binary A supportive and affirming group where students can share common experiences and increase their sense of understanding regarding their own gender identity, sexual identity, relationships with others, and sense of empowerment. All identities w/in the LGBTQIA and non-binary gender are welcome.

Colgate Body Project (PE Credit) A 5-week course that explores issues related to body image, sociocultural impacts of objectification, and promoting body love and acceptance. Meets in the Shaw Wellness Institute.

Design Your Own Life (PE Credit) A 10-hour retreat at the Chapel House focusing on personal reflection, meditation, and a search for higher consciousness. Co-facilitated with Rodney Agnant.

DBT Group Learn skills to cope with difficult situations in life, become better at managing emotions, and develop healthier relationships.

Eating Issues A space for students to gain support and learn strategies to manage concerns related to eating and/or body image issues.

Empower: Support for Students of Color This group was developed to foster honest, supportive, validating, and collaborative discussions about how to survive and thrive in college as a person of color.

Grief & Loss This group is a confidential and supportive space for students to explore and process emotions related to various losses.

Injured Student Athlete Support Group* Meets every other Monday in the Wooster Room in Huntington

Long Distance Life Space for international students and those far from home, to explore and share personal narratives and life stories while living in the USA; to explore coping-skills and maintenance for mental wellbeing and experience the support of a community.

Men's Group This group provides a supportive environment for students to connect, develop self-awareness, and actively explore positive masculinity. Students will engage in interactive dialogue and atypical exercises to acknowledge and affirm their strengths, as well as foster an environment that promotes a healthy peer culture.

Navigating Chronic Conditions in College This group will explore the challenges associated with navigating medical conditions during college, providing a space for support, connection, and sharing resources.

SAM (Stress & Anxiety Management) Anxiety and stress are debilitating for many people and are the leading reasons why students seek counseling. The SAM group gives students the opportunity to connect with others who struggle with stress, perfectionism, or obsessions.

Survivors This group is developed to support individuals who have experienced a sexual assault or other traumatic experiences.

USO (Understanding Self & Others) This group is developed for students with a variety of concerns such as depression, anxiety, identity concerns, or relationship issues. Using a flexible structure, the group will address a variety of topics pertaining to mood, stress, diversity, coping, and relating to others.

Group times and offerings change based on student availability. To inquire about a group that you're interested in, please make an initial consultation appointment at the Counseling Center (315-228-7385) or contact Niki Keating (nkeating@colgate.edu).