Groups Scheduled for Fall 2015

Mondays 10:30-12 Keith 1 Person/2 Lives: Life as a student with a Chronic Medical Illness/Condition

- Life as a student with a Chronic Medical Illness/Condition - For students with a chronic medical illness/condition (Arthritis, Fibromyalgia, Lupus, Multiple Sclerosis, HIV/AIDS, Lyme Disease, Diabetes, Cystic Fibrosis, Cerebral Palsy, and more.), rest and self-care aren’t optional luxuries, or lofty aspirations that one hopes to achieve some day. Rest and self-care are an unavoidable priority for these students; as are the myriad additional responsibilities, including, adherence to medication regimens, safely engaging in appropriate exercise, and keeping physician appointments. Then, mix in the academic and social responsibilities that come with being a college student, such as, trying to effectively communicate your illness/condition-related needs to professors, or hoping potential friends accept you with your limitations. And, of course... there is dating with a chronic medical illness/condition. How does one do this?

- These are but just a few of the topics that will be covered in this group. This group is designed to be a safe and welcoming place for students with a Chronic Medical Illness/Condition. A group in which the weighty “masks” we wear to get by can be left at the door upon entering. So, begin your week in this environment where connections can be made and support can be given as we share with, and learn from, each other.

Tuesday 3:30-5pm Jody Express Yourself, Find Yourself (Creativity Group)

- This group is designed for students to find creative ways of expressing themselves. It is not always easy to explain how we feel or what we think through words alone. This group will seek to provide a fun, relaxing path for self-exploration, self-development, and a gentle way of healing. The facilitator will use different prompts and exercises to help students explore different aspects of themselves and find different ways of expressing and communicating their feelings and emotions.

Wednesday, 10 a.m.-12 p.m. Jessica Perfectionism-Friend or Foe?

- Do you find yourself worrying that you can do more? Do you wonder if you have too high expectations for yourself? Is this causing stress in your daily life? There is a way out! Come and learn techniques for letting go of the Perfectionism ball and chain and see that you are not alone!

Thursdays, 10-11:30 a.m. Becky Interpersonal Therapy Group

- This group provides members a safe place to discuss things that are of concern to them. Topics may include stress, depression, anxiety, and relationships. Get support from a professional counselor and your peers about your concerns!

Thursdays, 1-2:30 a.m. Becky/Aaron Get Social!

- Do you have trouble making friends and connecting with others? Are you not sure how to keep a conversation going or make plans to “hang out” with others? Do you find yourself generally unsure in social situations? This group provides a safe space to learn about and practice every day social skills. If you want to feel more comfortable and skilled in social situations, this is the group for you!

Thursday 1-3 p.m. Jessica First Year Family-Practical Help for New Hatters!

- This group will combine practical knowledge for a successful first year at Stetson, as well as allowing students to share with other First Year’s their successes and challenges. We will engage in “Field trips” to important offices and departments on campus, identify victories and support each other in challenge!

Friday 8:30-10am Jody Express Yourself, Find Yourself (Creativity Group)

- This group is designed for students to find creative ways of expressing themselves. It is not always easy to explain how we feel or what we think through words alone. This group will seek to provide a fun, relaxing path for self-exploration, self-development, and a gentle way of healing. The facilitator will use different prompts and exercises to help students explore different aspects of themselves and find different ways of expressing and communicating their feelings and emotions.