

Anxiety Group

Wednesdays 3:30-5:00PM

An interpersonal group for students who experience general or social anxieties. Students will work on the management and impact of anxieties in their lives, as well as explore and understand the interpersonal meanings of anxiety symptoms.

An individual meeting with one or both group leaders prior to attendance at group is required

Facilitators: Carlos Orozco & Esther Wright

Spring 2006



Interpersonal Counseling Group

Tuesdays 5:30- 7:00 PM
Thursdays 3:30-5:00 PM

This psychotherapy group is for students desiring to live more authentically with themselves and relate more genuinely with others. Explore self-limiting life patterns and share with others through honest self-disclosure in a safe, supportive atmosphere.

Facilitators:
Ron Lutz & Nancy Welch (Tues.)
Robert Carter & Bethe Korfhage (Thurs.)

Eating Concerns Group

Mondays at 2:30

Provides information and support for those trying to overcome an eating disorder. We will discuss topics related to eating concerns such as the development of trusting relationships and expression of feelings. Experiential activities will also be utilized.

Screening is required to participate in this group

Facilitators: Nancy Welch & Neil Annandale

Biofeedback Workshop

Wednesdays 3:00 - 5:00 PM

One-session workshops that give an introduction to relaxation techniques, including how biofeedback aids in relaxation. Individual follow-up consultation is available.

Facilitators: Steve Wilson & James Deegear

Graduate Students Support Group

Tuesdays 5:00-6:30 PM

The group aims to provide a safe and supportive setting for members to process their frustrations and concerns related to the graduate school experience. Topics will be driven by group members, but may include: social adjustment and loneliness, handling conflicts with peers and professors, feelings of inadequacy ("imposter syndrome"), assertiveness, stress management, balancing family life and academics.

Screening is required.

Facilitators: Esther Wright & Bethe Korfhage

Self Discovery through Dreams

Mondays 5:00-6:30 PM

This group is designed for students who are interested in learning how understanding their dreams can increase their self-awareness. Members will explore dreams through keeping a journal, sharing dreams in a small group environment, and learning how to use dreams for personal growth.

Screening is required.

Facilitators: Brian Williams & Jamie Haseley

Improving Your Sleep Workshop

February 6 - February 20

Mondays 4:00-5:00 PM

March 21 - April 4

Tuesdays 10:30-11:30 AM

Sleepless? Join us for a 3 session workshop designed to (1) increase knowledge about the nature and causes of common college student sleep problems; (2) learn about the dangers of sleep deprivation and to recognize the signs; (3) and provide concrete suggestions for improving sleep.

Pre-registration is necessary.

HOW TO RECEIVE SERVICES

To register for your initial appointment go online to <http://scs.tamu.edu>

- Click on the "Student Registration" link
- Enter UIN #
- **Your pin # will be your date of birth as follows:**

MMDDYY

Please click the final submit button. You should receive an e-mail confirming your appointment within one business day. If you do not or have difficulty registering please call the SCS for further assistance at 845-4427.



STUDENT COUNSELING SERVICE

Texas A&M University

Spring *06

Group Counseling Schedule

at the
Student Counseling Service

Henderson Hall
979/845-4427
<http://scs.tamu.edu>

FUNDED BY:



Academics Anonymous

February 8 - April 12
Wednesdays 3:00 - 4:30 PM
Register before February 3rd

February 13 - April 17
Mondays 2:30-4:00 PM
Register before February 8th

Motivated to improve your academic performance but find it difficult to be consistent in your efforts? Join this support group and learn effective study strategies, and get support from others. Topics may include procrastination and building academic confidence.

An initial appointment with an academic counselor is required.

Facilitators: James Deegear (Mondays)
Jenny Kenley & Neil Annandale (Wednesdays)

WHAT IS GROUP COUNSELING AND HOW CAN IT HELP?

Group counseling involves about five to ten people meeting with one or two counselors serving as group facilitators. Group facilitators work to provide a safe, confidential environment in which group members are free to discuss their problems and concerns. Through this group process, members identify with others who are experiencing similar issues and increase self-awareness by obtaining and giving genuine and honest feedback.

How much you talk about yourself depends on what you are comfortable with. You can benefit from group even when you are saying little because you will learn about yourself as others talk about their concerns. Make an appointment at the SCS to speak to a counselor to help you determine if a group might benefit you.

Reading the pamphlet "How to Get the Most Out of Group Counseling" will also provide useful information. This pamphlet is also available online at <http://scs.tamu.edu>.

Texas A&M University has a strong institutional commitment to the principle of diversity in all areas. In that spirit, admission to Texas A&M University and any of its sponsored programs is open to all qualified individuals without regard to any subgroup

Americans with Disabilities Act (ADA) accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time you register for services or five working days before the program you plan to attend.

Thesis/Dissertation Support

Wednesdays 5:00-6:30 PM

This group is for graduate students struggling with the process of writing a thesis or dissertation. Group topics include issues of competence, procrastination, anxiety, goal-setting, and bureaucratic struggles.

Facilitator: Brian Williams

Career Exploration

From Feb. 9th - March 9th
Thursdays 2:20-3:50 PM

This is a 5 week group and is designed to teach participants how to make career decisions. Group members will identify interests, skills, work values, and personality characteristics, as well as research the job market and occupations.

An initial appointment with an academic counselor is required.

Facilitator: Jenny Kenley

Strategies of Success (SOS)

January 31 - March 7
Tuesdays 3:55-4:55 PM

A group designed to promote academic success for students with learning disabilities and/or ADD/ADHD. The group meets for 6 sessions and regular attendance is highly recommended to gain full benefit of the group. Topics include: discovering and using your preferred learning style; self-advocacy; study strategies; self-esteem; and discovering different resources.

An initial appointment with an academic counselor is required.

Facilitator: Michelle Murphy