Spring 2017
Therapy Groups
The BSU Counseling Center offers a variety of groups - FREE and OPEN to students at Ball State. Call 285-1736 or let your intake counselor know you are interested in a group.

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<th>THERAPY GROUPS (require appointment at counseling center before joining)</th>
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**UNDERSTANDING SELF & OTHERS**  Group members explore patterns of relating to self and others by discovering understanding and acceptance of themselves and others. Discussions vary greatly from depression, anxiety, relationships, family concerns, eating issues, alcohol abuse and/or personal growth. The groups thrive on diversity as members discover the common bond through emotional experiences.

- **Mondays 1:00-2:30pm**  
- **Wednesdays 3:00-4:30pm**  
- **Thursdays 1:00-2:30pm**

**JOURNEY TO WHOLENESS**  Safe, supportive place for survivors of sexual trauma to explore the meaning of their experiences and to explore effective ways of coping.

- **Thursdays 1:00-2:30pm**

**WEIGHT NOT, WANT NOT**  Supportive group for women with eating disorders or body image struggles who want to explore effective ways of coping.

- **Fridays 3:00-4:00pm**

**CHOICES**  A group for students who are exploring making changes in their relationship with alcohol and other substances.

- **Mondays 3:00-4:30pm**

**SAFE HAVEN: GLBTQ SUPPORT GROUP**  This therapy group provides a safe place for GLBQ students to explore and discuss patterns of relating to self and others by discovering understanding and acceptance of themselves and others. Topics of discussion vary greatly from coming out, finding support, relationships, family concerns, depression, anxiety, and/or personal growth.

- **Mondays 3:00-4:30pm**

**C.A.L.M.: Care for myself, manage my Anxiety, Live in the moment, practice Mindfulness**  This group offers a secure space for students struggling with anxiety to not only explore their fears and worries, but also receive feedback and support from others with similar concerns. The group also focuses on teaching students about a variety of techniques, including mindfulness meditation, which can be particularly helpful in managing anxiety. Another benefit of being in a group is having a place to experiment applying new skills and ways of relating to others, in a safe and supportive environment.

- **Closed for semester**

**SHARE MY VOICE**  This 5 session skills-based, experiential, and process-oriented group helps you to be more assertive by empowering you to communicate genuinely, effectively, and openly in your relationships. Group members learn the impact they have on each other, become more aware of their communication style, and take positive action towards change. Group is a safe, supportive place to further develop a greater sense of connectedness with others and ownership in your relationships.

- **Tuesdays 3:00-4:30pm (beginning March 14)**