



Group Therapy Spring 2012

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.

UNDERSTANDING SELF & OTHERS Group members 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 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. Six separate groups will be offered at the following times:

Mondays 3-4:30pm

Wednesday 5-6:30pm

Wednesdays 1-2:30pm

Thursdays 5-6:30pm

Wednesdays 3:30-5pm

Friday 3-4:30pm

Contact Erin at ersnyder@bsu.edu for more info.

HEALING FROM GRIEF & LOSS This group is for students who are coping with the loss of a significant person or an important relationship in their lives. Come along to find support, provide encouragement, tell your story, listen to other people's experiences, and learn ways to cope with your loss. The group will be held on Wednesdays from 5:00 – 6:30 pm. Member screening is required. Contact Elena at esyakunina@bsu.edu for more information. **Wednesdays 5-6:30pm**

WEIGHT NOT, WANT NOT Supportive group for women with eating disorders or body image struggles who want to explore effective ways of coping. Contact Ellen at elucas@bsu.edu. **Thursdays 2-3:30pm**

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. Contact Elena at esyakunina@bsu.edu for more information. **Mondays 3:15-4:45pm**

STUDENTS WITH EXPERIENCE A support group for non-traditional students. Contact Robin at rlett@bsu.edu if you are interested. **Thursdays 3-4pm**

CHOICES A group for students who are exploring their relationship with alcohol and other substances. Contact Kyle at kskittleon@bsu.edu for information. **Wednesdays 3:30-5pm**

EXPLORING SEXUAL ORIENTATION Safe, supportive place to help individuals who have questions about or who would like to explore their own sexual orientation. Eligible group members include those questioning, struggling with disclosing with accepting their sexual identity. Contact Holly at hatenbrink@bsu.edu for more information. **Tuesdays 9-10:30am**

SAFE HAVEN: GLBTQ SUPPORT GROUP This group provides a safe place for GLBTQ 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. The groups thrive on diversity as members discover the common bond through emotional experiences. Contact Erin at ersnyder@bsu.edu for more information. **Tuesdays 5-6:30pm**