



GROUP THERAPY

FALL 2022

Want to enhance your well-being, relationships and self-care?
Check out our coping skills groups for the semester!

Groups are in person & will meet beginning the week of September 12 until the week of November 28

Coping Skills

Mondays | 3 PM

Wednesdays | 11:30 AM

Our Coping Skills groups are a space to process through current experiences such as symptoms of anxiety and depression. We will focus on the cognitive, behavioral and emotional skills which one can develop and use to manage these symptoms related to anxiety and depression to foster healthy coping skills. Elements of Positive Psychology such as resiliency and gratitude will be incorporated. You can also learn about effective self-help techniques and behavior activation.

Emotional Regulation Group (DBT Skills)

Wednesdays | 2 PM

Our Emotional Regulation Group incorporates Dialectical Behavior Therapy which is an evidenced-based practice created to help clients dealing with intense emotions and self-destructive actions. This skills group can help with managing emotions, concentration, decision making and maintaining healthy boundaries. We use the following four skills to learn new behaviors: Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness.

Social Skills and Support Group

Thursdays | 3 PM

A group for students who experience symptoms of social anxiety and want to work on it with others who experience it as well. This group will use Acceptance and Commitment Therapy (ACT) to help students understand and deal with their social anxiety with mindfulness and behavioral strategies. We will create a safe place to talk about experiences and practice new skills.

LGBTQ Support and Process Group

Fridays | 10 AM

This group is designed for identity exploration and support that can be a struggle during the college years. We will provide a supportive environment for students to discuss their lesbian, gay, bisexual, transgender, intersex, queer, questioning and asexual issues (LGBTQ). In this brave space, individuals can discuss identity, struggles, coming out, transitioning, relationships and victories that come with being a part of the LGBTQ community.

Graduate Student Support Group

Fridays | 1 PM

This group is designed to support graduate students in navigating the intense demands of graduate school, thesis work and adjusting to the professional environment. This group will emphasize coping and support, but also addressing the common experience of imposter syndrome to develop oneself as a professional, a student and a wholesome person.



Student Health and
Counseling Services

Please visit memphis.edu/counseling
for more information or call **901.678.2068**.



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