

## Learning Differences

This group will focus on creating a supportive environment in which members can explore their learning styles, as well as process present struggles with the college experience. The group will include psycho-educational and support components.

### Facilitators:

Lee Shefferman, Ph.D., Staff Counselor  
Kim Wilcox, M.A., Staff Counselor



*Tapping the gifts from within*

## Mindful Living

Mindfulness means having moment to moment, non judgmental awareness, and it is an innate ability we all possess. Mindfulness has been shown to be a very effective tool for overcoming anxiety. Through the use of mindfulness exercises such as meditation, group members learn how to be more present focused, calm, compassionate towards themselves, and in control of their anxious thoughts.

### Facilitators:

Steve Quackenbush, Ed.S., Staff Counselor

## Interpersonal Process

Do you have difficulty developing and maintaining close relationships with others? Do you desire the opportunity to understand yourself and how you relate to others better? Do you feel alone in your struggles? If so, this group may be something for you to consider. Group members will learn more about their own self-beliefs and interpersonal patterns. They will have the opportunity to learn and practice new skills for interacting with others so that they have more self-confidence and happier relationships.

### Session 1

#### Facilitators:

Lee Shefferman, Ph.D., Staff Counselor  
Justin Schram, M.A., Psychology Intern

### Session 2

#### Facilitators:

Sunda TeBockhorst, M.A., Predoctoral Intern  
Angela Dunn, M.A., Predoctoral Intern

## Relapse Prevention

The primary focus of this cognitive behavioral based group is to identify triggers to alcohol and other drug (AOD) use and to explore appropriate non-AOD coping skills.

### Facilitators:

Steve Quackenbush, Ed.S., Staff Counselor

## Body Image 101

Have you ever wished you looked like a model? Have you ever thought that you would be happier if you lost weight or looked differently? Do you ever find yourself feeling down because of how you look? If you answered yes to any of these questions, this group is for you. This workshop is open to female students. The group will incorporate experiential activities and discussion about the topic of body image and its impact on self-esteem. Sample themes include: media influences on body image, the interplay between emotions and food, ways to improve self-esteem, taking care of yourself, and strategies for developing a healthier body image. This is sure to be a fun group that will empower you to feel better about yourself and your appearance.

### Facilitators:

Meredith Cohn Shefferman, Ph.D.,  
Staff Psychologist  
Angie Dunn, M.A., Predoctoral Intern

