

Group Counseling

Sensing the Self Workshop

*Tuesday, September 29, 2009
6:00-7:30pm, LPC
Tuesday, November 3, 2009*

This experiential workshop will focus on several approaches (including relaxation and breathing exercises and mindfulness meditation) aimed at reducing anxiety and shame, as well as enhancing attunement to self-experience and being more alive in the present moment.

For more information, please contact Bob Cavanagh at (773) 325-7785

Understanding Your Emotions Workshop

*Monday, October 19, 2009
5:40-7:00pm, LPC
Monday, October 26, 2009
5:30-7:00pm, LPC*

This 2-part workshop is intended to help students learn to deal more calmly and effectively with overwhelming emotions. The workshop will assist students in identifying and changing destructive thought patterns that intensify disruptive feelings. The workshop will additionally assist students in reducing fear of painful feelings by developing an ability to experience emotions in moderation. The intended outcome of the workshop is that students will have new coping skills for facing uncomfortable emotions with an understanding that although painful feelings are unpleasant, they are temporary and tolerable.

For more information please contact Stacy Kvet at (312) 362-5676

Navigating New Waters Workshop for Freshman and New Students

*Thursday, September 22, 2009
5:00-6:30pm, LPC
Tuesday, October 20, 2009
5:00-6:30pm, LPC*

Navigating New Waters is a group for students new to DePaul, where you can discuss school, relationships, families and other transitional issues with peers who will be discussing their own experiences in adjusting to DePaul and college life. This group is scheduled to meet twice in the fall quarter, but may continue throughout the year depending on the level of interest

For more information please contact Jeff Lanfear at (773) 325-8308

Increasing Social Confidence Workshop

*Wednesday, September 30, 2009
6:00-7:30pm, LPC
Wednesday, October 28, 2009
6:00-7:30pm, LPC*

This workshop is designed for individuals experiencing shyness or nervousness in social settings (e.g., meeting people, public speaking, being in a group, etc.). The workshop will be a class-like format, with co-leaders doing the presenting. Group participation will not be required, and we will tailor the session to be as comfortable as possible for everyone. The goals are to provide students with a model to better understand shyness and social anxiety, as well as tools to manage difficult and uncomfortable situations with greater confidence.

For more information, please contact Bob Cavanagh at (773) 325-7785

How to Get a Good Night's Sleep Workshop

*Tuesday, November 5, 2009
5:15-6:15pm, LPC*

Having trouble sleeping? It is common for college students to not get a good night's sleep. Many studies have shown that sleep impacts every aspect of our functioning: Poor concentration, irritability, muscle tension and poor eating patterns have been linked to sleep deprivation. Come learn about ways to identify sleeping problems and how to effectively get a good night's sleep!

For more information, please contact Jeff Lanfear at (773) 325-8308