ANXIETY MANAGEMENT GROUP
Four-week workshop group to learn healthy ways of incorporating and managing anxiety, panic, or worry. Techniques include guided relaxation, mindfulness, guided imagery, and cognitive strategies.

DBT SKILLS GROUP
Eight-week group based on Marsha Linehan’s Dialectical Behavior Therapy model for students struggling with strong emotions in everyday life. Regular attendance commitment required.

INTERPERSONAL GROWTH GROUPS
Students explore how others see them and their relating style with two peer therapy leaders. Students share appreciation and reactions which will influence experience. Students often report feeling less isolated, more self-aware, and more connected to others as a result group.

MEDITATION MEDICATION DROP-IN GROUP
Come as often as you like to learn meditation, which can help reduce anxiety, improve concentration, and eliminate procrastination.

MEDITATION SKILLS GROUP
Experiential training for those seeking the benefits of mindfulness through success by sharpening concentration and ability to focus. Attendance at all meetings required.

MINDFULNESS-BASED STRESS REDUCTION COURSE (MBSR)
Eight-week course and online retreat through techniques and insight of practice discussion. Members explore breath, awareness, walking, sitting, and mindful movement meditation and are expected to practice daily.

EATING CONCERNS GROUP
For women diagnosed with anorexia, bulimia or binge-eating disorder and eating disorders support group provides opportunity to support others and explore self-esteem, body image, relationships, and coping. Concurrent individual therapy is required.

QUEER STUDENTS’ GROUP
Weekly group for students who identify as gay, lesbian, bisexual, transgender or queer. Includes topics include identity, relationships, academic, personal identity.

RETURN FROM LEAVE GROUP
Support for full-time undergraduate students returning from leave of absence. Members learn to manage challenges of re-engaging in college life in a safe setting with peers.

SUPPORT (SE) EMPOWERMENT GROUP FOR SURVIVORS OF SEXUAL ASSAULT
Weekly group offering support and encouragement to female students who have experienced sexual assault during most/academic years. Topics include recovery, healing, coping, and self-care.

GRADUATE WOMEN’S GROUP
Weekly group for women who are in a graduate or professional program focused on developing skills in communication, self-awareness, balancing multiple challenges, and forging connections.

INTERNATIONAL GRADUATE STUDENT GROUP
Weekly group for international students to practice and develop effective coping skills as they adjust to the educational system in the U.S.

WOMEN OF COLOR EMPOWERMENT GROUP
Weekly group for women to share experiences, challenges, and celebrate culture. Women of color but are not limited to alignment to Penn, the intersection of race and culture, academics, body image, campus discrimination, and self-development.

WHY JOIN A CAPS GROUP?
- Learn about yourself and try new behaviors
- Share experiences with others
- Receive support and feedback about how others experience you
- Develop meaningful ways of relating to others

HOW DO GROUPS WORK?
Students work with the Student Wellness (Student Support) group counselors. Students provide support, advice, and feedback to their classmates while affirming learning about how peers work through similar issues. Trust and safety are emphasized and group members are encouraged to follow their own pace for sharing their personal stories. To ensure students’ comfort, groups are committed to confidentiality.

GROUP GUIDELINES
- CAPS group sessions are CONFIDENTIAL
- Leaders and members agree not to disclose information about the group.
- Regular attendance is necessary for optimal results and for relationships to develop.
- Most groups seek initial commitment of several sessions to gauge fit for your needs.

Students are encouraged to take their own pace in group. Active participation is essential to getting the most from the group experience. It may take time for you to open up and trust emotionally.

If you determine that the group is not a good fit or if you feel you have met your goals from the participation, please inform the group so members have an opportunity to share their thoughts and say goodbye.

QUESTIONS ABOUT ANY OF THESE GROUPS?
Contact CAPS at 215-898-7021 or Michele Downie, mdownie@upenn.edu.