

Spring 2016

Personal Development Groups

The Counseling and Student Development Center
Queen Lili‘uokalani Center for Student Services, Room 312
808-956-7927

- * *To participate in these groups, a pre-group screening / preparation meeting with one of the leaders is required. Call to set up an appt with one of the leaders, or to leave a message with any questions.*
 - ** *The Relaxation / Stress Management Group encourages but does not require a pre-screen/prep meeting. Students can show up without an interview, but we would really like to meet with you and answer questions, and help prepare you for the experience.*
 - *** *If you have **disability-related needs**, please let us know so we can arrange for appropriate accommodations. Call **956-7927** and ask for Dr. Russ Henrie or one of the other group leaders.*
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* **Aloha Mānoa Group: Adjusting to the University of Hawai‘i:** New to the island or UH Mānoa? Trying to adjust to the Aloha lifestyle? Interested in connecting with like-minded students? Need a place to explore issues such as homesickness, loneliness, culture shock, depression, and anxiety? Gain new perspectives. Give and receive support. Expand your multicultural experience. Learn new ways to cope and succeed at UH.

Day and Time: Fridays, 3:00 - 4:30 p.m.

Begins: February 19th

Contact: Mike Amrhein or Dr. Nicole Gonowon

** **Relaxation and Stress Management:** Invest in your health, clarity of mind, and wellbeing. Learn practical skills of relaxation, mindfulness meditation, self-awareness, and stress reduction to be able to relax deeply, cope effectively, and live joyfully.

Day and Time: Fridays, 9:30 - 11:30 a.m.

Begins: Ongoing

Contact: Dr. Patrick Jichaku

* **Multicultural Women’s Group:** Participate in an empowering and safe circle of growth and change. Move beyond coping to thriving in our lives. Expand awareness of self in personal, social, and cultural contexts through enjoyable interactions in a multicultural group.

Day and Time: Wednesdays, 1:30 - 3:00 p.m.

Begins: February 17th

Contact: Hannah Im or Erin Okumoto

* **Grad / Older than Traditional Age Students Co-ed Group:** A counseling / support group for graduate students / older students dealing with the life complexities, transitions, and academic challenges that characterize their university experience. Ongoing moral support and connection with peers. Work toward building rewarding relationships, emotional self-regulation, distress tolerance, planful goals, personal mindfulness, and balance.

Day and Time: Thursdays, 3:00 - 4:30 p.m.

Begins: First week in February

Contact: Allie Wagner or Joel Gaffney

Immediate Support Group: Finally ready to begin therapy only to discover that you must wait for an individual session to open up? Studies show group therapy can be as effective, if not more so, than individual work. Part of this is simply verbalizing one's troubles to attentive others and sitting with the anxiety of admitting that one would like help. For those that are recommended by their intake therapist, we provide a group for those who can benefit from sharing and understanding from others in a safe environment. In a group setting, we will set a small personal goal of how group may help us, share as much as is comfortable with others about our struggles, and when ready provide constructive and supportive feedback with each other. The group will have a set structure and within that be open to flexible conversation.

Day and Time: Mondays 2:45 - 4:15 p.m. **Begins:** January 25 with referrals from Intake Counselors
Contact: Mike Yap or Dr. Rebecca Cowan

* **Mindfulness-Based Cognitive Therapy Group for Depression and Anxiety:**

The Mindfulness-Based Cognitive Therapy group is an 8-week program to help students deal with persistent unwanted mood states. Sessions will be weekly for two hours with one four-hour-long session during the fifth week. Much of the practice will be done outside of the sessions, Group members will learn and use guided meditations cultivate mindfulness in their daily lives. Participants will practice and learn how to be attentive with purpose, in each moment, and without judging the content of thoughts, feelings, and other inner experiences. Through mindful awareness, group members will learn how recognize and release themselves from automatic cognitive processes that trigger episodes of depressed, anxious, and unhappy moods.

Participants will be asked to purchase their own workbook called, *The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress*, by John Teasdale, Mark Williams, and Zindel Segal (Price: \$11.92 (used) – \$19.06 (new) via Amazon.com).

Day and Time: TBA. **Begins:** TBA **Contact:** Dr. Patrick Jichaku

* **Healthy Relationships and Mindful Emotions: Adjustment, coping and connection.**

Coed. For anyone dealing with the stresses and inherent transitions and adjustment challenges of college life: Moving, homesickness, relationship, friend and family issues, sexuality, identity, choosing a career path, loss of a loved one through breakup or death, financial survival. Strengthen your distress tolerance and build positive ways coping with and managing with anxiety, depression, and other emotional distress. Build together with the others sustaining and supportive relationships for personal growth and well-being.

Day and Time: Tuesdays, 9:30 - 11:00 a.m. **Begins:** First Tuesday in February
Contact: Joel Gaffney or Kat Hayes

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